CULTURAL FOOD GUIDE FOR PANTRIES

Food pantries serve a variety of neighbors from many different backgrounds and cultures. It is important for pantries to understand the unique preferences and needs of their community members in order to provide the best possible service. This guide is intended to serve as a starting point for Indiana food pantries interested in offering more culturally responsive foods to their neighbors. This guide is not all-inclusive, so we encourage all food pantries to gather additional input directly from the families and individuals they serve for a deeper understanding of their community’s unique needs. This can be accomplished through surveys, focus groups, or other methods.

Preferences and restrictions vary greatly by culture, but there are some key commonalities to keep in mind when serving immigrants or refugees from various regions:

- Offer fresh, whole foods vs. canned, processed, or packaged foods when possible
- Provide a variety of fresh fruits, vegetables, meats, and seafoods
- Rice and beans are staple ingredients in many cultures
  - White rice is generally preferred to brown rice
  - Dried beans are more widely accepted than canned beans
- Offer herbs, spices, cooking oils, and other cooking staples

Tips for sourcing culturally responsive foods:

- Request specific items in food drives
- Partner with international grocery stores
- Source fresh produce from local farmers, farmers markets, Society of St. Andrew, and food banks
- Partner with HATCH for Hunger for low-cost eggs
- Start small and offer what you can - providing even a few familiar or appropriate foods can free up money in neighbors' budgets to buy other preferred items at specialty stores

The following pages provide some basic information on the dietary practices and preferred foods of specific countries or regions of the world. These represent some of the top countries/regions of origin for immigrants and refugees in Indiana, including:

- Burma/Myanmar (pg. 2)
- Central and South Asia (pg. 3)
- Eastern Europe and Russia (pg. 4)
- Haiti (pg. 5)
- Mexico (pg. 5)
- Middle East (pg. 7)
- Nigeria (pg. 8)
- Traditional heritage diets (pg. 9-12)

This guide was created with information and input from Gleaners Food Bank of Indiana, Indy Hunger Network, the Immigrant Welcome Center, Jewish Family Services, the Metropolitan School District of Washington County, Purdue Extension, and online resources from government agencies and other organizations.
**Fruits and Vegetables**
- Fresh produce usually preferred over canned or frozen
- Bamboo shoots, bean sprouts, bok choy, cabbage, eggplant, green chili, mushrooms, mustard/collard greens, okra, onions, tomatoes, white potatoes, zucchini
- Apples, bananas, oranges, watermelon

**Protein**
- Fresh beef, chicken, pork loin
- Lentils, kidney/red beans yellow dal (mung) beans, yellow or green split peas - dried generally preferred, some may be fine with canned
- Dried fish and shrimp
- Eggs

**Grains**
- Rice - jasmine or basmati
- Noodles - instant, egg, vermicelli, rice
- Hominy corn

**Dairy**
- Not as common, but some may enjoy fresh, condensed, and/or powdered milk in tea

**Seasonings and Cooking Staples**
- Chili powder, coriander, crushed pepper, salt, turmeric
- Fish sauce, fish paste
- Tomato sauce
- Fresh garlic, ginger, cilantro
- Vegetable oil

**Beverages**
- Bottled water
- Coffee (instant)
- Tea

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**BURMESE FOOD CULTURE**

**Tips to help your food bank or pantry meet the preferences and needs of households from Myanmar**

**MYANMAR QUICK FACTS**
- Formerly known as Burma
- Capital: Naypyidaw
- Population: 57 million (2021)
- Languages: Burmese, over 60 other languages spoken by various ethnic groups
- Major religions: Buddhist (88%), Christian (6%), Muslim (4%)
- Immigration: About 25,000 immigrants and refugees from Myanmar live in Indiana - most settle on the south side of Indianapolis (2020)

**CULTURAL CONSIDERATIONS**
- There is much diversity in the ethnicities, dialects, religions, and cultural practices of the people of Myanmar.
- Recruit a Myanmar "liaison" from your community to help your team understand your pantry visitors' specific needs and preferences.
- Common values among different groups from Myanmar include modesty, respect for elders, close-knit extended families, and maintaining a calm disposition.
- Communication tends to be indirect and sensitive to others' feelings.

**KEY CELEBRATIONS**
- Thingyan (4/13-4/16) is known as a water festival. People have fun soaking each other to wash away bad luck and misfortune from the previous year before ringing in the New Year on 4/17.
- Vassa (late July-late October) is a time of reflection, meditation, and reading of Buddhist religious texts. Vegetarianism or fasting is often practiced.
- Full Moon of Thadingyut - Also known as the Festival of Lights, this marks the end of Vassa and monsoon season. To celebrate, large candle-lit hot air balloons are launched in the air.

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CENTRAL & SOUTH ASIAN FOOD CULTURE

Tips to help your food bank or pantry meet the preferences and needs of households from Afghanistan, Bangladesh, Bhutan, India, Kazakhstan, Kyrgyzstan, Maldives, Nepal, Pakistan, Sri Lanka, Tajikistan, Turkmenistan, and Uzbekistan

QUICK FACTS

- Population: 1.3 billion
- Languages: 22 official regional languages - Turkic is the main language in Central Asia, South Asia has multiple languages, including Hindi (most common), Dari (Farsi), Pashto, English, and Indonesian
- Major religions: Islam, Hinduism, Buddhism
- Immigration: 37,409 living in Indiana from south central Asia

CULTURAL CONSIDERATIONS

- This region contains many diverse cultures and dense populations.
- The cultural and dietary practices of people in this region are integrally related to their religious beliefs and customs:
  - Most Hindus and Buddhists are vegetarian. Buddhists follow a lacto-vegetarian diet (consume dairy products, but no eggs, poultry, fish, or meat). Some Hindus eat eggs while others do not.
  - Muslims eat halal meat (slaughtered according to Islamic law) and do not consume any pork, wine, or gelatin.

KEY CELEBRATIONS

- Ramadan - Islamic holy month that includes fasting from sunrise to sunset, concludes with Eid al-Fitr, a celebration to break the fast
- Eid al-Adha - Islamic "Festival of Sacrifice" that usually involves enjoying meat with loved ones
- Nau Roz - new year's celebration according to the Islamic calendar
- Diwali - the festival of lights for Hindus and Sikhs
- Turkmenistan Melon Day - marking of the melon season

STAPLE FOODS

- Fruits and Vegetables
  - Fresh produce preferred over canned or frozen
  - Tomatoes, turnips, onions, celery, squash, white radish, chives, eggplants, leeks, water chestnuts, scallions, spinach, potatoes, carrot, peas, lettuce, onion, cucumber, pepper, okra, pumpkins, cauliflower
  - Dates, apples, melons, bananas, coconut, grapes, guava, dragon fruit, tamarind, pear, cherries, pomegranates, dried fruits (raisins, apricots, figs, cherries, and prunes)

- Protein
  - Lamb/mutton (top choice), goat, chicken, and fish - halal label is important for Muslims
  - Nuts and seeds: almonds, pistachios, pine nuts, cashews, walnuts, peanuts, apricot kernels, tamarind seeds, pili nut, black nuts
  - Eggs

- Grains
  - Rice (long grain- basmati), cracked wheat, maize, barley, brown or wild rice, quinoa, millet, whole wheat couscous
  - Bread: naan, flatbread (chapati), roti canai
  - Whole wheat flour and barley

- Dairy
  - Milk, yogurt, whey, cheese (qurt)

- Seasonings and Cooking Staples
  - Hot pepper, black pepper, cumin, cardamom, saffron, turmeric, garam masala, sesame seeds, cloves
  - Fresh parsley, cilantro, mint, coriander, and basil
  - Peanut oil is used in cooking

- Beverages
  - Tea (black tea mixed with aromatic spices and herbs)
  - Doh (mix of yogurt whey, club soda, lemon juice, mint, and salt)
EASTERN EUROPEAN & RUSSIAN FOOD CULTURE

Tips to help your food bank or pantry meet the preferences and needs of households from Belarus, Bulgaria, Czech Republic, Hungary, Moldova, Poland, Romania, Russia, Slovakia, and Ukraine

QUICK FACTS

- Population: 292,500,455 (2021)
- Languages: Hungarian, Latvian, Lithuanian, Polish, Romanian, Russian, Slovak
- Major religions: Mainly Christianity - Orthodoxy, Protestantism, Roman Catholicism; some Judaism and Islam
- Immigration: 17,685 immigrants from Eastern Europe live in Indiana (2019)

CULTURAL CONSIDERATIONS

- In most Eastern European cultures, smiling and waving to strangers is not a normal practice. These behaviors are usually only used for family or friends.
- When it comes to food in Eastern European cultures, less is more as quality is preferred over quantity.

KEY CELEBRATIONS

- Easter: Religious feast that occurs in March or April
- Pentecost Sunday: Church feast that is celebrated 40 days after Easter
- St. Martin's Day: November 11th; First day of wine season, a day to eat and drink
- Christmas Day: December 25th; religious holiday celebrated with food and family
- St. Sylvester's Day (New Year's Eve): December 31st; celebrated with lucky foods like fish with silver scales, cabbage, ring shaped foods like bagels, pork, and poppy seeds.

STAPLE FOODS

- Fruits and Vegetables
  - Apples; dried apricots, cherries, figs, plums
  - Beets, cabbage, carrots, cucumbers, mushrooms, onions, peas, potatoes, radishes, tomatoes, turnips
  - Fresh is usually preferred, but some canned and dried are acceptable (fruits, peas, pickles, sauerkraut)
- Protein
  - Chicken, fish, lamb, pork (bacon, German/Polish-type sausage, ham, salami), veal
  - Canned herring, salmon, sardines, spam, tuna
- Grains
  - Barley, millet, oats, rye
  - Bread - sourdough, dark multigrain, yeast rolls
  - Flour - white wheat, buckwheat
- Dairy
  - Full-fat dairy - buttermilk, cream cheese, farmers cheese, heavy cream, plain Greek yogurt, smetana (a type of sour cream)
- Seasonings and Cooking Staples
  - Basil, cilantro, dill, garlic, mint, parsley
  - Jam, honey, sugar
  - Rapeseed oil and sunflower oil
- Beverages
  - Kefir (probiotic drink made with fermented milk and kefir grains)
  - Kompot (boiled fruit and sugar)
  - Oolong and black tea
  - Coffee - medium or dark
Independence Day - Haitians celebrate their country’s independence from France on January 1st with fireworks and special foods.

Ancestry Day is celebrated on January 2nd to commemorate the country’s forefathers and other loved ones. Processions and family meals are customary.

Carnival is a festival that happens just before the Catholic season of Lent in late February. It consists of 3 days of dancing, parades, musicians, and vibrant costumes. Many people give up meat, sweets, or other foods during Lent, so Carnival is a time to savor these treats.

Fruits & Vegetables
- Haiti’s tropical Caribbean climate allows for fruits such as avocados, mangoes, pineapples, bananas, and plantains to grow in abundance and are a staple in the diet.
- Vegetables such as pumpkin, potatoes, cabbage, and carrots are popular as well.
- Fresh produce is usually preferred over canned or frozen

Protein
- Dried beans (black, red, soy, chickpeas, and black-eyed peas) are a common protein source in the Haitian diet. The country’s national dish is called Riz et Pois, or “Rice and Beans”
- Goat, chicken, beef, eggs, and fresh or frozen, or dried fish are also common

Starches
- The average Haitian diet is largely based on starchy staples such as rice, corn, yams, and cornmeal

Seasonings & Cooking Staples
- Garlic, thyme, cayenne pepper, and vanilla extract
- Soy and palm oil
- Vinegar

Beverages
- Coffee
- Fruit juice

HAITI QUICK FACTS
- Capital: Port-au-Prince
- Population: 11.5 million (2021)
- Languages: Haitian Creole, French
- Major religions: Roman Catholicism, Protestantism, and Voodoo
- Immigration: Estimated at 10,000+ people, Haitian immigrants have become a growing part of the Indiana community in recent years. In total, there are about 1.1 million Haitian immigrants living in the US (2018)

CULTURAL CONSIDERATIONS
- Haitians are very friendly and welcoming. They often welcome guests to their homes with food, and refusing is impolite.
- Most Haitians place great importance on family life. Family comes first, above work or other responsibilities.
- Haitian children are often raised by the immediate family, extended family members, and supportive members of the community.
- Respect and obedience are characteristics that are valued by Haitian families. As a result, Haitian children tend to be well-behaved and respectful.

KEY CELEBRATIONS
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MEXICAN FOOD CULTURE

Tips to help your food bank or pantry meet the preferences and needs of households from Mexico

MEXICO QUICK FACTS
- Capital: Mexico City
- Population: 126 million (2021)
- Languages: Spanish, indigenous languages
- Major religions: Catholicism, Christianity
- Immigration: Over 94,000 immigrants from Mexico live in Indiana, making this the top country of origin in the state (2019)

CULTURAL CONSIDERATIONS
- Family is one of the most important elements in Mexican society. Immediate and extended family members often live in the same home or neighborhood so they can take care of one another.
- Parents and elders are treated with a high degree of respect, and individuals often consult their families first when making decisions.
- Punctuality is not as important in Mexico, so households may arrive late to appointments.

KEY CELEBRATIONS
- Lent is celebrated by many Catholics and Christians. During this 40-day period before Easter, it is common for families to not eat meat on Fridays.
- Mexican Independence Day is celebrated on September 16th to commemorate Mexico’s independence from Spain.
- Dia de Los Muertos (Day of the Dead) is celebrated on November 1st. Families honor loved ones who have passed away by sharing their favorite foods, like fruits, sweets, and pastries.
- The Feast of Our Lady of Guadalupe (the patron saint of Mexico) is celebrated on December 12th. It is closely followed by Posadas, a nine-day celebration of Mary and Joseph’s journey to Bethlehem.

STAPLE FOODS
- Fruits and Vegetables
  - Fresh produce always preferred over canned or frozen
  - Avocados, tomatoes, tomatillos, onions, peppers, corn, nopales (cactus), jicama, jalapenos, poblano peppers
  - Citrus fruits, bananas, pineapples, plantains
- Protein
  - Fresh beef, pork, chicken, chorizo
  - Beans - black, pinto, red, kidney - dried beans usually preferred over canned
  - Eggs
  - Pumpkin seeds (pepitas)
- Grains
  - Rice - white preferred
  - Tortillas - corn or flour
  - Flour - corn/maize flour (“masa harina”), all-purpose flour
- Dairy
  - Milk - powdered for children (“nido”), liquid for adults
  - Cheese - white varieties (cotija, queso blanco) preferred over yellow
- Seasonings and Cooking Staples
  - Cumin, Mexican oregano, chili pepper flakes, coriander, chili powder, all spice, cloves, thyme, cinnamon, salt
  - Fresh cilantro, garlic
  - Chili peppers - fresh, dried, crushed
  - Bouillon (“Knorr”)
  - Vinegar - white, apple cider
  - Vegetable oil, lard
- Beverages
  - Aguas frescas - mix of fresh fruit juice, water, and a sweetener
  - Coffee
  - Horchata - sweet rice milk with vanilla and cinnamon
  - Licuado - smoothie-like blend of milk, fresh fruit, and ice
MIDDLE EASTERN FOOD CULTURE

Tips to help your food bank or pantry meet the preferences and needs of households from Algeria, Bahrain, Egypt, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Libya, Morocco, Oman, Palestine, Qatar, Saudi Arabia, Syria, Tunisia, Turkey, United Arab Emirates, and Yemen

QUICK FACTS
- Population: 246 million (2021)
- Languages: Arabic, Aramaic, Armenian, Azeri, English, Hebrew, Kurdish, Persian, Turkish
- Major religions: mainly Islam, some Christianity and Judaism
- Immigration: Over 28,000 immigrants with Arab ancestry live in Indiana. The largest numbers of new Arab immigrants come from Egypt, Iraq, and Jordan (2017)

CULTURAL CONSIDERATIONS
- Middle Eastern countries vary greatly in their cultural practices. However, a common value throughout this region is the importance of family. Extended family members often live in the same house, and fathers and elders are treated with a high degree of respect, honor, and loyalty.
- Personal hygiene is very important for Arabs for spiritual and practical reasons.
- Halal foods (prepared in a way that is permissible by Islamic law) and kosher foods (prepared in a way that is permissible by Jewish law) are extremely important to many people from this region. Pork is NOT consumed by followers of Islam or Judaism.

KEY CELEBRATIONS
- Ramadan - Islamic holy month that includes fasting from sunrise to sunset, concludes with Eid al-Fitr, a celebration to break the fast
- Eid al-Adha - Islamic "Festival of Sacrifice" that usually involves enjoying meat with loved ones
- Milad-un-Nabi - Islamic celebration of the birth day of the Prophet Muhammad
- Nau Roz - new year's celebration according to the Islamic calendar
- Important Christian observations include Lent (40 day period before Easter), Easter (celebration of Christ's resurrection), Advent (4 weeks before Christmas), and Christmas (celebration of Christ's birth)

STAPLE FOODS
- Fruits and Vegetables
  - Fresh produce usually preferred over canned or frozen
  - Beets, cabbage, carrots, cucumbers, eggplant, lettuce, okra, olives, onions, peas, potatoes, red peppers, spinach, tomatoes, turnips
  - Apples, apricots, bananas, citrus, dates, figs, grapes, mangos, melons, pomegranates, raisins
- Protein
  - Beef, chicken, goat, lamb - look for halal and/or kosher labels whenever possible
  - Fish - fresh or frozen, sometimes canned
  - Lentils and beans - kidney, chickpeas/hummus, fava
  - Nuts and seeds - almonds, pine nuts, pistachios, sesame seeds/tahini, walnuts
  - Eggs
- Grains
  - Rice - long-grain white or basmati
  - Bulgur, couscous, freekeh
  - Flour - wheat, all-purpose
  - Pita bread
- Dairy
  - Milk - cow, goat, sheep
  - Feta cheese
  - Yogurt - Greek or labneh, plain and flavored
- Seasonings and Cooking Staples
  - Cardamom, cilantro, cinnamon, coriander, cumin, fennel, fenugreek, garlic, parsley, mint, paprika, saffron, turmeric
  - Cooking oil - olive, ghee, sunflower
  - Honey, lemon juice, tahini
- Beverages
  - Coffee and tea - black
  - Fruit juice

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NIGERIAN FOOD CULTURE

Tips to help your food bank or pantry meet the preferences and needs of households from Nigeria

NIGERIA QUICK FACTS
- Capital: Abuja
- Population: 210,582,794 (2021)
- Languages: English, Hausa, Igbo, and Yoruba
- Major religions: Islam, Christianity and African Traditional Religion
- Immigration: About 2,230 immigrants and refugees from Nigeria live in Indiana

CULTURAL CONSIDERATIONS
- Nigerians commonly demonstrate big shows of emotion in public, which are perfectly acceptable. At times, it may seem like individuals are having an argument when they are actually just having a friendly conversation.
- Common values among different groups from Nigeria include respect for elders, honesty and accountability, cooperation, discipline and self-confidence.

KEY CELEBRATIONS
- **Eid al Maulud** - Held in February, first major Muslim festival of the year
- **Easter** - Christian holiday celebrated in the spring to commemorate Christ's resurrection
- **Eid al Fitr** - Also called the "Festival of Breaking the Fast" or Lesser Eid, Muslim holiday that marks the end of Ramadan
- **Independence Day** - Celebrated on October 1 with parades, parties, and traditional dishes
- **Calabar Carnival** - Takes place from December 1 to 31, includes dancing, music, and other cultural activities
- **Christmas Day** - Christian holiday celebrated on December 25 in honor of Christ's birth
- **Boxing Day** - A public holiday for working people and students, observed on December 26

STAPLE FOODS
- **Fruits and Vegetables**
  - Fresh produce usually preferred over canned or frozen
  - Bell pepper, carrot, chili pepper, greens (spinach, kale, collards), okra, onion, sweet potatoes, tomato, yam
  - Avocado, banana, coconut, citrus, guava, mango, melon, pawpaw (papaya), pineapple, plantain
- **Protein and Legumes**
  - Beef, chicken, fish (catfish, cod, mackerel, tilapia, whiting - fresh, smoked, or dried), goat, shrimp, snail
  - Black-eyed peas/cowpeas/honey beans, red beans - dried usually preferred
  - Eggs
  - Peanuts (groundnuts)
- **Grains**
  - Rice - ofada, parboiled long-grain white, jasmine, basmati
  - Noodles
  - Flours - corn/maize, wheat, cassava
  - Other grains - barley, millet, sorghum
- **Dairy and Beverages**
  - Coconut milk, tiger nut milk
  - Wara (milk curds, similar to tofu)
  - Black tea, zobo (hibiscus drink)
- **Seasonings and Cooking Staples**
  - Cooking oil - corn, palm, peanut, vegetable
  - Basil, curry powder, nutmeg, pepper, salt, stock cubes, thyme
  - Fresh garlic and ginger
### Traditional African Heritage Diet

#### Common foods and flavors for households of African descent

*Note: the flavors and cooking styles vary greatly from region to region, so these are general commonalities across many different African diets.*

<table>
<thead>
<tr>
<th>Category</th>
<th>Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUITS</strong></td>
<td>Avocados, Baobab, Bananas, Blackberries, Blueberries, Cherries, Coconut, Dates, Dewberry, Figs, Grapefruit, Guava, Horned melon</td>
</tr>
<tr>
<td><strong>DAIRY</strong></td>
<td>Buttermilk, Non-dairy milk - almond, coconut, rice, soy, Yogurt</td>
</tr>
<tr>
<td><strong>PROTEIN</strong></td>
<td>Beans - broad, butter, kidney, lima, Beef, Chicken, Eggs, Fish - catfish, cod, crappie, dried, mackerel, perch, rainbow trout, sardines, tuna, Peas - black-eyed, chickpeas, cowpeas, pigeon, Lamb, Lentils, Nuts - Brazil nuts, cashews, dika nuts, groundnuts, peanuts, pecans, Seafood - crayfish, mussels, oysters, prawns, shrimp, Seeds - benne, pumpkin, sunflower, Turkey</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td>Asparagus, Beets, Breadfruit, Brussels sprouts, Broccoli, Cabbage, Carrots, Cassava, Cauliflower, Eggplant, Green beans, Greens - beet, callaloo, chard, collard, dandelion, kale, mustard, spinach, turnip, watercress, Jicama (yam bean), Lettuce, Long beans, Okra, Onions, Peppers, Potatoes, Radish, Scallions, Squashes, Sweet potatoes, Yams, Yucca, Zucchini</td>
</tr>
<tr>
<td><strong>HERBS, SPICES &amp; FLAVORINGS</strong></td>
<td>Annatto, Arrowroot, Bay leaf, Cinnamon, Cilantro, Cloves, Coriander, Dill, Ginger, Mustard, Nutmeg, Oils - coconut, olive, palm, peanut, sesame, shea, Oregano, Paprika, Parsley, Peppers, Sage, Sesame, Vinegars</td>
</tr>
<tr>
<td><strong>GRAINS</strong></td>
<td>Amaranth, Barley, Couscous, Fonio, Injera, Maize/corn, Millet, Rice, Sorghum, Teff, Wild rice</td>
</tr>
<tr>
<td><strong>SWEETS</strong></td>
<td>Cakes, Custards, Fruit cobblers &amp; pies</td>
</tr>
</tbody>
</table>
# Traditional Asian Heritage Diet

Common foods and flavors for households of Asian descent *(Note: the flavors and cooking styles vary greatly from region to region, so these are general commonalities across many different Asian diets)*

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>PROTEIN</th>
<th>VEGETABLES</th>
<th>HERBS, SPICES &amp; FLAVORINGS</th>
<th>GRAINS</th>
<th>DAIRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Beans - adzuki, edamame, mung, soy</td>
<td>Bamboo shoots</td>
<td>Amchoor</td>
<td>Barley</td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td>Beef</td>
<td>Bean sprouts</td>
<td>Asafoetida</td>
<td>Breads - dumplings, chapati, mantou, naan, roti</td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td>Eggs - chicken, duck, quail</td>
<td>Bitter melon</td>
<td>Basil</td>
<td>Buckwheat</td>
<td></td>
</tr>
<tr>
<td>Coconut</td>
<td>Fish - bonito, king fish, salmon, seabass, tuna, yellowtail</td>
<td>Bok choy</td>
<td>Cardamom</td>
<td>Barley</td>
<td></td>
</tr>
<tr>
<td>Dates</td>
<td>Lentils</td>
<td>Cabbage</td>
<td>Chiles</td>
<td>Breads - dumplings, chapati, mantou, naan, roti</td>
<td></td>
</tr>
<tr>
<td>Dragon fruit</td>
<td>Nuts - almonds, cashews, hazelnuts, peanuts</td>
<td>Carrots</td>
<td>Cloves</td>
<td>Buckwheat</td>
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<tr>
<td>Grapes</td>
<td>Pork</td>
<td>Daikon</td>
<td>Coriander</td>
<td>Barley</td>
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<tr>
<td>Kiwifruit</td>
<td>Poultry - chicken, duck, quail</td>
<td>Greens - kale, lettuce, mustard, spinach</td>
<td>Curry leaves</td>
<td>Barley</td>
<td></td>
</tr>
<tr>
<td>Kumquat</td>
<td>Seafood - abalone, clams, cockles, crab, eel, mussels, octopus, oysters, roe, scallops, shrimp, squid, whelk</td>
<td>Eggplant</td>
<td>Fennel</td>
<td>Barley</td>
<td></td>
</tr>
<tr>
<td>Lemons &amp; limes</td>
<td>Sesame seeds</td>
<td>Greens - kale, lettuce, mustard, spinach</td>
<td>Fenugreek</td>
<td>Barley</td>
<td></td>
</tr>
<tr>
<td>Longan</td>
<td>Soy - miso</td>
<td>Gtes - kale, lettuce, mustard, spinach</td>
<td>Galangal</td>
<td>Barley</td>
<td></td>
</tr>
<tr>
<td>Lychee</td>
<td>Tangerines</td>
<td>Nada - kale, lettuce, mustard, spinach</td>
<td>Garlic</td>
<td>Barley</td>
<td></td>
</tr>
<tr>
<td>Mandarins</td>
<td>Yuzu</td>
<td>Nada - kale, lettuce, mustard, spinach</td>
<td>Ginger</td>
<td>Barley</td>
<td></td>
</tr>
<tr>
<td>Mangoes</td>
<td></td>
<td></td>
<td>Ginseng</td>
<td>Barley</td>
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<tr>
<td>Mangosteen</td>
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| SWEETS | | |
|--------| | |
| Chinese mooncakes | | |
| Indian rice pudding | | |
| Japanese sugared sweet potatoes | | |
| Thai mango-coconut pudding | | |

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**Notes:**

- **Fruits**: Include a variety of fresh fruits, such as apricots, bananas, cherries, coconuts, dates, dragon fruit, longan, lychee, mangoes, mandarins, mangosteen, melons, and yuzu.
- **Protein**: Common sources include beans, eggs, and seafood.
- **Vegetables**: Commonly used vegetables include bamboo shoots, bean sprouts, bitter melon, bok choy, broccoli, cabbage, carrots, daikon, greens - kale, lettuce, mustard, and spinach, eggplant, leeks, kombu, mushrooms, peppers, root vegetables, and seaweed.
- **Herbs, Spices & Flavorings**: Include a variety of herbs and spices, such as amchoor, asafoetida, basil, cardamom, chilies, cloves, coriander, curry leaves, fenugreek, galangal, garlic, ginger, ginseng, lemongrass, makrut, masala, mint, parsley, pepper, scallion, star anise, turmeric, and wasabi.
- **Grains**: Common grains include barley, breads - dumplings, chapati, mantou, naan, roti, and buckwheat. Noodles such as rice, soba, somen, udon, and buckwheat are also included.
- **Dairy**: Common dairy products include ghee, paneer, yogurt - chaas, lassi, and non-dairy milk: almond, rice, and soy.
**LATIN AMERICAN DIET**

Common foods and flavors for households from Mexico, Central America, and South America (Note: the flavors and cooking styles vary greatly from region to region, so these are general commonalities across many different Latin American diets)

### FRUITS
- Acai
- Agave
- Avocados
- Bananas
- Breadfruit
- Caimito (star apple)
- Cherimoya (custard apple)
- Coconut
- Grapefruit
- Guava
- Lemons & limes
- Mangoes
- Melons
- Oranges
- Papayas
- Passion fruit
- Pineapples
- Plantains
- Pomegranate
- Prickly pear
- Pumpkin
- Quince
- Sapote
- Sapodilla
- Soursop (guanabana)
- Starfruit
- Tamarind
- Tangerines
- Tomatillos
- Tomatoes

### PROTEIN
- Abalone
- Almonds
- Brazil nuts
- Beans - black, garbanzo, kidney, pinto
- Beef
- Cashews
- Chicken
- Clams
- Cod
- Conch
- Crab
- Crayfish
- Duck
- Eggs - chicken, duck, quail
- Goat
- Goose
- Guinea fowl
- Lamb
- Mussels
- Octopus
- Peanuts
- Pecans
- Pine nuts
- Pork
- Pumpkin seeds (pepititas)
- Quail
- Salmon
- Sea bass
- Scallops
- Shrimp
- Squid
- Squab
- Turkey
- Whelk (sea snail)

### VEGETABLES
- Cabbage
- Carrots
- Cassava
- Chard
- Chayote squash
- Chiles
- Eggplant
- Jicama
- Kale
- Lettuce
- Nopales (cactus)
- Onion
- Okra
- Peppers
- Potatoes
- Spinach
- Yams
- Yucca
- Zucchini

### HERBS, SPICES & FLAVORINGS
- Agave
- Chiles - aji, cayenne, jalapeno, guajillo, habanero, pasilla, poblano, scotch bonnet, serrano
- Cilantro
- Cinnamon
- Epazote
- Garlic
- Oregano
- Parsley

### GRAINS
- Arepas
- Amaranth
- Breads
- Maize/corn
- Pasta
- Quinoa
- Rice
- Tortillas

### SWEETS
- Arroz con leche (rice pudding)
- Churros
- Flan (custard)
- Fruit smoothies and juices
- Helado (ice cream)

### DAIRY
- Asadero cheese
- Cotija cheese
- Minas cheese
- Queso fresco
- Reggianito cheese
- Yogurt
- Crema
- Milk
# Traditional Mediterranean Diet

Common foods and flavors for households from countries surrounding the Mediterranean Sea. *(Note: the flavors and cooking styles vary greatly from region to region, so these are general commonalities across many different Mediterranean diets)*

## Fruits
- Avocados
- Apples
- Apricots
- Cherries
- Clementines
- Dates
- Figs
- Grapefruit
- Grapes
- Lemons
- Melons
- Nectarines
- Olives
- Oranges
- Peaches
- Pears
- Pomegranates
- Pumpkin
- Strawberries
- Tangerines
- Tomatoes

## Vegetables
- Artichokes
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Celeriac
- Chicory
- Cucumber
- Eggplant
- Greens - arugula, collard, dandelion, kale, lettuce, mustard, spinach
- Leeks
- Mushrooms
- Nettles
- Okra
- Onions, scallions, shallots
- Peas
- Peppers
- Potatoes
- Purslane
- Radishes
- Rutabaga
- Sweet potatoes
- Turnips
- Zucchini

## Grains
- Breads
- Barley
- Buckwheat
- Bulgur
- Couscous
- Millet
- Oats
- Polenta
- Rice
- Wheat - durum, farro, freekeh

## Protein
- Beans - cannellini, chickpeas, fava, green, kidney
- Beef
- Eggs - chicken, duck, quail
- Fish - flounder, mackerel, salmon, sardines, sea bass, tilapia, tuna, yellowtail
- Goat, lamb, mutton
- Nuts - almonds, cashews, hazelnuts, pine nuts, pistachios, walnuts
- Lentils, split peas
- Pork
- Poultry - chicken, duck, guinea fowl, quail
- Seafood - abalone, cockles, clams, crab, eel, eel, lobster, mussels, octopus, oysters, shrimp, whelk

## Herbs, Spices & Flavorings
- Anise
- Basil
- Bay leaves
- Chiles
- Clove
- Cumin
- Fennel
- Garlic
- Lavender
- Marjoram
- Mint
- Olive oil
- Oregano
- Parsley
- Pul biber (Aleppo pepper)
- Rosemary
- Sage
- Sumac
- Tahini
- Tarrogon
- Thyme
- Za'atar

## Sweets
- Baklava
- Biscotti
- Chocolate mousse
- Gelato
- Lokum (Turkish delight)
- Sorbet

## Dairy
- Cheese - Brie, Chevre, Corvo, feta, Halloumi, Manchego, Parmigiano-Reggiano, Pecorino, ricotta
- Greek yogurt
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