

# LATIN AMERICA

Foods,  
Do's &  
Don't's

## Argentina



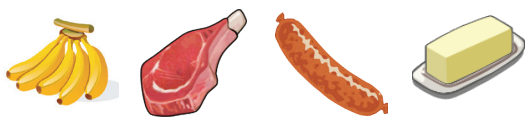
### Do:

Get to know each client and find out where they are from.

### Don't:

Don't ask "yes or no" questions--they tend to say what you want to hear.

## Brazil



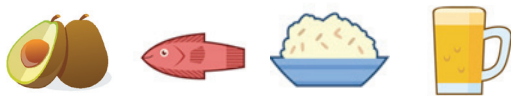
### Do:

Educate the benefits of oils over butter.

### Don't:

Plan foods that are unaffordable.

## The Caribbean



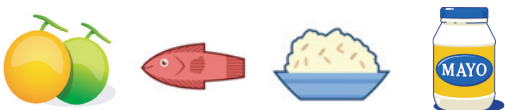
### Do:

Ask open ended questions to allow for discussion.

### Don't:

Put too much physical space between you and the client.

## Haiti



### Do:

Include family and friends to support the client.

### Don't:

Assume that friendliness means that they are doing fine .

## Jamaica



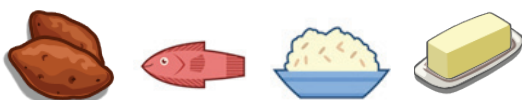
### Do:

Provide an affect approach to counseling to show verbal and non-verbal emotions.

### Don't:

Avoid eye contact.

## Peru



### Do:

Educate them that they are 2x more likely to become diabetic.

### Don't:

Discourage the use of alternative medicines.