

2020

Food & Culture

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About us

The Domino Project, a peer led for and by Black LGBTTQ+ youth (16-29 years old) in Toronto. This 24-month pilot project funded by OTF's Youth Opportunities Fund and is a joint venture between the Black Queer Youth Collective (BQYC) and Parkdale Queen West Community Health Center (PQWCHC).

Introducing The Domino Table Talk

The Domino project introduced the Domino Table talk, an eclectic online series consisting of five online discussions. On June 22, we held part 4 of the series with a discussion on Food and Culture. Food is a key feature of most youth drop-in programs. While dietary restrictions are often prioritized; meal options often lack a culturally awareness that meets the needs of diverse youth particularly Black youth. The Domino Table talk discussion on Food and Culture will explore different types of diets and their potential benefits.

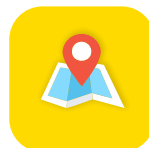


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Background

People from Africa, the Caribbean and various Black communities often come from different cultures each with its own unique histories and heritages. In the book, the Color of Poverty: Why racial and ethnic disparities persist, the authors bring attention to factors that connect group identity with group outcomes rather than looking at disproportionate representation. They unpack how social and systemic issues such as neighborhood quality, education and access to resources contribute to inequalities in society.

I think a balance diet is about feeling at home. It's not about what some dictate to us that should be in us. It's about us being connected with our selves first.

In response to the question, define a Balance diet and do you think you maintain one? Our panelist shared,

“Recently, in recent years, for the last 3 years, I've been navigating that area umm and I feel that this time especially in quarantine, I'm ... I maintaining a balance diet except when I need to eat breakfast but I don't eat breakfast. You know my doctor say I need to eat breakfast [laughing] I'm learning not to eat at night. Because I have a habit of eating at night like snacking but otherwise I feel like I'm maintaining a healthy umm diet. As it maintains to umm defining it from my perspective ya kno I defined a healthy diet as something that's as raw a possible. I feel like that's how I'm choosing to live my life as raw as possible.”

Canada's Food Guide recommends eating a variety of healthy foods each day. This includes eating plant-based foods more often and choosing highly processed or ultra-processed foods less often.

The food guide suggests that a healthy diet includes.

1. Eating lots of vegetables and fruits
2. Choosing whole grain foods
3. Eating protein foods
4. Limiting processed or ultra-processed foods
5. Making water your drink of choice

In response to the question, define a Balance diet and do you think you maintain one?

Our panelist shared, (cont.)

Some Black people may have pre-existing health conditions that put them at risk for developing Cancers, Diabetes, Stroke, Hypertension (High blood pressure), High cholesterol among other diet related conditions so consult with a qualified nutritionist and dietitians to create a meal plan suitable for your lifestyle and nutritional needs.

Tip. When seeking advice from a nutritionist and dietician, ask about their competency and familiarity with your meal options common to your culture. Different health professionals may provide different advice and suggestions to improve your diet so ask yourself,

- *Does this option meet my needs?*
- *Am I able to prepare foods I know or will be willing to try?*
- *Is the suggested meal option both nourishing and flavorful?*

"... it's so necessary to bring our own flavor to things because. I'm sure that the dietician created menu's that would suit a North American flavor and they don't have flavor.... It's the truth and you don't want to eat the kind of food that they do."

Changes In Diet Due To Covid-19



Due COVID-19, some people may prioritize eating healthy foods and maintaining a balance diet by purchasing essentials that provide nutrients. However, access to good quality food vary quite significantly depending on where youth live. The cost of purchasing organic foods is often another concern due to unemployment and the high cost of renting in the City.

Plant based diets and Veganism in the Black community

- *Stews*
- *Soups*
- *Legumes, beans and peas*

Youth programs may want to adapt the variety of plant-based options to ensure that the vegan and vegetarian options are delicious and nutritious.

What's the different between vegans and vegetarians?

Both vegetarians and vegans choose not to eat meat and fish. However, veganism is a stricter form of vegetarianism that prohibits the consumption or use of any products that come from animals, including dairy, eggs, honey, leather goods, wool, and silk.

Types Of Diets: Vegan Vs Plant Based Diets

A panelist shared the following benefits of being on a plant-based diet.

- Energized
- Elevated emotional wellness
- Greater awareness of connectivity
- Affordable meal options
- Seasonal options to try different recipes

Vegetarian vs. Vegan vs. Plant-Based What's the Difference?								
www.StaceyHomemaker.com	Lacto-Ovo Vegetarian	Lacto-Vegetarian	Ovo-Vegetarian	Pescatarian	Flexitarian	Vegan	Plant-Based	Whole Food Plant-Based
FRUIT	✓	✓	✓	✓	✓	✓	✓	✓
VEGETABLES	✓	✓	✓	✓	✓	✓	✓	✓
EGGS	✓	⊘	✓	✓	✓	⊘	😐	😐
DAIRY PRODUCTS	✓	✓	⊘	✓	✓	⊘	😐	😐
OILS	✓	✓	✓	✓	✓	✓	✓	⊘
HIGHLY PROCESSED FOODS	✓	✓	✓	✓	✓	✓	✓	⊘
WHOLE GRAINS & BEANS	✓	✓	✓	✓	✓	✓	✓	✓
SEAFOOD	⊘	⊘	⊘	✓	✓	⊘	😐	😐
MEAT & POULTRY	⊘	⊘	⊘	⊘	✓	⊘	😐	😐
				✓	😐	⊘		
				OK	AVOID	NO		

Plant-Based means that your diet consists mostly of plant-based foods (fruit, vegetables, legumes) and you try to avoid dairy, eggs, and meat. You might eat them occasionally but not often. WFPB means the same except you also don't consume any processed oils or highly processed foods.

Vegans consume no animal products, they don't use animal-derived products, and they don't participate in any activity that supports cruelty to animals.

Vegetarians don't consume meat, but they do eat animal-derived products like cheese and honey.

Types Of Diets: Vegan Vs Plant Based Diets (cont.)

There are also different types of vegetarians:

- Lacto-Ovo Vegetarian: Does not eat red or white meat, fish, or shellfish, but they do consume dairy products and eggs.
- Lacto-Vegetarian: Consumes dairy products but eats no red or white meat, shellfish, fish, or eggs.
- Ovo-Vegetarian: Eats eggs but consume no red or white meat, fish, dairy, or shellfish.
- Pescatarian: Eats fish and shellfish but don't consume red or white meat.
- Flexitarian: A semi-vegetarian who mostly eats plant-based but occasionally consumes meat.

What is good food?

Good food isn't always just about taste or nutrition—for some people it's an important link to their culture, or their ethics. Sustainability and the environment also popped up as important factors.

For our panelist, good food is described as,

- Home cooked
- Well thought out meal options
- Vibrant and colorful

Our Panelist Suggested Some Words To Live By With Six P's For Healthy Living

1. *Prior*
2. *Proper*
3. *Preparation*
4. *Prevent*
5. *Poor*
6. *Performance*



² *Ultimate Guide to Veganism* <https://www.staceyhomemaker.com/veganism>

Resources

The Color of Poverty: Why Racial And Ethnic Disparities Persist

http://www.npc.umich.edu/publications/policy_briefs/brief16/PolicyBrief16.pdf

Ultimate Guide to Veganism

<https://www.staceyhomemaker.com/veganism>

2014 NL Good Food Challenge

<https://www.foodfirstnl.ca/rcr-archive/2014/11/2014-nl-good-food-challenge-what-is-good-food>

i Vegans vs Vegetarians <https://www.medicalnewstoday.com/articles/325478#summary>

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