The purpose of this project is to understand how people integrate different foods into their everyday life.

We want to understand how to better implement two food guides in everyday eating. Both are healthy; one is based on traditional Mexican foods and the other one is more general – it is known as the Dietary Guidelines for Americans (DGA).
For this project, we are looking for volunteers who are Mexican women or from a Mexican family, over 18 years of age.

**What are the project activities?**

The first step is filling out an initial questionnaire. If you don’t have it yet, you can download it from [www.ProyectoComidas.org](http://www.ProyectoComidas.org) or please call us or text us your name and address to (206) 619 - 6834. We will gladly send it to you by mail.

We will then make an appointment so that you can come to our center in Seattle to talk about the details of the project and if you would like to participate, you will sign a consent form. These appointments can only be made from Monday to Friday.

**VISIT #1**
- If you decide to participate, we will draw a blood sample and measure your height and weight.
- We will also talk about the foods that you normally eat and about the guide that we will ask you to follow for three months. For example, if you are assigned to the Mexican guide, we will talk about eating corn tortillas and beans more often. If you get the American guide (DGA), for example, we will talk about how to include more vegetables and whole grains. Both diets are healthy and we will give you plenty of information, including recipes.

**DURING THE FOLLOWING THREE MONTHS:**
- We will be in phone contact to talk about the challenges and accomplishments related to following these food guides.

**VISIT #2**
- We will ask you to come to our center once more to give another blood simple. We will then give you a $300 prepaid gift card.

You will fill out questionnaires at the beginning of the study, and at 3 and 5 months.

**Where is the Fred Hutch?**

We are located in South Lake Union, close to downtown Seattle. The buses that serve this area are routes 70 and Rapid Transit C and the Seattle Streetcar can be taken from Westlake Center. If you come by car, we provide free parking.
The Fred Hutch Research Center

The Fred Hutch Research Center was founded in 1964 by Dr. William Hutchinson in honor of his brother, Fred. Fred Hutchinson was a successful major league baseball player and World Series winner as manager of the Cincinnati Reds. He died of lung cancer at age 45.

Today, the Center is an institution of world-renowned depth and variety and is home to three Nobel laureates. More than 2,300 scientists and staff conduct research to understand, treat and prevent cancer and other diseases.

We are a non-profit organization. This project received funds from the U.S. National Institutes of Health (NIH).

Dr. Marian Neuhouser is the Principal Investigator of the “COMIDAS at Home” project. She received her doctorate in Nutritional Sciences from the University of Washington. She is fluent in Portuguese and Spanish and has been involved with various community-based participatory cancer prevention programs. She spent three years living and working in Recife, Brazil where she developed and implemented a community health care program using a Promotora model.

For more information or any questions
Call or text Norma at (206) 619-6834
or email us at COMIDAS@FredHutch.org

“COMIDAS at home” is part of a larger program called “PUEDO” which focuses on the health of Latinas living in the U.S.A.