



IDSN 522

DECOLONIZING DIET

A guide to balanced nutrition with food from
around the world

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Created by Ashley Ravelo, Joey Quatela,
Kat Aurelio, & Natalie Hodgson



WHY WE CREATED DECOLONIZING DIET

“As a first gen Latina, I grew up with a complex relationship with food. While viewed as a source of joy and an expression of love, there is also a widespread perception in society that the food from my culture is “unhealthy.” I hope to help others move away from those perceptions and focus on the joy of nourishing our bodies.”

– Ashley

“Food is at the center of so many cultures and sub cultures. As somebody who spends a lot of time thinking about food in relation to the gym, and also someone who loves exploring new foods, I was curious about how other cultures approach wholistic ,goal-oriented, and sustainable eating.”

– Joey

“My relationship to health and nutrition has always been a sensitive one – being “overweight” and diagnosed with PCOS two years ago, I’ve cycled in and out of “diets.” I hope this toolkit will help reframe “health” and share easy recipes with holistic ingredients with you all.”

– Kat

“We want to push back against the often Westernized narrative of health and nutrition. Traditional diets from around the world offer balance, variety, and nourishment, yet they’re frequently misunderstood or dismissed by diet culture. By centering cultural foods and intuitive eating, this toolkit reclaims space for food joy, honors heritage, and promotes body respect at every size.”

– Natalie

MESSAGE FROM THE TEAM

OUR MISSION

Our goal is to develop a practical and inclusive cultural food centered toolkit that celebrates global cuisines, promotes intuitive eating practices, and rejects diet culture, particularly through a size-inclusive and culturally respectful lens.

Through our toolkit, we aim to provide health and diet professionals tools to engage more deeply with their clients as well as empower individuals and families of all sizes to nourish themselves with confidence and joy, while honoring their cultural food traditions and unique dietary needs.



VILIFIED UNTIL GENTRIFIED: CULTURAL FOODS & MISREPRESENTATION

SUMMARY

For decades, many cultural foods have been dismissed, misunderstood, or outright vilified within dominant American health and food narratives. Traditional dishes rich in flavor, fat, or spice like oxtail, tamales, kimchi, jerk chicken, or fried plantains were labeled “unhealthy,” “greasy,” or “too exotic,” often through a Western lens that failed to understand their nutritional value or cultural significance. These foods were excluded from mainstream wellness trends, replaced by Eurocentric ideals like calorie counting, portion control, and “clean eating,” which often stripped meals of cultural depth. The rejection of these cuisines wasn’t just about nutrition. It was a reflection of systemic bias, where immigrant and BIPOC communities were made to feel that their food traditions were inferior or shameful.

Ironically, once these same foods became trendy and rebranded through minimalist Instagram aesthetics, sold in high-end restaurants, or featured in wellness blogs, they were suddenly celebrated. Kimchi became a “superfood” only after it hit boutique grocery shelves, while turmeric lattes and quinoa bowls entered the mainstream stripped of context and inflated in price. This gentrification of food often excludes the original communities from the narrative entirely, erasing the cultural knowledge and lived experience that made the cuisine meaningful. The result is a pattern of appropriation rather than appreciation which is one that commodifies culture while continuing to marginalize the people behind it.

SECTION TOPICS

*Major Events &
Messaging*

*Self Determination Pilot
Project*

*(Re)Discovered &
Culturally Appropriated*

MAJOR EVENTS AND MESSAGING AROUND BODY IDEALS AND FOOD

MEDIA, MARKETING, AND PUBLIC HEALTH TRENDS THAT CONTRIBUTED

Media, marketing, and public health messaging in the United States have long played a central role in shaping societal standards around body image and food. Throughout the 20th century, mainstream media glorified thinness, particularly for women, through advertisements, Hollywood casting, and magazine covers, often equating slim bodies with success, discipline, and desirability. This “thin ideal” became deeply embedded in American culture, reinforced by diet programs like Weight Watchers and media portrayals that stigmatized fatness. In the 1990s and early 2000s, public health campaigns often leaned into fear-based messaging, equating weight with personal failure or moral weakness, which further amplified shame and disordered eating patterns.

Meanwhile, marketing tactics from major food and beverage companies fueled contradictory messages. While diet culture thrived, fast food and ultra-processed snack industries aggressively targeted low-income communities and children through colorful branding, celebrity endorsements, and cartoon mascots. With the rise of social media, these dynamics have intensified. Platforms like Instagram and TikTok have become breeding grounds for “what I eat in a day” videos and unrealistic wellness routines that promote aesthetic over health. Public health initiatives are slowly shifting toward more inclusive, size-affirming messaging, but the lasting impact of decades of narrow beauty standards and conflicting food narratives continues to shape the way Americans relate to their bodies and eating habits.

FOOD, IDENTITY, AND INCLUSION

Food is a form of expression, connection, and care. It holds emotional and social meaning, shaping how we relate to ourselves, our communities, and the world around us.

Cultural food, in particular, is deeply tied to identity. Every dish tells a story of migration, resilience, celebration, and adaptation. These foods carry the memories, values, and traditions of a people, connecting individuals to their ancestry and anchoring them within their communities. To honor cultural food is to honor the people behind it. Inclusion in food culture means creating a space where all meals are respected, where no dish is labeled inferior or unhealthy simply for being unfamiliar or different. It means resisting assimilation and celebrating diversity; not just in what we eat, but in how we eat, why we eat, and who we eat with.

By embracing cultural foods with openness and respect, we promote a more inclusive and compassionate world where everyone’s story has a seat at the table. This approach not only challenges the often whitewashed ideals of diet culture but affirms that health, joy, and identity can and should coexist on every plate.



FOOD



IDENTITY



INCLUSION

SELF DETERMINATION PILOT PROJECT

INTERVIEW WITH KERI BRADFORD-GOMEZ, PHD
MEMBER OF THE CHOCTAW NATION
FORMER USDA SR TECHNICAL ADVISOR



"I think misconceptions villainize our traditional foods. You know a lot of folks think 'Oh, Indian folks, they all got diabetes,' or 'Oh, they eat unhealthy.' Let's talk about the foods that we're eating now that aren't traditional to our diet, and let's talk about how we got those foods from commodities and food deserts. All that is tied to us being removed from our ancestral lands and put into reservations. There's not a lot of access to fresh produce or fresh foods, so there is a big reliance on commodities. There are not a lot of supermarkets on many reservations, including my own. It burned down in 2018 and they never rebuilt it. Instead you get stuff like Dollar Tree, Family Dollar, Dollar General, that whole "Dollar" chain that comes into these small communities, provides shelf stable foods, really limited produce, and is extremely marked up. So a lot of our people end up taking commodities, the legal name for it, which is a food distribution program on Indian reservations, instead of something like SNAP because there are no stores nearby to go shop and buy your own food.

The 2018 farm bill was the first farm bill where we got tribal provisions. There were 63 tribal provisions. One of those referenced a 1975 law, the Indian Self Determination and Education Assistance Act, otherwise known as public law 638. With the 2018 farm bill, congress authorized the USDA Secretary to try a demonstration pilot with tribes.

In 2021 we created a pilot project with tribes who already took part in the commodities program on Indian reservations. In the first year, 8 tribes were chosen to participate. Chickasaw nation is one of them. Chickasaw nation is in Oklahoma, they have their own tribal producers raising cattle. These operations are typically small, usually family owned, so if they have one bad crop, one bad season, or one bad weather incident, that would usually tanks them for larger production contracts.

With this project, we gave the tribe funds to hire whoever they want as long as the producers were within the United States. So the tribes were excited about hiring their own people, for example, to fish. Fishing right here in our own areas, our reservations, with fish that we grew up knowing how to cook, we have ceremonies with, and such. The Spirit Lake tribe up in Minnesota, some of the tribes up there have their own buffalo herds. So, the tribes that are participating in this 638 demonstration project, they're hiring their own people or they're hiring a neighboring tribe or a neighboring reservation's people to produce foods. The White Mountain Apache tribe in Arizona, they have all these recipes on how to use acorns, walnuts, and intestines. They used some of that money to purchase, using their own tribal vendors, these foods that are grown there locally. We've been having good luck with this and the tribes that are participating really love it.

The foods that we're seeing that the tribes who participate in this program bring in, there are positive health outcomes from them. And also ceremonial outcomes, and intergenerational lessons."

(RE)DISCOVERED AND CULTURALLY APPROPRIATED

Many foods with deep roots in non-Western or marginalized communities have been dismissed, stigmatized, or labeled as “unhealthy” until they are rebranded as trendy or “superfoods” by mainstream (often white, affluent) culture.



TUMERIC

Long used in South Asian and Middle Eastern cooking and traditional medicine (Ayurveda, Unani), turmeric was often dismissed in Western contexts as an exotic spice or even associated with “smelly” or “unhealthy” ethnic food. In recent years, it has been rebranded as a wellness superfood, found in lattes, supplements, and health food stores, often with little acknowledgment of its cultural origins.



AVOCADOS

A staple in Mexican and Central American diets for centuries, avocados were once stigmatized in the U.S. as fatty or “ethnic” food. Now, they are celebrated as a health food, especially in the form of avocado toast, a trend popularized in wellness and brunch culture, wholly disconnected from its cultural roots.

QUINOA

A traditional Andean grain, quinoa was a staple for Indigenous peoples in South America but was largely ignored or considered peasant food by Westerners. Its status shifted dramatically when it was labeled a “superfood” in Western health circles, leading to increased demand and sometimes negative impacts on local food security.

KIMCHI

A fermented vegetable dish central to Korean cuisine, kimchi was long stigmatized in the West for its strong smell and association with “foreign” foods. Today, it is praised for its probiotic benefits and featured in upscale restaurants and food media as a gut-health superfood.



COLLARD GREENS

Deeply rooted in African American Southern cooking, collard greens were often dismissed as “poor people’s food.” Recently, they have been embraced by the wellness community for their nutrient density, overshadowing their cultural significance.

BEEF TALLOW VS. LARD

Rendered animal fats like beef tallow and lard were staples in many traditional diets (including Black, Indigenous, and Mexican American cuisines) but were vilified during the rise of industrial vegetable oils and anti-fat diet trends. Now, beef tallow is making a comeback in gourmet and paleo circles, while lard is still often stigmatized unless rebranded as “artisanal.”

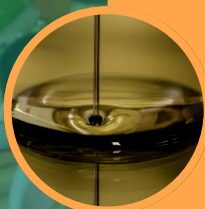


CHIA SEEDS

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BONE BROTH

A staple in many cultures’ traditional cooking like Chinese, Jewish, West African, and more, bone broth was once seen as old-fashioned or “peasant food.” It is now marketed as a premium health elixir in Western wellness culture.



COCONUT OIL

Common in South Asian, Southeast Asian, and Caribbean cuisines, coconut oil was once criticized in the West for its saturated fat content. It has since been rebranded as a health food, especially among paleo and vegan circles.

BLACK BEANS

A staple in Latin American and Caribbean diets, black beans were often overlooked or considered “ethnic” food in mainstream U.S. culture. Today, they’re highlighted for their plant-based protein and fiber content in health and vegetarian diets.



This pattern reflects broader dynamics of cultural appropriation, gentrification, and the commodification of food, where the value and healthfulness of a food is only recognized after being detached from its original cultural context and repackaged for a different (often more privileged) audience.



DE-CENTER DIET CULTURE

SUMMARY

By de-centering diet culture through cultural foods in the modern world we can challenge the harmful, narrow definitions of health that prioritize thinness, restriction, and Western ideals. Cultural foods are often labeled as “unhealthy” without considering their nutritional value, historical context, or emotional significance. By reclaiming and celebrating these foods, the group promotes inclusivity, body respect, and food sovereignty recognizing that well-being looks different across communities. This approach empowers individuals to eat in ways that honor their heritage, meet their needs, and reject the shame-based narratives of diet culture, creating a more equitable and joyful relationship with food.

SECTION TOPICS

*The Roots of Diet
Culture*

*Demystifying Food
Terms*

Profile of Brenda Peña



THE ROOTS OF DIET CULTURE



1920

Media popularizes slim, boyish figures as the ideal for women. Advertisements for diet pills and corsets boom.

1958

Jean Nidetch creates Weight Watchers in NYC, blending community meetings with structured weight-loss plans. It becomes a national success, helping commercialize dieting.

1999

Brands like SnackWell's and SlimFast explode in popularity. Diet sodas, sugar-free yogurts, and "100-calorie packs" dominate grocery aisles.

2010

Instagram, YouTube, and Tumblr create new spaces for body comparison. Diet culture disguises itself as "wellness." Words like "clean," "detox," "cheat day," and "guilt-free" normalize restriction under a more acceptable label.

2019

The 75 Hard challenge launched, promoting extreme discipline through rigid rules around exercise, dieting, and daily progress tracking. Though marketed as a mental toughness program, it quickly became a viral wellness trend that reinforced obsessive habits and body transformation as markers of success.

THE RISE OF FLAPPER
CULTURE AND THE
THIN IDEAL

WEIGHT WATCHERS IS
FOUNDED

LOW-FAT & DIET
PRODUCT BOOM

RISE OF SOCIAL MEDIA
& #FITSPIRATION

THE 75 HARD
CHALLENGE



DEMYSTIFYING FOOD TERMS

With the rise of social media, the average person is constantly bombarded with people claiming to be diet and health experts. The information they share can sometimes be overwhelming or fear mongering, which may not be the best way to figure out how to provide the nourishment your body needs. Below are some common terms you may come across in your day to day life. Use this to help demystify what people mean when they talk about food and begin to understand that foods are not inherently bad.

MACROS



Macronutrients or “Macros” are the three main nutrients—protein, carbohydrates, and fat—that your body needs in large amounts for energy, growth, and bodily functions.

CARBS



Carbohydrates or “Carbs” are the body’s main source of energy. Found in foods such as fruits, vegetables, and grains, they include sugars, starches, and fiber.

PROTEIN



Found in beans, nuts, eggs, dairy, meat, and tofu, protein is essential for building, repairing, and maintaining the tissues in your body, including muscles, skin, and organs.

FAT



Fat provides energy, supports cell growth, and helps your body absorb certain vitamins. It also plays a role in protecting your organs and regulating body temperature.

CALORIE



A calorie is a unit that measures how much energy you get from food and drinks. Your body needs calories to function, move, and grow.

GLUTEN



A group of proteins in grains like wheat, barley, and rye that gives dough its elasticity and chewiness. Gluten-free simply describes food that do not contain gluten.

SODIUM



An essential mineral that helps regulate fluid balance and nerve function. Most people get sodium from salt. Too much can affect blood pressure

STARCH



A complex carb found in foods like potatoes, rice, and corn. Starch is broken down into glucose, providing energy for your cells, especially your brain and muscles.

FIBER



Found in plant foods like fruits, vegetables, whole grains, and beans. It supports digestive health, keeps you feeling full, and can help regulate blood sugar levels.

UNEXPECTED JOURNEY WITH NUTRITION

PROFILE OF BRENDA PEÑA, REGISTERED DIETITIAN
AT LOS ANGELES GENERAL MEDICAL CENTER



Brenda shared that her career path was unexpected. She initially took a basic nutrition class at Citrus College without plans to become a dietitian. Raised in a household where health was equated with weight and athleticism, she assumed nutrition meant strict dieting. But the class, paired with a body image program at Pomona, revealed deeper psychological and cultural aspects of food and health. These experiences helped her process her own struggles with disordered eating and ultimately inspired her to pursue a more holistic and inclusive approach to nutrition.

Today, Brenda works in hospital settings, primarily with critically ill or malnourished patients in underserved communities like East LA. Her day-to-day includes conducting Nutrition Focused Physical Exams, creating personalized meal plans, and helping patients manage chronic conditions such as diabetes. She pays close attention to the social determinants of health acknowledging how poverty, addiction, and food access all impact a person's ability to nourish themselves. Her approach is deeply empathetic, grounded in both science and cultural understanding.

Brenda's identity as a Mexican woman profoundly shapes her work. She builds trust by respecting her patients' cultural food traditions and finding ways to support their health goals without erasing heritage. In a society dominated by diet trends and Western ideals of wellness, she challenges the idea that there's a single way to eat "healthy." Her patients learn that traditional foods can be both meaningful and nutritious which is an idea that reframes health through a more inclusive, personalized, and culturally respectful lens.

Her work also highlights the link between food and systemic inequity. Many of her patients have been excluded from mainstream conversations about health due to their body types, cultural practices, or socioeconomic status. Brenda meets them with practical, realistic solutions—like using local ingredients or recommending budget-friendly modifications that honor their lifestyles. In doing so, she empowers her patients to take ownership of their health without sacrificing cultural identity or dignity.

In a time when social media often fuels confusion and anxiety around food, Brenda offers a refreshing alternative. While acknowledging trends like Keto, Paleo, or intermittent fasting, she emphasizes evidence-based care that prioritizes balance, well-being, and individuality. Her approach reflects a growing cultural shift that positions food not as a battleground, but as a source of connection, healing, and empowerment.



BALANCED MEAL OPPORTUNITIES

SUMMARY

This section explores how global cuisines can inspire nutritious and inclusive meal planning. It introduces the Global Food Translator, a tool that transforms familiar ingredients into culturally diverse dishes while providing nutritional comparisons and historical context. A curated collection of international breakfast, lunch, dinner, and snack examples showcases the richness of global food traditions, with options spanning from Vietnamese home cooking to West African porridge and Middle Eastern kebabs. The Recipe Adaptability Notes subsection emphasizes inclusivity through ingredient substitutions for allergies, dietary restrictions, and cultural practices, as well as offering prep-style flexibility (e.g., stovetop vs. oven). Lastly, the Food Stories segment brings heart to the platform, sharing personal and cultural narratives tied to dishes—celebrating intergenerational traditions, emotional connections, and the ritual of home cooking.

SECTION TOPICS

Global Meal Plans

Recipe Adaptability

Additional Resources

GLOBAL MEAL PLANS

CULTURAL FOOD MATCHER/TRANSLATOR

The Cultural Food Matcher is designed to challenge the Eurocentric framework that dominates mainstream nutrition by **highlighting the richness of healthy ingredients/dishes in global cuisines**. By sharing cultural knowledge alongside healthy recipes, it makes global culinary education digestible.

The website allows users to **input a “basic” meal** – such as “chicken, rice, and broccoli” – **along with a chosen cuisine**, i.e. Mexican. It then **generates a culturally-aligned dish with the inputted ingredients**; for example, Pollo con Arroz y Nopales, accompanied by nutrition comparisons. This includes estimated calories, protein, carbs, and fat content for both the original and the culturally adapted dish. The tool also features a list of key ingredients and a brief explanation of the dish’s cultural significance. In the case of Pollo con Arroz y Nopales, it notes how nopales have been a cornerstone of Mexican cuisine since the Aztec era, valued for both their nutritional properties and cultural symbolism. Through this interactive format, the Global Food Translator demonstrates that nutrition doesn’t have to be repetitive, bland, or one-size-fits-all.



TRY ME!

Cultural Food Matcher

Discover nutritionally equivalent dishes from different cultures

Enter an American dish:

chicken, rice, and broccoli

Select target culture:

Mexican

Find Cultural Match

Cultural Match



Pollo con Arroz y Nopales

Nutrition Comparison

Nutrient	American Dish	Cultural Match
Calories	425	450
Protein	38g	35g
Carbs	42g	45g
Fat	12g	15g

Main Ingredients

- Chicken breast
- White rice
- Nopales (cactus paddles)
- Tomatoes
- Onions
- Cilantro
- Lime

Cultural History

This dish combines traditional Mexican ingredients with a healthy twist. Nopales, a staple in Mexican cuisine for thousands of years, are known for their nutritional benefits and were a crucial part of the Aztec diet. The dish represents a fusion of pre-Columbian ingredients with Spanish influences.

Why It's Not Popular in the US

While nopales are highly nutritious and widely available in Mexico, they remain relatively unknown in the US due to their unique texture and preparation requirements. Additionally, the perception of cactus as a food item rather than a decorative plant has hindered its adoption in American cuisine.

RECIPE ADAPTABILITY

FOOD IS FOR EVERYONE. SEE HOW YOU CAN ADJUST RECIPES FOR YOUR NEEDS:

EASY INGREDIENT SWAPS FOR A ...



Dairy Allergy

Replace yogurt-based marinades (e.g., in South Asian or Middle Eastern dishes) with coconut milk or oat-based alternatives.



Nut Allergy

Swap almond-based sauces (like in some Southeast Asian dishes) with sunflower seed butter or tahini.



Halal or Kosher Needs

Substitute pork (e.g., in traditional European stews) with beef or chicken thigh while maintaining richness.



Vegetarian Needs

Replace chicken in Vietnamese pho with tofu or mushrooms and use vegetable broth instead of bone broth.

ADJUSTMENTS FOR VARIOUS MINIMAL PREP STYLES

Stovetop-Only

Use a skillet or saucepan to cook ingredients sequentially (e.g., sauté aromatics, then add vegetables and proteins).

Oven-Only

Bake items like casseroles, empanadas, or even stews in Dutch ovens or covered pans to replicate stovetop simmering.

One Pot-Only

Combine all ingredients in stages directly into a single pot, layering flavors as you go (e.g., sauté aromatics first, then add grains, proteins, and liquids).

FAMILY FOOD STORY

MEET THUY CAT-AURELIO

a working mom and immigrant from Vietnam

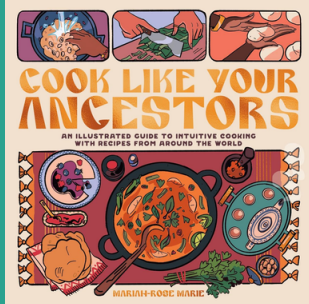
Thuy grew up in Vietnam until she was 12 and immigrated to the United States. She was surrounded by home-cooked meals of Phở, Bún riêu, Bánh Cuốn, and more. After moving to the states and growing up without her mother's cooking (who was still back in Vietnam), she gradually consumed less Vietnamese food. When her mom eventually moved to the U.S. 10 years later, she got re-acustomed to her Vietnamese-food-roots.

Intergenerational Cooking

Thuy raised a family of two girls in Westminster and Fullerton, California. The daughters grew up in Westminster (close to Grandma and her Vietnamese cooking) for ten years. Unfortunately, after going to school in America and moving further away from Grandma, the daughters and mom strayed from Vietnamese culture and food. With Thuy's busy work schedule as an elementary school teacher, it is difficult for her to source and prepare Vietnamese food. However, they are striving to learn to return to their cultural culinary roots.

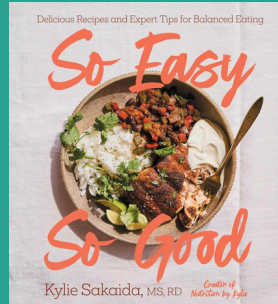
ADDITIONAL RESOURCES

COOK BOOK AND CREATOR RECOMMENDATIONS TO HELP YOU CONTINUE TO DECOLONIZE YOUR DIET



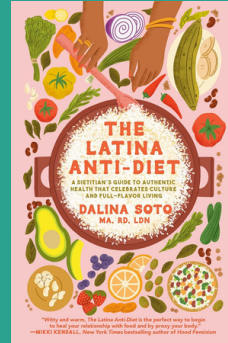
Cook Like Your Ancestors: An Illustrated Guide to Intuitive Cooking With Recipes From Around the World

By Mariah-Rose Marie



So Easy So Good: Delicious Recipes and Expert Tips for Balanced Eating

By Kylie Sakaida



The Latina Anti-Diet: A Dietitian's Guide to Authentic Health that Celebrates Culture and Full-Flavor Living

By Dalina Soto



Third Culture Cooking: Classic Recipes for a New Generation

By Zaynab Issa



KYLIE SAKAIDA, MS, RD

 @nutritionbykylie

Kylie Sakaida is a nationally recognized registered dietitian and content creator based in Los Angeles. Kylie has cultivated a significant presence on social media platforms like TikTok, Instagram, and YouTube. With over 5 million followers, she shares practical nutrition tips, evidence-based information, and easy-to-follow healthy recipes. She is dedicated to empowering individuals to make informed dietary choices and adopt healthier lifestyles in a realistic and approachable way.



DENEE BEX, MPH, RD, LD, CDCES

 @tumbleweed_nutrition

Denée was born and raised on the Navajo Reservation located in Northeast Arizona. She uses her experience growing up on “the rez” to help her community become healthier. In addition to being a Registered Dietitian, Denée has a Master of Public Health with a specialty in Community Health Education. All nutrition education is based on 9+ years of working with American Indian individuals, peer-reviewed research, academic textbooks and clinical guidelines for medical care.



DALINA SOTO, MA, RD, LDN

 @your.latina.nutritionist

Dalina Soto is a bilingual Registered Dietitian dedicated to helping people embrace cultural foods without guilt or restriction, fostering a positive relationship with food rooted in tradition and flavor. She is a proud, first-generation Dominican-American and speaks to a primarily Latinx audience, whom she fondly calls “Chulas.”

ADDITIONAL RESOURCES

REPRESENTATION AND HOW TO CONDUCT YOUR OWN INTERVIEWS

To design truly inclusive food experiences, it's essential to understand the deeper cultural and emotional context of eating. Through interviews, we seek to uncover the cultural significance of meals, hear firsthand experiences of eating without shame, and learn how individuals adapt food practices to be more accessible and affirming. These stories offer valuable insight into how professionals—whether in nutrition, culinary arts, or wellness—can better support diverse communities by honoring tradition, reducing stigma, and designing with inclusivity in mind.



INTERVIEW GUIDE

Below are some sample interviewee personas and sample interview questions for those persons.



Brenda, 27 | Nutritionist

1. How do you accommodate different lifestyles or habits when recommending meals?
2. How does your culture impact the approach you take in your work?
3. Tell me about how diet culture and social media has influenced your career.



Ashley, 24 | 1st Gen Foodie

1. What's a traditional meal that means a lot to you, and has your relationship with it changed over time?
2. Have you ever felt pressure to avoid Mexican foods for health or diet reasons? How did that affect you?
3. How have you adapted traditional meals to fit your health needs or lifestyle?



John 74 | US Immigrant and Family's Favorite Chef

1. What kind of foods or techniques do you like to cook and use for your family, and where did you learn them?
2. Have you felt it difficult to hold on to your cooking rituals as time goes on?
3. How has living in the US changed your cooking habits, if at all?
4. What would you like to see in the younger generation as it related to traditional cooking and nutrition?



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¡BUEN PROVECHO!

For more information on the toolkit please visit
www.decolonizingdiet.com

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