

# CULTURAL FOOD PREFERENCES

## AFRICAN AMERICAN

### FRUITS & VEGETABLES

juice, fresh and frozen fruit varieties; sweet potatoes, yams, turnip greens, collards, mustard greens, okra, cabbage, root vegetables, plantains, fresh and frozen vegetable varieties, tropical climate produce

### PLANT & ANIMAL PROTEIN

nuts, black eyed peas, beans, mung beans; ham hocks, oxtails, turkey necks/ neck bones, pigs feet, chitterlings, beef jerky, catfish, white fish, shrimp, canned seafood (sardines, tuna, smoked oysters, etc.); milk, eggs

### GRAINS

grits, flour, injera, teff flour

### SPICES, HERBS, & COOKING

Johnny's, Zatarain's, O'Bay, and Slap Ya Mama; oil, honey

### PREPARED MEALS

precooked frozen meals, twist top soups, chili for homeless populations

*This community also mentioned accommodating dietary restrictions such as gluten free, low sodium, sugar free, halal, kosher, nut-free, raw vegan food/plant-based food.*

## AFRICAN-BORN

### FRUITS & VEGETABLES

banana, juices (apple, grapefruit, orange); carrots, cassava leaves, corn, garlic, jalapenos, maize, onion, sour-sour leaves (also called ngai-ngai or red sorrel), sweet potato leaves

### PLANT & ANIMAL PROTEIN

beans, fava beans, kidney beans, lentils; fresh and dried fish, Halal meat (beef & chicken), lamb; milk

### GRAINS

amaranth, barley, gluten free oats, rice, cassava flour, semolina flour, teff flour, whole wheat flour, bread, pasta

### SPICES, HERBS, & COOKING

berbere spice, bitter herbs, black pepper, cloves, coriander, cumin, ginger, turmeric; oil, palm oil, sugar

*This community noted the religious significance of Halal meat and the difficulty for non-English speakers to know which cans do not contain pork. They noted that if they knew the canned beans did not contain pork they would take them, but often avoid all canned foods because of uncertainty.*

## ASIAN AMERICAN

### FRUITS & VEGETABLES

mangos, pineapple, dragon fruit, jackfruit, sour sob, coconuts, cassava, taro, longans, lychees, bitter melon, oranges, green papaya, grapes; bitter greens, Chinese broccoli, bok choy, broccoli, cabbage, lettuce, celery, green beans, ong choy, squash, pea vines, Asian eggplant, yardlong bean, Chinese cabbage, yu choy, sweet potatoes, garlic, green onions, shallots, cauliflower

### PLANT & ANIMAL PROTEIN

edamame, tofu, red beans; fish (or any seafood), salmon, pork, chicken, beef; butter, milk (cow, almond, rice, soy)

### GRAINS

jasmine rice, noodles, oatmeal

### SPICES, HERBS, & COOKING

lemon leaf, waterlily, ginger, galangal root, turmeric, cilantro, mint, coriander, basil, lemongrass; fish sauce, soy sauce, sugar, salt, oil