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.

Indy HUNGER network

Immigrant Welcome Center

GLEANERS

4/2022



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.



STAPLE FOODS

- 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



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)

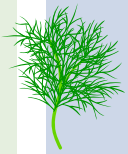


- Protein
  - Chicken, fish, lamb, pork (bacon, German/Polish-type sausage, ham, salami), veal
  - Canned herring, salmon, sardines, spam, tuna



- 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





HAITIAN FOOD CULTURE

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

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.

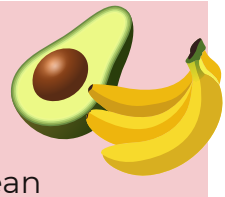
KEY CELEBRATIONS



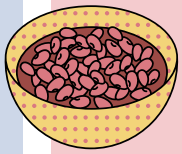
- **Independence Day -** Haitians celebrate their country's independence from France on **January 1st** with fireworks and special foods.
- **Ancestry Day** is celebrated on **January 2nd** to commemorate the country's forefathers and other loved ones. Processions and family meals are customary.
- **Carnival** 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.



STAPLE FOODS



- 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





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)

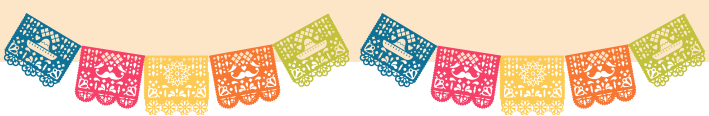
CULTURAL CONSIDERATIONS

- **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)



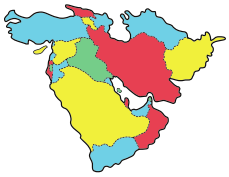
- Grains
  - Rice - white preferred
  - Tortillas - corn or flour
  - Flour - corn/maize flour ("masa harina"), all-purpose flour
- Dairy
  - Milk - powdered for children ("nido"), liquid for adults
  - Cheese - white varieties (cotija, queso blanco) preferred over yellow



- 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



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

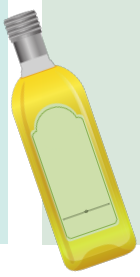


STAPLE FOODS

- 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)*

FRUITS

- Avocados
- Baobab
- Bananas
- Blackberries
- Blueberries
- Cherries
- Coconut
- Dates
- Dewberry
- Figs
- Grapefruit
- Guava
- Horned melon
- Lemons & limes
- Mangoes
- Oranges
- Papaya
- Peaches
- Pineapples
- Plantains
- Plums
- Pomegranates
- Pumpkin
- Tamarind
- Tomatoes
- Watermelon



VEGETABLES

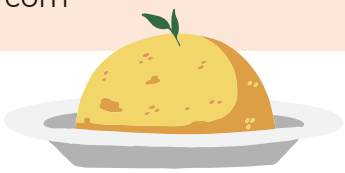
- Asparagus
- Beets
- Breadfruit
- Brussels sprouts
- Broccoli
- Cabbage
- Carrots
- Cassava
- Cauliflower
- Eggplant
- Green beans
- Greens - beet, callaloo, chard, collard, dandelion, kale, mustard, spinach, turnip, watercress
- Jicama (yam bean)
- Lettuce
- Long beans
- Okra
- Onions
- Peppers
- Potatoes
- Radish
- Scallions
- Squashes
- Sweet potatoes
- Yams
- Yucca
- Zucchini



GRAINS

- Amaranth
- Barley
- Couscous
- Fonio
- Injera
- Maize/corn
- Millet
- Rice
- Sorghum
- Teff
- Wild rice





DAIRY

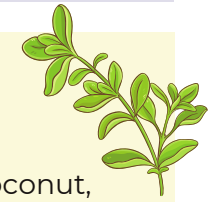
- Buttermilk
- Non-dairy milk - almond, coconut, rice, soy
- Yogurt





PROTEIN

- 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



HERBS, SPICES & FLAVORINGS

- 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

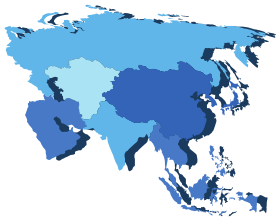
SWEETS

- Cakes
- Custards
- Fruit cobblers & pies





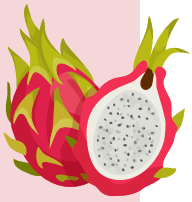
traditional ASIAN HERITAGE DIET



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*)

FRUITS

- Apricots
- Bananas
- Cherries
- Coconut
- Dates
- Dragon fruit
- Grapes
- Kiwifruit
- Kumquat
- Lemons & limes
- Longan
- Lychee
- Mandarins
- Mangoes
- Mangosteen
- Melons
- Milk fruit
- Oranges
- Papaya
- Pears
- Pineapple
- Plums
- Pumpkin
- Rambutan
- Tangerines
- Yuzu



PROTEIN



- Beans - adzuki, edamame, mung, soy
- Beef
- Eggs - chicken, duck, quail
- Fish - bonito, king fish, salmon, sea bass, tuna, yellowtail
- Lentils
- Nuts - almonds, cashews, hazelnuts, peanuts
- Pork
- Poultry - chicken, duck, quail
- Seafood - abalone, clams, cockles, crab, eel, mussels, octopus, oysters, roe, scallops, shrimp, squid, whelk
- Sesame seeds
- Soy - miso, tempeh, tofu

VEGETABLES

- Bamboo shoots
- Bean sprouts
- Bitter melon
- Bok choy
- Broccoli
- Cabbage
- Carrots
- Daikon
- Greens - kale, lettuce, mustard, spinach
- Eggplant
- Leeks
- Kombu
- Mushrooms
- Peppers
- Root veggies - daikon, lotus root, sweet potatoes, taro root, turnips, yams
- Seaweed
- Snow peas
- Water chestnuts



HERBS, SPICES & FLAVORINGS



- Amchoor
- Asafoetida
- Basil
- Cardamom
- Chiles
- Cloves
- Coriander
- Curry leaves
- Fennel
- Fenugreek
- Galangal
- Garlic
- Ginger
- Ginseng
- Lemongrass
- Makrut
- Masala
- Mint
- Parsley
- Pepper
- Scallion
- Star anise
- Turmeric
- Wasabi

GRAINS



- Barley
- Breads - dumplings, chapati, mantou, naan, roti
- Buckwheat
- Millet
- Noodles - rice, soba, somen, udon
- Rice

SWEETS

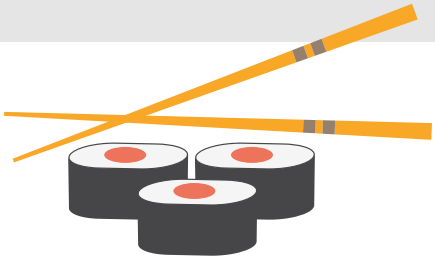


- Chinese mooncakes
- Indian rice pudding
- Japanese sugared sweet potatoes
- Thai mango-coconut pudding

DAIRY



- Ghee
- Paneer
- Yogurt - chaas, lassi
- Non-dairy milk: almond, rice, soy



traditional

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

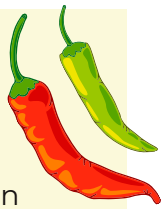
- Abalone
- Almonds
- Brazil nuts
- Beans - black, garbanzo, kidney, pinto
- Beef
- Cashews
- Chicken
- Clams
- Cod
- Conch
- Crab
- Crayfish
- Duck
- Eggs - chicken, duck, quail
- Goat
- Goose
- Guinea fowl
- Lamb
- Mussels
- Octopus
- Peanuts
- Pecans
- Pine nuts
- Pork
- Pumpkin seeds (pepitas)
- 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

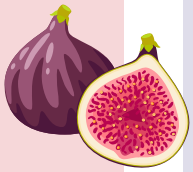
MEDITERRANEAN DIET



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

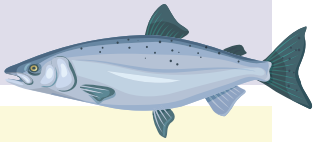
DAIRY



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

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, lobster, mussels, octopus, oysters, shrimp, whelk



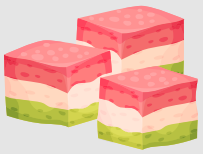
HERBS, SPICES & FLAVORINGS

- 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





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