

The activity planned during this independent study rotation is The Caribbean Diabetes Prevention Project. This project aims to examine trusted take-out restaurants and the readiness for change in the restaurant's food items that may be linked to the increased prevalence of Type 2 Diabetes. This study involves all of the competencies (CRDN 2.1, 2.3, 2.10, and 3.7) that umbrella the independent rotation. The method of evaluation for this research is the use of a salinity lab and ESHA Food Processor v.11.15.x software to examine and analyze the nutrient content of meals typically eaten by individuals of Caribbean descent.

1. **Take-Out Restaurant Meals** (Meal components were separated, weighed and frozen prior to this internship):
 - a. Oxtail with rice and peas, macaroni and cheese, fried plantain, steamed vegetables and a side of salad
 - b. Jerk chicken with white rice, rasta pasta, fried plantain, and steamed vegetables
 - c. Curry chicken and potato roti
 - d. Macaroni salad
 - e. Black bean soup
 - f. Griot.
2. **Sodium Content:** Samples of each meal component (50g) will be measured into plastic cups, mixed with deionized water (150g), and emulsified with an immersion blender. Using a conductivity probe, the sodium content will be measured in PPT.
3. **Calorie Content, Fat Types, Micro and Macronutrient Content:** Recipes will be created (based on cultural competence, published cookbooks, and online resources). These recipes will be entered into ESHA FoodProcessor. The average size of each of the six meals are then entered into the ESHA Food Processor software to provide the nutrient content of each meal.
4. **A Scientific Poster will be Prepared for School of Natural and Behavioral Sciences Research Day, May 9, 2025.** The poster will report on the calorie content for each meal, and contribution of each meal component.
- 5.

Tiffany Mitchell

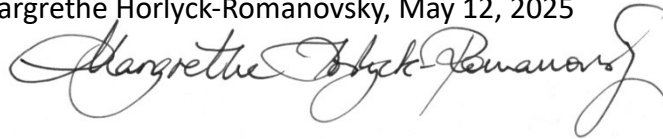
HNSC 7202

IP5: Independent Rotation

6. **CITI Training:** Human Subjects Research course will be required for conducting any research activities with human subjects, or data originating from human subjects' research.
7. **Chef Interviews:** To assess current activities and potential future activities by Caribbean Restaurant owners, chefs, cooks, or other stakeholders, we will recruit and conduct 60-minute qualitative interviews with up to 5 owners, chefs, cooks, or other stakeholders (\$150 incentive). The goal is to interview restaurant cooks and discuss the possibility of healthier preparation methods, smaller portion sizes and other product development to accommodate customers who are at risk of hypertension and diabetes and support the Caribbean community in maintaining cultural foodways while promoting health. Brooklyn College expects to offer some subject matter expertise to support restaurants in ideating, testing, and gathering customer feedback.

Preceptor: Margrethe Horlyck-Romanovsky, May 12, 2025

Signature:

A handwritten signature in black ink, reading "Margrethe Horlyck-Romanovsky". The signature is written in a cursive, flowing style with a large, decorative initial 'M'.