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IT'S MORE THAN A MEAL

Culture and Food

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This section will address traditional communication styles and eating patterns that may be common in diverse cultures.

This section will cover the following topics:

Why Consider Culture?

What cultural trends are occurring in the U.S. population of older adults?

Why is it important to consider issues involving culture and diversity?

Culturally Sensitive Interactions

How can you interact with participants and staff in a culturally sensitive way?

Learn some tips that focus on:

- recognizing that different cultures may have different styles of communication
- building communication bridges with people from diverse cultures
- creating dialogues about food
- learning to negotiate solutions in a culturally sensitive way

Cultural Foods

What are some foods and eating patterns of cultures in different parts of the world? This section will feature foods commonly consumed in the Caribbean, South America, Europe, Middle East, West Africa, Asia, and Southeast Asia. Although the examples are not comprehensive, they may help you identify some foods that may be common to certain cultures.

Note: The purpose of this section is to stimulate awareness of cultural groups and respect for and acceptance of these groups. The following tips and examples are not meant to stereotype cultures, favor any cultures at the exclusion of others, or imply that all people from the same culture are identical. Food groupings in this section may differ from food groupings of the CACFP meal pattern.

Why Consider Culture?

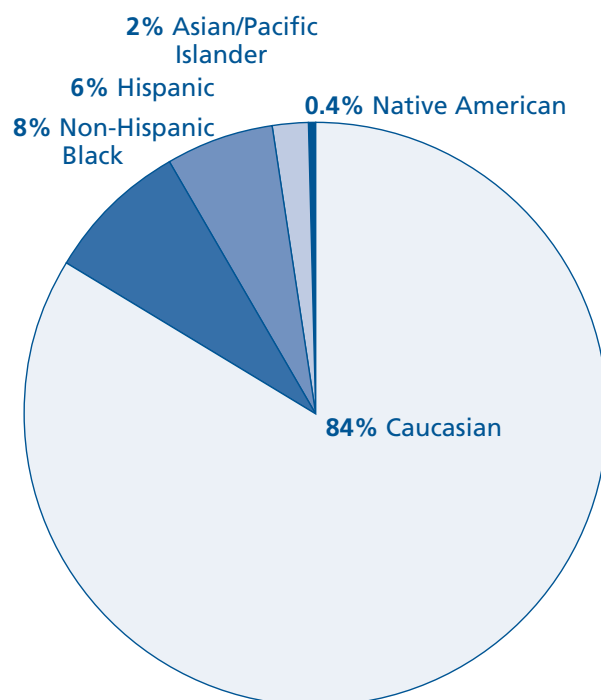
The population of older adults in the United States is becoming more culturally diverse. As a result, adult day health programs are more likely to be serving participants from a variety of cultures and ethnic backgrounds.

The concept of culture is broader than race or ethnicity. It also encompasses language, communication styles, social values, and religious behaviors. Culture shapes how people view the world, their attitudes about health, and their food preferences.

Cultural cuisines reflect the geography, climate, and history of the location where the culture developed. Within each culture (and within different regions where the culture is dispersed), people may prefer certain foods, food preparation methods, and food combinations for meals and snacks.

Keep in mind that diversity within cultures is as important as diversity between cultures. People from the same cultural or ethnic group tend to have had some similar experiences. Within each group, however, individuals may vary in terms of income, social class, religion, age, education, geographic origin, and the length of time that they have lived in the United States.

RACIAL/ETHNIC BACKGROUNDS OF AMERICANS AGED 65 AND OLDER



Source: U.S. Government, 2000 Census

Due to this diversity within cultures, you cannot assume that all members of a culture share the same communication styles, health beliefs, and food preferences. General knowledge of cultural differences can provide a starting point for discussions about foods and people from diverse cultures.

Culturally Sensitive Interactions

CULTURES HAVE DIFFERENT STYLES OF COMMUNICATION

They may vary in terms of these commonly accepted communication practices:

- **Interactions with others.** Some cultures prefer a non-confrontational style. Others value a more assertive style of interaction.
- **Expression of emotions.** Some cultures prefer to directly express their emotions. Others feel that directly expressing emotions is confrontational, and prefer to indirectly express or mask their emotions.
- **Disclosure of information.** Some cultures are hesitant to disclose personal or family information to a stranger. Others are more willing to do so.
- **Volume of speech.** Some cultures prefer speaking in a soft tone. Others prefer a stronger tone of voice.
- **Silence.** Some cultures are comfortable with long periods of silence in a conversation. Others consider it appropriate to speak before another person has finished talking.
- **Eye contact.** Some cultures prefer looking people straight in the eye. Others consider this to be rude, disrespectful, or a sign of hostility.
- **Physical space.** Some cultures are comfortable with close body space. Others are more comfortable standing or sitting at a greater distance from each other.
- **Body movements.** Some cultures perceive vigorous handshaking as aggressive, while others consider it a gesture of goodwill. Some cultures perceive finger-pointing or foot-pointing as disrespectful, while others consider these gestures to be benign. Some cultures perceive arm-waving as friendly, while others consider it a sign of contempt.
- **Gender roles.** Some cultures have traditional role expectations based on gender. Others are more flexible about gender roles.
- **Perception of time.** Some cultures value promptness. Other cultures are less oriented around being “on time.”

Source: Elizabeth Randall-David. *Strategies for Working with Culturally Diverse Communities and Clients*. Office of Maternal and Child Health, U.S. Department of Health and Human Services, 1989.

BUILD COMMUNICATION BRIDGES WITH PARTICIPANTS AND FAMILIES

Culturally sensitive communication skills can allow for more rewarding interactions with participants and their families. Here are some tips to enhance your skills:

Arrange for a Comfortable Meeting

- Schedule enough time so that no one feels rushed and you can address any communication barriers.
- Encourage family members to choose seating that provides a comfortable degree of personal space and eye contact.

Use a Personal Approach

- Smile, show warmth, and be friendly.
- Learn the greetings and titles of respect used in their languages.
- Ask the participant and family how they prefer to be addressed.
- Speak clearly and in a normal volume.
- When interacting with people with limited English-speaking skills, keep in mind that their limited use of the English language is not a reflection of their intellectual abilities, or of their ability to communicate effectively in their own language.

Prevent Misinterpretations of Your Words or Intentions

- Avoid using slang, metaphors, and other expressions that may be hard to understand.
- Instead of judgments about behaviors, make observations.
- Explain that you have some questions to ask and do not intend to offend them. Ask them to let you know if they prefer not to answer any questions.
- Follow your intuition if you feel that something you are doing is causing a problem. Ask if this is the case. If so, apologize and say that you did not mean to offend anyone.

Source: Boyle MA, *Community Nutrition in Action*, 3rd Edition, 2003, Wadsworth/Thompson Learning, Belmont CA.

CREATE OPEN DIALOGUES ABOUT FOODS

- Ask about favorite foods, and discuss how they can be incorporated into meal plans.
- Ask about foods used for celebrations and special occasions.
- Use visual aids such as photographs or plastic models of foods when appropriate.
- Most people will be pleased to educate you about their food preferences and habits, but some may feel that your questions are too probing.

Source: Boyle MA, *Community Nutrition in Action*, 3rd Edition, 2003, Wadsworth/Thompson Learning, Belmont CA.

“LEARN”

(TO NEGOTIATE SOLUTIONS IN A CULTURALLY SENSITIVE WAY)

You can use the following steps to negotiate solutions with your participants or families in a way that respects cultural values and any differences of opinion.

L Listen with sympathy and understanding, in a curious and non-judgmental way. Show that what the person has to say is very important to you.

E Explain your understanding of what the person is telling you. This will create an opportunity to clarify any misunderstandings.

Example: *“It sounds like you’re saying that”*

“Am I understanding you correctly?”

A Acknowledge similarities and differences between you about a given situation.

Example: *“You and I both want to make sure that”*

“You feel that ..., and our staff members feel that we need to”

R Recommend culturally relevant and practical options. Offer more than one option from which to choose.

Example: *“You could either try the ... or the”*

“There might be a couple of ways to solve this:”

N Negotiate an agreement that allows the person or family to take part in the decision-making process.

Example: *“Which of these options would you prefer?”*

“Would you rather drink the ... or the ... ?”

“What time of day would work best for you?”

“Is there a way to... while making sure that you still...?”

Adapted from: Berlin EA. & Fowkes WC, Jr.: A Teaching Framework for Cross-Cultural Health Care: Application in Family Practice, *Western Journal of Medicine*, 1983, 139: 934-938. Also adapted from related guidelines in M.A. Boyle, *Community Nutrition in Action*, 3rd Edition, 2003, Wadsworth/Thompson Learning, Belmont CA.

Cultural Foods

CARIBBEAN

(Cuba, Dominican Republic, Haiti, Jamaica, Puerto Rico)

GRAINS/BREADS:

Cassava bread, cornmeal, millet, oatmeal, pasta, rice, breads

VEGETABLES:

Arrowroot, avocado, bell pepper, broccoli, cassava, chili pepper, eggplant, plantain, pumpkin, squash, sweet potato, tomato, tubers (malanga, manioc, tanager, yucca)

FRUITS:

Banana, berries, breadfruit, grapefruit, guava, lemon, lime, mango, orange, papaya, passion fruit, pear, pineapple, plum, soursop, tamarind

MILK, YOGURT, AND CHEESE:

Cheese

MEAT, POULTRY, FISH:

Beef, goat, pork, chicken, duck, cod, crab, crayfish, fish, lobster, shrimp

EGGS, DRY BEANS, AND NUTS:

Eggs, black beans, black-eyed peas, kidney beans, legumes

FATS/OILS:

Olive oil, palm oil, peanut oil

POPULAR FOODS OR INGREDIENTS:

- **Adobo:** seasoning mix of lemon, garlic, and spices (*Puerto Rico*)
- **Arroz con pollo:** rice with chicken (*Puerto Rico*)
- **Bacalao:** dried salt cod (*Puerto Rico*)
- **Chicharrones de pollo:** fried chicken marinated in lime juice and soy sauce (*Cuba*)
- **Coocoo:** cornmeal-okra bread (*from Africa*)
- **Foofoo:** okra and plantain dish (*from Africa*)
- **Pepper pot:** spicy vegetable soup (*Jamaica*)
- **Picadillo:** beef hash with olives, raisins, tomatoes, and chili peppers (*Cuba*)
- **Sancocho:** stew made with pork intestines (*Dominican Republic*)
- **Sofrito:** onions, garlic, cilantro, sweet peppers, and tomatoes cooked in lard (*Puerto Rico*)

SWEETS OR OTHER DESSERT FOODS:

Ice cream, pastries

MEAL PATTERN:

Breakfast, lunch, dinner, and snacks

SOUTH AMERICAN: *Brazil*

GRAINS/BREADS:

Bread (rye or wheat), cheese rolls, corn bread, cornmeal porridge, noodles, rice, rice flour

VEGETABLES:

Bell pepper, beet, capers, corn, eggplant, green beans, hearts of palm, jilo (a bitter green vegetable), kale, leek, lettuce, manioc (a tuber), mushrooms, onion, plantain, potato, yam

FRUITS:

Aerola (a cherry), ata (sugar apple), banana, berries, breadfruit, caja (hog plum), caju (cashew apple), carambola (star fruit), coconut, guarana, jaca (jack fruit), lemon, passion fruit, pineapple, pitanga (a cherry)

MILK, YOGURT, AND CHEESE:

Milk, cheese

MEAT, POULTRY, FISH:

Beef, chourico (pork sausage), lamb, pork, veal, chicken, catfish, cod, grouper, lobster, mackerel, shrimp, tuna

EGGS, DRY BEANS, AND NUTS:

Eggs, almonds, Brazil nuts, cashews, chestnuts, hazelnuts, black beans, lentils, soybeans

FATS/OILS:

Butter, olive oil, palm oil

POPULAR FOODS OR INGREDIENTS:

- *Aipim frito*: fried pieces of manioc
- *Arroz brasileiro*: rice fried in oil, garlic, and onion before boiling
- *Bacalhau a portuguesa*: salted cod fish baked with potatoes and tomatoes
- *Camarones empanados*: shrimp fried in batter
- *Caruru*: okra cooked in palm oil with dried smoked shrimp, ground peanuts, ground cashews, peppers, and cilantro
- *Cozido a brasileira*: stew with beef, pork, linguica sausage, sweet potatoes, winter squash, plantains, sweet manioc, and corn
- *Sopa de crème de palmito*: creamy hearts-of-palm soup

DESSERT FOODS OR SWEETS:

- *Amore em pedacos*: cookie-dough bars topped with meringue and almonds
- *Arroz doce*: sweet rice pudding topped with caramelized sugar or cinnamon
- *Canjica*: dessert of corn, coconut milk, condensed milk, peanuts, cinnamon, and cloves
- *Manjar branco*: pudding made from corn-starch, eggs, and coconut milk

MEAL PATTERN:

Breakfast, lunch, late dinner, snacks

IT'S **MORE** THAN A MEAL

EUROPEAN: *Ireland*

GRAINS/BREADS:

Arrowroot starch, barley, biscuits, scones, oatmeal, porridge, rice, rye, soda bread, tapioca, wheat

VEGETABLES:

Artichokes, asparagus, beet, Brussels sprouts, cabbage, carrot, cucumber, leek, lettuce, mushrooms, onion, parsnip, potato, turnip, tomato

FRUITS:

Apple, apricot, berries, cherries, currants, grapes, melon, orange, peach, pear, plum, rhubarb

MILK, YOGURT, AND CHEESE:

Cheese, milk, yogurt

MEAT, POULTRY, FISH:

Beef, ham, lamb, liver, pork, veal, venison, chicken, goose, bass, clams, crabs, cod, crayfish, haddock, herring, kippers (salted and smoked fish), lobster, mackerel, mussels, oysters, perch, pike, salmon, sardines, sole

EGGS, DRY BEANS, AND NUTS:

Eggs, almonds, chestnuts, filberts, pecans, walnuts, kidney beans, lentils, lima beans, split peas

FATS/OILS:

Butter, cream, sour cream, goose fat, salt pork, lard, margarine, olive oil, vegetable oil

POPULAR FOODS OR INGREDIENTS:

- ***Bangers and mash:*** sausages and mashed potatoes
- ***Boxty:*** potato pancake
- ***Corned beef with cabbage***
- ***Fish and chips:*** battered deep-fried fish with fried potatoes
- ***Irish stew:*** meat and vegetable stew
- ***Shepherd's pie:*** meat pie with leftover ground meat, onions, and mashed potatoes

DESSERT FOODS OR SWEETS:

Cakes, pastries, minced pies

MEAL PATTERN:

Breakfast, lunch, afternoon tea, dinner

EUROPEAN: *Italy*

GRAINS/BREADS:

Bread, breadsticks, cornmeal, focaccia, gnocci (dumplings), pasta, pizza dough, rice

VEGETABLES:

Artichokes, asparagus, broccoli, cabbage, capers, carrots, cauliflower, eggplant, mushrooms, pepper, tomato, zucchini

FRUITS:

Apple, apricot, banana, cherries, citron, date, figs, grapefruit, grapes, orange, peach, pear, tangerine

MILK, YOGURT, AND CHEESE:

Cheese

MEAT, POULTRY, FISH:

Beef, chicken, lamb, pork, sausage, veal, cod, lobster, mussels, perch, shrimp

EGGS, DRY BEANS, AND NUTS:

Eggs, almonds, hazelnuts, pine nuts, walnuts, lupine seeds, broad beans, chickpeas, fava beans, lentils, white beans

FATS/OILS:

Butter, cream, olive oil

POPULAR FOODS OR INGREDIENTS:

- ***Antipasto***: appetizer of salads, pickled vegetables, cheeses, cold meat, and fish

- ***Baccal***: dried salt cod

- ***Calzone***: pizza dough folded over a cheese, ham, or salami filling and baked or fried

- ***Fettucine Alfredo***: flat egg noodles mixed with butter, cream, and grated cheese

- ***Lasagna verdi al forno***: spinach-flavored lasagna noodles baked in a sauce

- ***Pesto***: a paste made with cheese, herb, nuts, and basil

- ***Risotto***: rice cooked in butter and chicken stock, flavored with cheese and saffron

- ***Saltimbocca***: veal slices rolled with ham and cooked in butter and wine

- ***Scampi***: shrimp seasoned with oil, garlic, parsley, and lemon juice

- ***Tortellini***: egg pasta stuffed with meat, cheese, and eggs

DESSERT FOODS OR SWEETS:

- ***Cannoli***: pastry shells filled with ricotta cheese, shaved chocolate, and citron

- ***Gelato***: fruit or nut ice cream

- ***Granita***: strongly flavored ices

- ***Spumoni***: ice cream with a layer of whipped cream, nuts, and fruits

MEAL PATTERN:

Light breakfast, lunch as the main meal with several courses, light dinner

IT'S **MORE** THAN A MEAL

EUROPEAN: *Poland*

GRAINS/BREADS:

Barley, dumplings, oats, rice, rye, wheat

VEGETABLES:

Asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cucumber, eggplant, green beans, leek, mushrooms, onion, potato, tomato, turnip

FRUITS:

Apple, apricot, berries, cherries, currants, dates, grapes, peach, plum, prunes, rhubarb

MILK, YOGURT, AND CHEESE:

Milk, buttermilk, cheese, cottage cheese

MEAT, POULTRY, FISH:

Beef, lamb, pork, kielbasa (garlic-flavored pork sausage), smoked ham, chicken, duck, goose, fish

EGGS, DRY BEANS, AND NUTS:

Eggs, almonds

FATS/OILS:

Butter, lard, shortening, sour cream

POPULAR FOODS OR INGREDIENTS:

- ***Bigos***: a stew of layered cabbage or sauerkraut, mixed meats, game and sausage
- ***Chicken Kiev***: breaded fried chicken breasts filled with herb butter
- ***Cholodnik***: a cold beet and sour cream soup, garnished with vegetables and shrimp
- ***Dried, pickled, and fermented foods***: cucumber pickles, sour cream, sauerkraut
- ***Dumplings***: made with potato or flour
- ***Kielbasa***: a garlic-flavored pork sausage
- ***Pierogi***: dumplings filled with meat, liver, bacon, potatoes, or fruit

DESSERT FOODS OR SWEETS:

Cakes, pastries

MEAL PATTERN:

Breakfast, lunch as the main meal, light dinner

EUROPEAN: *Portugal*

GRAINS/BREADS:

Barley, bread, cornbread, farina, rice, vermicelli

VEGETABLES:

Cabbage, cauliflower, eggplant, green beans, greens, leek, onion, pumpkin, spinach, tomato

FRUITS:

Apricot, banana, cherries, figs, grapefruit, orange, peach, pineapple, plum, strawberry

MILK, YOGURT, AND CHEESE:

Cheese (queijo), milk

MEAT, POULTRY, FISH:

Beef, lamb, pork sausage, poultry, clams, dried salt cod, salmon, sardines, shrimp, squid, tuna

EGGS, DRY BEANS, AND NUTS:

Almonds, black beans, black-eyed peas, broad beans, butter beans, red beans, white beans

FATS/OILS:

Butter, olive oil, peanut oil, vegetable oil

POPULAR FOODS OR INGREDIENTS:

- ***Acorda d'azedo***: a mix of onions, garlic, vinegar, lard, saffron, and cornbread
- ***Caldo verde***: a green soup made from kale or cabbage and potatoes
- ***Chourico***: pork sausage
- ***Figos com presunto***: fresh figs with smoked cured ham
- ***Gaspacho a Alentejana***: a type of gazpacho soup
- ***Isca de figado***: beef liver seasoned with vinegar, pepper, and garlic
- ***Linguica***: pork and garlic sausage
- ***Pan doce***: Portuguese sweet bread

DESSERT FOODS OR SWEETS:

- ***Arroz doce***: rice pudding
- ***Malassadas***: doughnut

MEAL PATTERN:

Four meals plus several snacks (light breakfast, midmorning breakfast, afternoon snack, lunch as the main meal, late afternoon snack, evening snack, light supper in late evening)

IT'S **MORE** THAN A MEAL

EUROPEAN: *Russia*

GRAINS/BREADS:

Bread (rye and wheat), buckwheat, dumplings, farina, oats, rice

VEGETABLES:

Artichoke, beet, Brussels sprouts, cabbage, carrot, cucumber, green beans, lima beans, mushrooms, onion, potato

FRUITS:

Apple, berries, dried fruits

MILK, YOGURT, AND CHEESE:

Cheese

MEAT, POULTRY, FISH:

Beef, pork, sausage, chicken, caviar, herring, smoked fish, sardines

DRY BEANS, EGGS, AND NUTS:

Eggs

FATS/OILS:

Butter, lard, sour cream

POPULAR FOODS OR INGREDIENTS:

- ***Blini***: buckwheat yeast pancakes topped with jelly, sour cream, bleu cheese, cottage cheese, butter, caviar, herring, or tuna
- ***Holubky***: stuffed cabbage
- ***Pirog***: meat pie

DESSERT FOODS OR SWEETS:

- Layers of pastry drenched in custard
- Sweet dough filled with fruit and sour cream
- Tart or sour cream cake

MEAL PATTERN:

Breakfast, lunch, dinner

MIDDLE EASTERN:

(Bahrain, Egypt, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Oman, Saudi Arabia, Syria, Turkey, the United Arab Emirates, and Yemen)

GRAINS/BREADS:

Barley, bulgur, corn meal, farina, millet, pasta, pita bread, rice, wheat dough (for pies)

VEGETABLES:

Artichokes, beets, broccoli, cabbage, cauliflower, corn, cucumber, eggplant, green beans, leeks, lettuce, okra, olives, onion, pepper, potato, spinach, squash, tomato, zucchini

FRUITS:

Apple, apricot, avocado, banana, cantaloupe, dates, figs, grapes, lemon, lime, melon, orange, plum, pomegranate, raisins, strawberries, tangerine, watermelon

MILK, YOGURT, AND CHEESE:

Cheese and milk (goat, sheep, camel, or cow), feta cheese, lebneh (yogurt cheese), yogurt

MEAT, POULTRY, FISH:

Beef, goat, lamb, rabbit, veal, chicken, duck, turkey, anchovies, clams, cod, crab, crayfish, flounder, halibut, lobster, mackerel, mussels, oysters, salmon, sardines, shrimp

EGGS, DRY BEANS, AND NUTS:

Eggs, almonds, cashews, hazelnuts, peanuts, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, chickpeas, fava beans, horse beans, lentils, navy beans, red beans

FATS/OILS:

Butter (often clarified), nut oils, olive oil, sesame oil, vegetable oil, rendered lamb fat

POPULAR FOODS OR INGREDIENTS:

- **Baba ghanoug:** a spread made from sesame paste, eggplant, lemon, garlic, and olive oil
- **Dolmas or dolmades:** stuffed grape leaves
- **Falafel:** fried ground chickpeas and herbs served in pita bread with sauce
- **Ful medames:** fava beans cooked with oil, lemon, garlic, and parsley, and served with hard-cooked eggs
- **Hummus:** a chickpea dip
- **Kibbeh:** a paste made from fine cracked wheat, grated onion, mint, and vegetables
- **Pilaf:** rice sautéed in onions and butter or oil, then steamed in beef or chicken broth
- **Shish kabob:** marinated meat grilled on skewers with tomatoes, onions, and peppers
- **Tabouli:** mint, parsley, cucumber, tomato, onions, olive oil, lemon juice, and bulgur
- **Tahini:** sesame seed paste

DESSERT FOODS OR SWEETS:

Fruits as usual dessert; other desserts served on special occasions

MEAL PATTERN:

Breakfast, lunch as the main meal around 2 p.m., snacks, late supper

IT'S **MORE** THAN A MEAL

WEST AFRICAN:

(Benin, Burkina Faso, Cape Verde, Gambia, Ghana, Guinea, Guinea Bissau, Ivory Coast, Mali, Mauritania, Niger, Nigeria, Senegal, Sierra Leone, Togo)

GRAINS/BREADS:

Corn, millet, rice

VEGETABLES:

Cassava, cassava leaves, chili pepper, eggplant, okra, onion, pumpkin, sweet potato, taro, tomato, tubers

FRUITS:

Akee apple, baobab, guava, lemon, papaya, pineapple, watermelon

MILK, YOGURT, AND CHEESE:

Dairy products are not part of the regular diet

MEAT, POULTRY, FISH:

Mostly fish; some beef and chicken

EGGS, DRY BEANS, AND NUTS:

Eggs, cashews, groundnuts, peanuts, cow peas, black-eyed peas, sesame seeds

FATS/OILS:

Coconut oil, palm oil, peanut oil

POPULAR FOODS OR INGREDIENTS:

- Deep fried fish with chili pepper sauce
- Fried plantain chips
- **Gari foto:** cassava meal with scrambled eggs, onions, chili peppers, tomatoes (*Nigeria*)
- Snack balls made from steamed rice, black-eyed peas, yams, or peanuts
- Stews made with tubers (root vegetables), okra, or peanuts, and flavored with small amounts of fish, chicken, or beef

DESSERT FOODS OR SWEETS:

- **Kanya:** peanut candy
- Baked bananas flavored with sugar, honey, or coconut
- Sweetened dough balls made from millet or wheat flour

MEAL PATTERN:

Meals plus frequent snacks

ASIAN: China

GRAINS/BREADS:

Buckwheat, dumplings, millet, noodles, rice, rice porridge, tapioca, won ton wrapper

VEGETABLES:

Amaranth, asparagus, baby corn, bamboo shoots, bean sprouts, bok choy, broccoli, cauliflower, chili pepper, cucumber, eggplant, garlic, ginger root, kohlrabi, leek, lily blossom, long beans, mushrooms, onion, snow peas, string beans, water chestnut, yam

FRUITS:

Apple, Asian pear, banana, coconut, dates, kumquat, lime, litchi, longan, mango, melon, orange, papaya, passion fruit, persimmon, pineapple, plum, pomegranate

MILK, YOGURT, AND CHEESE:

Soy milk (dairy products are not part of the regular diet except in parts of southern China)

MEAT, POULTRY, FISH:

Beef, lamb, pork, chicken, duck, quail, eel, clams, cod, herring, lobster, mandarin fish, salmon, sea bass, sea perch, shad, shrimp, sole, tuna, turtle

EGGS, DRY BEANS, AND NUTS:

Eggs, bean paste, tausi (cooked fermented black beans), broad beans, cowpeas, mung beans, red beans, soybeans, tofu, almonds, peanuts, sesame seeds

FATS/OILS:

Butter, lard, corn oil, peanut oil, sesame oil, soybean oil

POPULAR FOODS OR INGREDIENTS:

- **Congee:** rice porridge
- **Egg roll:** wheat flour wrapper with a meat, vegetable, or mixed filling (steamed or fried)
- **Spring roll:** very thin wheat flour wrapper folded over a filling
- **Hot and sour soup**
- **Mu shu pork** wrapped in wheat pancakes
- **Peking duck**
- Steamed or fried dumplings stuffed with meat or seafood
- Stir-fried dishes

DESSERT FOODS OR SWEETS:

Rice-flour puddings

MEAL PATTERN:

Breakfast, lunch, dinner, snacks

IT'S **MORE** THAN A MEAL

ASIAN: India

GRAINS/BREADS:

Basmati rice, bulgur wheat, chapati, lentil flour, millet, rice, roti

VEGETABLES:

Amaranth, artichokes, bamboo shoots, beets, broccoli, cabbage, carrots, cauliflower, collard greens, cucumbers, eggplant, lettuce, lotus root, manioc (tapioca), mushrooms, onion, plantain, potato, squash, tomato, turnip, water chestnuts, water lily

FRUITS:

Apple, avocado, banana, chutney, coconut, dates, figs, grapes, guava, lime, litchi, loquat, mango, melon, orange, papaya, persimmon, pineapple, pomegranate, star fruit, tangerine

MILK, YOGURT, AND CHEESE:

Buffalo milk, buttermilk, curds, evaporated milk, lassi (yogurt drink), milk, yogurt

MEAT, POULTRY, FISH:

Beef, chicken, goat, mutton, port, chicken, duck, carp, clams, crab, herring, mackerel, sardines, shrimp, turtle

(30% of the population are strict vegetarians who consume some milk products)

EGGS, DRY BEANS, AND NUTS:

Eggs, almonds, betel nuts, cashews, peanuts, pistachios, sunflower seeds, walnuts, black-eyed

peas, chickpeas, kidney beans, lentils (many varieties and colors), mung beans

FATS/OILS:

Coconut oil, ghee (clarified butter), mustard oil, peanut oil, sesame seed oil

POPULAR FOODS OR INGREDIENTS:

- **Chapati:** flatbread cooked on a griddle without oil
- **Chutney:** fresh pickles
- **Curry:** flavoring blend of coriander, cumin, fenugreek, turmeric, black pepper, cayenne pepper, clover, cardamom, cinnamon, and chili peppers
- **Dosas:** spicy fried pancakes made from lentil flour
- **Masalas:** mixtures of spices and herbs that are either fresh or dried
- **Raita:** a mix of yogurt, seasonings, and fruit or vegetables
- Rice dishes, wheat dishes, or vegetable dishes with curry seasonings

DESSERT FOODS OR SWEETS:

- **Gajar halva:** carrot pudding
- **Kheer:** rice pudding

MEAL PATTERN:

Breakfast, lunch, dinner, snacks



ASIAN: Japan

GRAINS/BREADS:

Bean noodles, buckwheat noodles, ramen noodles, wheat noodles, rice, soy flour

VEGETABLES:

Artichokes, bamboo shoots, bean sprouts, burdock root, cabbage, chrysanthemum leaves, coltsfoot, daikon (long white radish), eggplant, kelp, lotus root, mushrooms, peas, seaweed, snow peas, water chestnuts, yam, zucchini

FRUITS:

Apple, apricot, banana, cherries, dates, figs, grapefruit, kumquat, Japanese plum, kiwi, lemon, lime, loquat, mandarin orange, pear, persimmon, tangerine, watermelon

MILK, YOGURT, AND CHEESE:

Milk, soy milk (dairy products are not part of the regular diet)

MEAT, POULTRY, FISH:

Beef, deer, lamb, pork, rabbit, veal, chicken, duck, goose, carp, cod, clams, crab, eel, globe-fish, koi fish, lobster, oysters, shrimp, shark, squid

EGGS, DRY BEANS, AND NUTS:

Eggs, tofu, chestnut, ginkgo nuts, peanuts, walnuts, poppy seeds, sesame seeds, black beans, red beans, lima beans, soybeans

FATS/OILS:

Butter, cottonseed oil, olive oil, peanut oil, sesame seed oil, vegetable oil

POPULAR FOODS OR INGREDIENTS:

- **Miso:** fermented bean paste
- **Sushi:** rice mixed with a rice vinegar, and often served with sliced raw fish
- **Teriyaki sauce:** soy sauce plus a sweet red wine
- **Nabe:** one-pot dishes served in the middle of the table and shared with others
- Pickled vegetables (such as cabbage, cucumber, eggplant, or radishes)
- **Shoyu:** soy sauce
- **Sunomono:** vinegared salad
- **Wasabi:** a very pungent green horseradish used as a garnish

DESSERT FOODS OR SWEETS:

- Fresh fruit, a light gelatin, or ice cream
- **Mochigashi:** rice cakes with a sweet bean paste
- **Yokan:** sweet bean jelly

MEAL PATTERN:

Breakfast, lunch, dinner, snack

SOUTHEAST ASIAN (MAINLAND):

(Burma, Cambodia, Laos, Thailand, Vietnam)

GRAINS/BREADS:

Arrowroot, cornstarch, rice, rice noodles, tapioca, wheat bread, wheat noodles

VEGETABLES:

Amaranth, artichokes, asparagus, bamboo shoot, banana leaves, beans, breadfruit, broccoli, cabbage, calabash, carrot, cassava, chayote squash, chard, daikon (Chinese radish), chrysanthemum, eggplant, leek, lotus root, matrimony vine, mushrooms, mustard, okra, peas, pepper, potato, pumpkin, spinach, sweet potato, taro, tomato, turnip, water lily green, water chestnut, yam

FRUITS:

Apple, banana, coconut, date, durian, figs, guava, jackfruit, jujube, lemon, lime, litchi, longan, mandarin orange, mango, melon, orange, papaya, persimmon, pineapple, plum, pomegranate, pomelo, rambutan, sapodilla, star fruit, soursop, tamarind

MILK, YOGURT, AND CHEESE:

Sweetened condensed milk, soy milk (dairy products are not part of the regular diet)

MEAT, POULTRY, FISH:

Beef, lamb, pork, chicken, duck, quail, most varieties of seafood (fresh and dried)

EGGS, DRY BEANS, AND NUTS:

Chickpeas, lentils, mung beans, soybeans, soy products (tempeh, tofu), almonds, cashews, chestnuts, locust seeds, macadamia nuts, peanuts, pili nuts, sesame seeds

FATS/OILS:

Bacon, butter, lard, margarine, peanut oil, vegetable oil

POPULAR FOODS OR INGREDIENTS:

- **Agar-agar:** seaweed gelatin
- Coconut-flavored dishes (*Cambodia, Laos*)
- Crab and asparagus soup (*Vietnam*)
- Fermented fish sauce or paste
- Grilled lemon grass beef (*Vietnam*)
- Hot and sour stir fried vegetables with rice
- **Pad Thai:** stir-fried noodles with shrimp, tofu, peanuts, fish sauce, and other flavors

DESSERT FOODS OR SWEETS:

Cakes, pastries, coconut milk and cream, sweets made from sticky rice

MEAL PATTERN:

Two or three meals per day, with optional snacks

Sources of Information on Culture and Food

The descriptions of cultural foods provided in this section are based on information from the following sources:

- U.S. Department of Agriculture, Midwest Region. *What's in a Meal? A Resource Manual for Providing Nutritious Meals in the Child and Adult Food Care Program*. Fourth Edition, 2003. Reproduced by the National Food Service Management Institute. (The original source for cultural foods in this manual was *Foods Around the World*, Dairy Council of Wisconsin.)
- Pamela Goyan Kittler and Kathryn P. Sucher. *Cultural Foods: Traditions and Trends*. 2000: Wadsworth/Thomson Learning, Belmont CA.
- Pamela Goyan Kittler and Kathryn P. Sucher. *Food and Culture in America: A Nutrition Handbook*, Second Edition. 1998: West/Wadsworth, an International Thomson Publishing Company.
- Joan and David Peterson. *Eat Smart in Brazil*. 1995: Ginkgo Press, Inc., Madison WI.
- Southeast Michigan Dietetic Association, website www.semda.org/info (website information was most recently accessed on 2/21/06).

