

CONCLUSIONS AND RECOMMENDATIONS

CONCLUSIONS

A conclusion that can be made is that the Latino diet is very high in calories, total fat, saturated fat, and sodium. This leads to the high prevalence of type 2 diabetes in the Latino population, which leads to further complications. Through research and product development intervention strategies that would work in this population were identified.

The best intervention strategy will be chosen during the next phase of the grant, nutrition intervention. The recipe development of a modified traditional recipe will provide the target population with a new recipe that will comply with the diet of a type 2 diabetic. The new recipe, research, and chosen intervention strategy will also provide information to the Latino population on how to increase their overall diet to comply with that of a type 2 diabetic.

RECOMMENDATIONS

Recommendations to be made in the future include working with the target population in the development of Latino recipes. Having the target population be a part of the taste panel during the product development phase would prove to be beneficial. The target population can give a better picture as to what a Latino would or would not eat, and if the recipes that are being developed would increase compliance in the Latino population.

Working with the target population when deciding which intervention strategies would be the best for the grant would also be beneficial. They would be able to determine if the specific elements in the intervention process would be appropriate and what strategies they would benefit the most from.