

# FUELING WITH CULTURAL COMPETENCE

By 2060, more than half of the U.S. population will consist of people from different cultural backgrounds.<sup>1</sup>

Sports dietitians must be knowledgeable about the fueling preferences of athletes of various ethnicities and cultures, and also consider using fueling opportunities to educate all athletes about other foods and cultures.

To do this, sports dietitians should learn and understand the definition of culture and cultural competence:

## CULTURE

The accumulation of a group's learned and shared behaviors in everyday life. It is the lens we use to view and understand people's beliefs, customs, and knowledge.<sup>2</sup>

## CULTURAL COMPETENCE

Cultural competence is an ever-evolving process of examining one's own attitudes and acquiring the values, knowledge, skills, and attributes that will allow an individual to interact with other cultures.<sup>3</sup>

Once the ability to notice and respect these differences is consistently considered in the sport setting, showing regard toward the cultural norms that are not your own builds rapport as well as enhances a sports dietitian's ability to appropriately fuel all athletes. Here's how you can get started fueling your athletes with cultural competence:



- **Become familiar with your own attitudes** about individuals from different cultures and use resources to gain the knowledge, skills and techniques to make you a culturally competent sports dietetic professional. Start with these resources:
  - *Cultural Competency for Nutrition Professionals* (eBook) from the Academy of Nutrition and Dietetics
  - *Cultural Food Practices* from the Diabetes Care and Education DPG and the Academy of Nutrition and Dietetics
  - Tervalon M, Murray-Garcia J. Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *J Health Care Poor Underserved*. 1998;9(2):117-25.
- **Have an open dialogue with your international athletes** about foods that are familiar to them and work with the dining staff to have those food or snack options available at training tables, fueling stations or in the cafeteria.
- **Look for opportunities to have conversations with all of your athletes** — not just those who might come from a different background than your own — about the food practices of different cultures.
- **Explain sports nutrition performance and recovery concepts** using foods that are familiar, tolerated, accessible and well liked for your international students to ensure they adhere to any sports nutrition guidance they receive.
- **When possible, utilize spice blends, herbs, sauces or marinades** that can create a sense of familiarity for your international athletes in the event foods they are accustomed to eating have import restrictions on them.

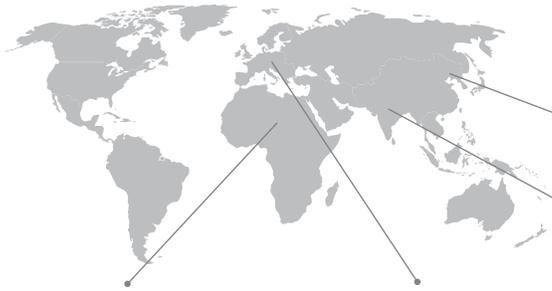
Understanding what someone eats and why they eat it is key to nutrition education and can help athletes perform at their highest potential.

# CULTURALLY COMPETENT FUELING WITH POTATOES: IDEAS FOR THE SPORTS NUTRITION PROFESSIONAL

Implement Culturally Competent Training Tables	Introduce Culturally Competent Teaching Kitchens	Enabling Cultural Competence In The Cafeteria
<ul style="list-style-type: none"> <li>• Think of ways to introduce athletes to other cuisines and potato dishes as a part of your training tables.</li> <li>• Showcase that potatoes prepared in a range of ways are the ideal pre-, during- and post-exercise culturally competent whole food fueling source that your athletes can rely on for optimal performance and recovery.</li> <li>• Visit <a href="http://PotatoGoodness.com">PotatoGoodness.com</a> for recipe inspiration and information.</li> </ul>	<ul style="list-style-type: none"> <li>• If you have the ability to do cooking classes or teaching kitchens, consider an ethnic cuisine not common to your athletes and use it as an education opportunity.</li> <li>• Enable all of your athletes to gain hands-on experiences with ethnic food preparation styles and seasonings to help introduce, familiarize and normalize these concepts.</li> <li>• Let athletes choose what potato dishes they would like to try from that cuisine to help fuel their performance and recovery.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide culturally inspired performance nutrition recipes from <a href="http://PotatoGoodness.com">PotatoGoodness.com</a> to give to team chefs and dining staff to guide meals. Recipes at foodservice scale are available.</li> <li>• Take an active role in encouraging the dining hall/cafeteria foodservice staff to prepare one culturally competent meal per day that makes use of potatoes.</li> <li>• A medium (5.3 oz.) skin on potato provides 3 g (6% of the daily value) of plant-based protein per serving, an option to fuel and replenish your plant-based athletes.</li> </ul>

No matter the culture or country your players come from, they need certain nutrients to perform at their best. Potatoes have crucial nutrients for performance and recovery, and the versatility of potatoes provides familiarity on the plate as well as the flexibility to be a whole food solution for fueling in a culturally competent way.





Potatoes are a food common to almost every culture in the world, yet, are prepared and consumed in a variety of ways, typically through using unique blends of spices, sauces and herbs. Let's explore these unique mixtures of seasonings as well as how each culture prepares and enjoys potatoes:

## AFRICA

**BERBERE**, common in Ethiopia and Somalia: hot peppers, black pepper, fenugreek, ginger, cardamom, coriander, cinnamon and cloves

**DUKKAH**: hazelnuts, sesame seeds, coriander and cumin

**HARISSA**: hot chili peppers, garlic, cumin, coriander, caraway and mint

**RAS EL HANOUT**: cardamom, clove, cinnamon, coriander, cumin, paprika, mace, nutmeg, peppercorn and turmeric

## EUROPE

**FINES HERBES**: chervil, chives, tarragon, and parsley

**HERBES DE PROVENCE**: savory, rosemary, marjoram and thyme

**KHMELI SUNELI**: fenugreek seeds, coriander, savory, black pepper and dill

**QUATRE EPICES**: ground white pepper, cloves, nutmeg and ginger

## INDIA

**CHAAT MASALA**: dried mango powder, cumin, coriander, dried ginger, salt, black pepper and chili powder

**CURRY POWDER**: turmeric, coriander, cumin, fenugreek and red pepper

**GARAM MASALA**: cinnamon, cardamom, cloves, cumin, coriander, black peppercorns, nutmeg and red chilies

**PANCH PHORON**: fenugreek, nigella, cumin, black mustard and fennel seed

## ASIA

**CHINESE FIVE SPICE**: anise, peppercorns, cloves, fennel, coriander and cinnamon

**GOMASIO**: toasted sesame seeds and salt

**TOGARASHI**: chilies, dried citrus peel, sesame seeds, poppy seeds, hemp seeds, ginger, garlic and nori

## NUTRITION\*

**CARBOHYDRATES** 26 g  
(9% of the daily value)

**VITAMIN C** 27 mg  
(30% of the daily value)

**POTASSIUM** 620 mg  
(15% of the daily value)

**FIBER** 2 g  
(7% of the daily value)

\*One medium (5.3 oz.) skin-on potato.

Potatoes are a pre, during or post-exercise whole food and applying any one of these spice blends is a good way to prevent sweet flavor fatigue and ensure your athletes are meeting all their nutritional needs.\*

Any spice or herb blend can be used to season any potato in any preparation.

## TRI-COLORED ROASTED POTATOES WITH HARISSA SAUCE

Harissa is a North African hot chili pepper paste that is extremely versatile and can be a good reminder of home for athletes from that area or a good first exposure to the cuisine of North Africa for non-international students. These are also portable and make a great snack or pre-workout whole food fuel for road games or events.

Ready Time: 40 min  
Prep Time: 10 min  
Cook Time: 30 min  
Potato Type: Purple, Reds, Yellow

Cuisine: North African  
Serves: 8  
Prep Method: Baked

### INGREDIENTS

1 lb. small red potatoes, unpeeled  
1 lb. small yellow potatoes, unpeeled  
1 lb. small purple potatoes, unpeeled  
4 tablespoons extra virgin olive oil  
1 teaspoon salt  
1 teaspoon smoked paprika  
1/2 teaspoon cumin  
1/4 teaspoon black pepper

### Harissa Sauce

1/2 cup mayo or vegan mayo  
2-3 teaspoons harissa, to taste  
1 teaspoon smoked paprika  
3-4 tablespoons of water, to achieve the right consistency

### PREPARATION

- Preheat the oven to 400°F. Line 2 large baking sheets with parchment paper.
- Wash the potatoes really well and dry them. Cut them into 1/2-inch chunks.
- Place the cut potatoes in a large bowl. Add the olive oil, salt, smoked paprika, cumin and black pepper. Toss well until all the potatoes are well coated with the oil and the spices.
- Transfer the potatoes to the lined baking sheet, making sure you also pour on the any oil and liquid remaining at the bottom of the bowl. Bake for 30 minutes or until the potatoes are tender.
- To make the harissa sauce, combine all the ingredients, except for the water, in a medium bowl. Whisk in the water, one tablespoon at a time, until well incorporated (the sauce should have the consistency of a thin ranch dressing).
- To serve, pour the sauce over warm potatoes or serve the sauce on the side.



### NUTRITION

SERVING SIZE: 1 CUP

Calories 288	Fat 17.8 g	Sodium 418 g	Sugar 1.8 g
Carbohydrates 30.2 g	Fiber 4 g	Protein 3.6 g	

# LOMO SALTADO (PERUVIAN BEEF STIR FRY)

*Lomo Saltado is a tasty, fun and easy-to-make Peruvian beef-and-potato stir fry. It draws cultural influence from both Peru and Asia, and it has lots of vegetables, lean beef and a slightly spicy kick that makes it a unique combination of familiar performance foods, and culturally inspired preparation that's perfect to make with your athletes.*

Ready Time: 35 min  
Prep Time: 10 min  
Cook Time: 25 min  
Potato Type: Yellow, Russet

Cuisine: Latin/Hispanic  
Serves: 2  
Prep Method: Baked, Stir Fry



## INGREDIENTS

### Baked Fries

Canola cooking spray  
1 medium (5.3 oz.) potato, russet or yellow, washed and dried  
1 teaspoon olive oil  
1/4 teaspoon garlic powder  
Kosher salt and black pepper, to taste

### Beef

1/2 lb. lean sirloin, cut into small, thin strips  
Kosher salt, to taste  
1/4 teaspoon cumin

Black pepper, to taste  
1 teaspoon olive oil  
1 medium red onion, sliced into thick strips  
2 mini yellow bell peppers or 1 large  
1 large jalapeno, ribbed and seeded, chopped  
2 cloves garlic, crushed  
1 medium tomato, sliced into wedges  
1 1/2 tablespoon low sodium soy sauce (use tamari for gluten free)  
1 tablespoon apple cider vinegar  
1/4 cup chopped cilantro

## PREPARATION

1. Preheat the oven to 400°F. Lightly coat a baking sheet with cooking spray.
2. Cut the potato lengthwise into 1/3-inch thick slices; cut each slice into 1/3-inch fries. Place on the baking sheet and toss with oil to evenly coat. Season with garlic powder, salt and pepper. Place on a single layer onto the greased baking sheet. Bake uncovered on the lower third of the oven for about 25 minutes or until tender crisp and golden.
3. Meanwhile, season meat with salt, pepper and cumin. Heat a large wok over high heat. When hot add the oil and the steak, cook about 2 minutes, until browned on both sides. Add the onions, bell pepper, jalapeno and garlic and cook 2 minutes. Add the tomato, soy sauce and vinegar and cook 1 more minute. Season with more salt as needed, remove from heat and finish with cilantro.
4. Serve immediately with French fries and divide evenly between 2 plates.

## NUTRITION

Calories 230	Fat 7.7 g	Sodium 247 mg	Sugar 53 mg
Carbohydrates 20 g	Fiber 3 g	Protein 20 g	

# SKILLET POTATOES WITH EGGS AND MIDDLE EASTERN-SPICED TOMATO SAUCE

*Countries in Latin America as well as the middle east use potatoes regularly, and Shashouka is a popular breakfast dish in the Middle East. Try making this recipe at your next training table, post it in the dining hall/cafeteria, give it to team chefs and dining staff to guide meals, or provided to coaches to reinforce how athletes can fuel independently to benefit performance nutrition.*

Ready Time: 40 min  
Prep Time: 15 min  
Cook Time: 25 min  
Potato Type: Yellow

Cuisine: Mediterranean  
Serves: 2  
Prep Method: Pan Fried

## INGREDIENTS

4 teaspoons extra-virgin olive oil, divided  
1 shallot, finely chopped  
2 garlic cloves, finely chopped  
1 tablespoon chili powder  
1/2 teaspoon turmeric  
1/2 teaspoon (scant) caraway seeds  
1 (14.5-ounce) can unsalted diced tomatoes

1 lb. yellow potatoes, cut into 1/4-inch rounds, then quartered crosswise  
2 eggs  
2 ounces feta cheese, crumbled  
1/4 cup Italian parsley leaves or cilantro leaves  
Hot pepper sauce

## PREPARATION

1. Heat 1 teaspoon oil in heavy medium saucepan over medium-heat.
2. Add shallot, garlic, chili powder, turmeric and caraway; sauté until shallot is tender, about 4 minutes.
3. Add tomatoes with juices from can and 1 cup water; simmer until sauce thickens and is reduced to 1 3/4 cups, stirring occasionally, about 8 minutes.
4. Meanwhile, heat 3 remaining teaspoons oil in heavy well-seasoned cast iron skillet or non-stick skillet over medium heat.
5. Add potatoes and sprinkle with salt and pepper. Sauté potatoes until tender and golden brown, about 15 minutes.
6. Using wooden spoon, push potatoes to edge of skillet.
7. Crack eggs into center of skillet and cook until whites are set and yolks are creamy, about 6 minutes.
8. Spoon half of warm sauce over eggs and potatoes. (Cover remaining sauce and refrigerate to enjoy later.)
9. Sprinkle eggs with feta and parsley. Serve passing hot sauce separately.



## NUTRITION

Calories 240.9	Fat 15.3 g	Sodium 554.1 mg	Sugar 188 mg
Carbohydrates 13.8 g	Fiber 1.9 g	Protein 11.3 g	Potassium 230.6 mg

Vitamin C 47% of the daily value

## REFERENCES:

- 1 Colby S, Ortman J. *Projections of the Size and Composition of the U.S. Population: 2014 to 2060*. U.S. Department of Commerce, Economics and Statistics Administration; 2015. <https://www.census.gov/content/dam/Census/library/publications/2015/demo/p25-1143.pdf>.
- 2 Goody C, Drago L, American Dietetic Association, Diabetes Care and Education Dietetic Practice Group. *Cultural Food Practices*. Chicago, IL: American Dietetic Association; 2010.
- 3 Centers for Disease Control, National Prevention Information Network. Cultural Competence. March 2015. <https://npin.cdc.gov/pages/cultural-competence>. Accessed March 5, 2020.
- 4 Salvador AF, McKenna CF, Alamillo RA, et al. Potato ingestion is as effective as carbohydrate gels to support prolonged cycling performance. *Journal of Applied Physiology*. 2019;127(6):1651-1659.