Foods Unique to Various Eating Traditions included in the NCC Food and Nutrient Database

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Many foods unique to the eating traditions of various cultural groups in the U.S. are included in the NDSR Database. To take into account the varying ways some dishes may be prepared, variable ingredient and preparation method questions are included in NDSR so that the dish as prepared and eaten is reflected. As an example, when entering ‘pot stickers’ in NDSR prompts include the method of preparation (‘fried’ or ‘steamed or boiled’) and whether the pot stickers are ‘with meat’ or ‘without meat’.

This document provides listings of some of the foods included in the NDSR database for various eating traditions. See the index below to locate listings of interest to you. Please note that the lists are not all-encompassing. Lists are not provided for some cuisines (e.g., Italian, Greek, German, etc.), and not all foods are listed for cuisines for which there are lists. For example, foods that have become common in the United States but originate from another eating tradition are included in NDSR but not highlighted on this list. Also, in some cases, foods could appear on more than one list because the food is not unique to just one eating tradition. For example, ‘samosa (sambusa, sambosa, sambuza, or singara)’ is listed under the “Foods consumed across multiple eating traditions” category. These listings were created from the NDSR 2023 database. If you are using a subsequent version of NDSR there may be more foods than are included in these lists because we are continually expanding foods in the database to better reflect varying eating traditions.
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Alaska Native

Beverages
Tundra

Desserts
Agutuk

Fats, oils, and nuts
Bear fat (grease)
Bearded seal oil (oogruk)
Beluga whale oil
Bowhead Whale blubber
Ringed seal blubber
Sea lion fat
Spotted seal oil
Walrus blubber

Fruits and fruit products
Blackberries
Blueberries
Cloudberry (baked apple berry or yellowberry)
Highbush cranberries
Huckleberries
Lowbush cranberries (lingonberries)
Salmonberries

Grain products
Fry bread
Meat, fish, and poultry

Caribou hind quarter
Chiton
Cockles
Devilfish
Fish stew
Ground squirrel
Halibut
Herring egg
Horned owl
Kemagluk
Lingcod
Mamaghwaaq
Moose liver
Northern pike
Octopus
Oopah
Polar bear
Riighnak
Scoter duck
Sea cucumber
Sheefish
Smelt
Steelhead trout
Tukughnak
Venison, raw (sitka)
Whale eyes, raw (beluga)
Whitefish egg
Vegetables and vegetable products

Anguukaq greens
Fireweed leaves
Masru roots
Mouse nuts
Nunivak greens
Roseroot greens
Sourdock
Stonecrop leaves
Wild rhubarb leaves
Willow leaves
Eastern and Southeastern Asian

Beverages
Bubble tea
Jasmine tea
Oolong tea
Sake

Desserts
Injeolmi (Korean sweet rice cake)
Tteok or mochi (Korean or Japanese rice cake)

Eggs and related products
Egg foo yung
Sushi

Fats, oils, and nuts
Korean gochujang vinaigrette
Peanut sauce

Fruits and fruit products
Dragon fruit
Pomelo

Grain products
Asian noodle bowl
Cellophane noodles
Chinese pancakes (Moo Shu pancakes)
Chow fun rice noodles
Congee
Drunken noodles
Egg roll wrapper
Fried wonton
Kimchi pancakes
Pad thai
Pot sticker (Asian dumpling)
Rice noodles
Soba noodles
Somen noodles
Spring roll wrapper
Wonton wrapper

**Meat, fish, and poultry**
Adobo with rice (Filipino dish)
Banh mi (Vietnamese sandwich)
Beef and Broccoli
Bibimbap (Korean rice with meat and vegetables)
Bulgogi (Korean BBQ beef)
Cashew chicken
Cha siu bao (Chinese barbecued pork bun)
Chicken lo mein
Chop suey
Crab rangoon (puff filled with crab and cream cheese)
Dim sum (steamed buns)
Dukboki or Tteokbokki (Korean rice cake with meat and vegetables)
General Tso Chicken
Glass noodle salad
Kamaboko (Japanese fishcake)
Kung Pao chicken or other meat or fish
Larb gai (Thai chicken) salad
Lemon chicken
Moo goo gai pan (stir fried chicken and mushrooms)
Moo Shu (Mu Shu) pork or other meat, fish or poultry, with pancake
Orange chicken
Pork lo mein
Samgyeopsal (Korean grilled pork belly)
Sesame chicken
Shrimp lo mein
Sukiyaki beef or other meat
Sweet and sour beef
Tempura

Miscellaneous
Hot chili sauce (Sriracha)
Hot mustard sauce
Miso (soybean paste)
Tamari sauce
Teriyaki sauce

Soups, gravy, and sauces
Bird’s nest soup
Black bean sauce
Chili sauce
Duck (Chaisni) sauce, homemade
Egg drop (egg flower) soup
Fish sauce (nam pla or nuoc mam)
Ginger sauce
Gochujang sauce (Korean chili paste)
Hoisin sauce
Hot and sour soup
Oyster sauce
Pho soup (Vietnamese noodle soup)
Plum sauce
Ponzu sauce
Szechuan sauce
Thai coconut soup

**Vegetables and vegetable products**
Jai Monk’s food
Tofu lo mein
Vegetable lo mein
Foods consumed across multiple eating traditions

Desserts
Flan

Fruits and fruit products
Ackee
Breadfruit (panapen)

Grain products
Samosa (stuffed and fried pastry shell)

Meat, fish, and poultry
Curry dishes

Miscellaneous
Curry paste
Hot pepper sauce

Vegetables and vegetable products
Fufu made with cassava
Jute
Hawaiian

Desserts
Haupia (coconut milk pudding)

Grain products
Manapua (filled bun)

Meat, fish, and poultry
Lau lau
Lomi salmon (tomatoes and onions)
Poke bowl (raw tuna and rice bowl)

Milk, cream, cheese, and related products
Shave ice

Vegetables and vegetable products
Poi
Indian Beverages
Chai tea

Candy, sugar, and sweets
Barfi or burfi candy (Indian fudge)
Ladoo candy (Indian sweet)

Desserts
Gulab jamun (fried milk in sugar syrup)

Fats, oils, and nuts
Clarified butter (ghee)

Grain products
Biryani (Indian seasoned rice)
Chapati (Indian bread)
Dosa (Indian pancake or crepe)
Idli (Indian steamed rice cake)
Masala Dosa (Indian pancake with potato filling)
Murmura or borugulu (Indian spiced puffed rice)
Naan (Indian tandoori flatbread)
Papad (papadum or papar)
Paratha (layered Indian bread)
Poori or puri (fried Indian bread)
Rava kichadi (Indian porridge with vegetables)
Roti (Indian bread)
Upma (Indian breakfast dish)
Meat, fish, and poultry
Marsala
Korma
Rogan josh
Tandoori style meat
Tikka masala (meat in tomato gravy)

Milk, cream, cheese, and related products
Lassi (yogurt shake)
Paneer cheese (Indian cheese)

Miscellaneous
Garam masala

Soups, gravy, and sauces
Raita (yogurt and cucumber) sauce

Vegetables and vegetable products
Aloo gobi (potato and cauliflower)
Chole (chickpea curry or chana masala)
Dal Makhani (lentil curry)
Masoor dal (lentils with tomatoes)
Mattar paneer (peas & cheese in gravy)
Pakora (fried vegetables with chickpea flour breading)
Palak or saag paneer (spinach and cheese in gravy)
Sambar (Indian vegetable stew)
Spinach and chickpeas (chana saag)
Vada (Indian fried lentil dumpling)
Latin America and Caribbean Countries

**Beverages**
Atole
Barrilitos Soda
Champurrado (chocolate atole)
Coquito
Cuban coffee
Hibiscus tea
Horchata
Mojito
Rompope (egg nog with alcohol)
Yerba Mate soda

**Candy, sugar, and sweets**
Dulce de calabaza (sweetened pumpkin)
Mexican chocolate (e.g. Ibarra or Abuelita)

**Desserts**
Bien me sabe (Venezuelan coconut cake)
Budin de coco con pasas (rice pudding, coconut, raisins)
Bunuelos (fritter)
Churros
Cinnamon crispas (fried flour tortilla, cinnamon, sugar)
Gamesa Animalitos Cookies
Harina de maiz con coco (Puerto Rican sweet cornmeal dessert)
Manjar blanco (custard)
Maria cookies
Mazamorra, mundo nuevo (corn custard)
Natilla (thick custard)
Panetela borracha or sopa borracha (sponge cake soaked in liquor)
Ponque (rum flavored pound cake, no frosting)
Sopaipillas
Tamale
Tembleque (coconut milk pudding)
Tres leches cake

Eggs and related products
Huevos a la Malaguena (eggs with peas, ham, salsa)
Scrambled egg, with beef jerky (Revoltillo de tasajo)

Fruits and fruit products
Agua de tamarindo
Bannan peze (Haitian fried green plantain)
Candied plantains
Guanabana nectar
Maduro frito (fried ripe plantains, no coating)
Tamarind nectar

Grain products
Almojabanas (rice meal fritters with cheese)
Arepas or arepitas (Hispanic corn pancake)
Arroz con cebollas (Hispanic rice with onions)
Asopao de gandules (pigeon peas with rice stew)
Avena con leche (oatmeal, with milk and sugar)
Bean burrito
Bolillo roll
Brazilian cheese bread
Chalupas
Cheese enchiladas
Chicharrones Fried Pork Rinds
Chilaquiles (fried corn tortilla pieces with cheese)
Chimichanga
Congri (rice and red beans)
Corn tortilla
Diri kole (Haitian rice and beans)
Egg burrito
Empanada de queso (cheese empanada)
Fried rice
Fritter, cornmeal and cheese, without egg (arepa con queso)
Gluten free tortilla
Gordita (stuffed masa)
Jamaican coco bread
Macaroni au gratin (Haitian macaroni and cheese)
Mallorca bread (Spanish coffee bread)
Moros y Cristianos (white rice with black beans)
Nachos
Pan bola de masa frita (fried dumpling)
Pan de agua (Hispanic water bread)
Pupusa
Quesadilla, with cheese (two tortillas and filling)
Riz djon djon (Haitian black mushroom rice)
Sope (masa shell)
Surullos (Hispanic cornmeal sticks)
Taco shell
Taco
Takis Tortilla Chips - Crunchy Fajitas
Taquitos
Torrejas or Galician (Hispanic French toast with syrup)
Tortilla
Tostada salad
Vegetable fajita
White bean stew with sofrito

**Meat, fish, and poultry**

Ackee and saltfish

Ajiaco (vegetable stew with beef and sausage)

Alcapurrias (tannier fritter stuffed with beef and ham)

Asado relleno (stuffed meat roast)

Bacalaitos (codfish fritters)

Beef burrito

Birria de carne (shredded meat)

Bistec encebollado (beef steak with onions)

Bouyon bef (Haitian beef stew)

Cabrito en fricase (stewed goat with tomato, ham and salt pork)

Camarones al ajillo (garlic shrimp)

Carne guisada (stewed beef with tomato and potato)

Ceviche (marinated fish or seafood)

Chayote relleno (stuffed chayote squash)

Chicken burrito

Cocido Espanol (Spanish stew with meat, potatoes, vegetables and garbanzo beans)

Criollo sandwich

Cuajo guisado (Puerto Rican stewed chitterlings)

Fish or seafood enchiladas

Fricase de conejo (stewed rabbit and potatoes in tomato sauce)

Frijoles blancos con chorizo (white beans with chorizo)

Frituras de papa y jamon (ham and potato fritters)

Gandinga (beef liver, chicken gizzard, tomato stew)

Garbanzos con jamon (garbanzo beans with ham)

Green bell peppers

Griot (Haitian pork dish)

Guisado de carne curada (corned beef stewed with tomato, potato, ham and salt pork)
Habas con jamon (lima beans with ham)
Habichuelas rosadas con jamon (pink beans with ham)
Haitian beef patty
Hallacas (pork and hominy)
Jerk chicken
Masitas fritas (fried pork chunks)
Medianoche sandwich
Mofongo (green plaintain with cracklings)
Mollejitas guisadas (stewed chicken gizzard with tomato and wine)
Mondongo (tripe stew with potatoes, pumpkin, garbanzo beans)
Paella de mariscos (Spanish rice with seafood)
Pastel de pollo con papas en salsa de tomate (potato chicken pie with tomato sauce)
Patitas de cerdo guisadas (ham, pumpkin, potato, tomato)
Pescado frito con mojo (fish a la creole)
Picadillo de aves de corral (ground poultry with tomato and potato)
Pinon (plaintain meat pie)
Pionono de platano (plaintain fritters with pork, beef and tomato sauce)
Plato Arabe (beef, bulger, onion and mint)
Pollo en salsa sin papas (chicken with tomato sauce and ham, without potatoes)
Pork and ham empanada with vegetables
Puerco guisado (stewed pork in tomato sauce with olives and ham)
Rabo encendido (oxtail soup)
Rellenos de papas (Puerto Rican potato fritter stuffed with meat)
Repollo relleno (stuffed cabbage with beef, ham, pork)
Ropa vieja (shredded beef with tomato)
Salchichas guisadas (tomato, potato, ham, salt pork)
Salmon guisado (salmon stew with potato, tomato)
Sancocho (meat stew with taro, potato, pumpkin)
Sausage empanada
Serenata de bacalao (codfish salad with taro, sweet potato, plantain, tomato)
Shrimp fajita
Spaghetti with corned beef (tomato-based sauce)
Stewed beef
Tasajo guisado, carne cecina guisada (stewed dried beef)
Ternera en fricase (veal fricassee and potatoes in tomato sauce)
Torta de camaron seco (dried shrimp patty)

Milk, cream, cheese, and related products
Asiago cheese
Chili con queso (salsa con queso)
Licuado, fresa (strawberry)
Queso anejo

Soups, gravy, and sauces
Avocado salsa
Base de escabeche (vinegar based marinade for Escabeche)
Caldo de frijoles rojos (stewed kidney bean broth)
Enchilada sauce
Epis sauce (Haitian vegetable seasoning base)
Joumou soup (Haitian pumpkin soup)
Mojo criollo (garlic citrus Hispanic sauce)
Mole negro (black mole)
Mole
Picante sauce (salsa picante)
Salsa roja cocida (cooked red salsa)
Sofrito, con jamon (Hispanic cooking sauce with ham, tomato and hot peppers)
Sopa de albondigas (meatball soup)

Vegetables and vegetable products
Akra (malanga fritters)
Bettraves salad (Haitian beet & potato salad)
Cassava con salsa creole (yuca with creole sauce)
Guacamole (avocado dip)
Papas guisadas con cebolla (Hispanic pan-fried potatoes with onion)
Pikliz (Haitian pickled vegetable relish)
Mexican Pima Indian

Grain products
Tortilla de harina (flour tortilla)

Meat, fish, and poultry
Carne frita (fried beef)

Milk, cream, cheese, and related products
Leche fresca de vaca (whole milk, Sonora)
Queso blanco cheese (Sonora farmer cheese)

Soups, gravy, and sauces
Sopa de pasta en caldo (broth noodle soup)

Vegetables and vegetable products
Frijol azufrado caldudo (sinaloa beans cooked with fat)
Nigerian

Fats, oils, and nuts
Egusi seeds

Grain products
Jollof rice (Nigerian rice in tomato-based sauce)
Nigerian bun (rock bun)

Meat, fish, and poultry
Efo riro (spinach stew)
Peppered snails
Suya (Nigerian meat skewers)

Soups, gravy, and sauces
Adalu (Nigerian corn and bean porridge)
African pepper soup
Beniseed soup (African sesame seed)
Ewedu (jute leaves) soup
Okra soup

Vegetables and vegetable products
Iyan (pounded yam)
Moi mo (bean paste pudding)
Yam porridge
Pima Indian

Beverages
Pima Indian drinking water
Pinole
Tea

Desserts
Lycium berry pudding

Grain products
Cheese crisp
Fry bread or popover
Guyvsa
Lazy bread
Quick bread
Tortilla

Meat, fish, and poultry
Beef meatball stew
Chicken taco
Chili beans made with hamburger
Chorizo sausage with beans
Corned beef and gravy
Green chili stew with beef
Ground beef and gravy
Liver and onions
Pinto bean and meat stew
Pork taco
Red chili stew with beef
Steak and gravy
Taco
Tamale
Tripe stew or menudo

**Soups, gravy, and sauces**
Milk gravy
Salsa

**Vegetables and vegetable products**
Beans
Cholla bud stew
Corn
Mesquite bean pods
Potatoes
Pozole (pinole and tepary beans)
Squash and cheese
Vegetarian beans
Wild spinach
Somali

Beverages
Shaah adays (Somali spiced tea with milk)

Candy, sugar, and sweets
Kashata or gashaato (Somali coconut candy)
Somali halwa

Desserts
Basbousa (Somali semolina cake with syrup)
Icun (Somali shortbread cookie)
Kac kac (Somali cookie or sweet fried bread)
Macsharo yariis (rice and coconut cake)

Grain products
Anjero (Somali sourdough pancake)
Bariis iskukaris (Somali style rice)
Cambuulo iyo maraq (rice with beans in tomato sauce)
Malawah (Somali crepe)
Mishaari masaggo (Somali sorghum porridge)
Muufo (Somali flatbread)
Sabaayad (Somali flatbread)
Sooor (African style polenta)

Meat, fish, and poultry
Malai Kismayo (Somali fried fish)
Muqmad or odkac (Somali preserved meat)
Suqaar (Somali meat with vegetables)
Surbiyaan hilib adhi (Somali meat with rice)
Miscellaneous
Berbere spice mix
Xawaash spice mix

Soups, gravy, and sauces
Basbaas cagaar (Somali green hot sauce)
Maraq digaag (Somali chicken soup)
Suugo suqaar (Somali tomato pasta sauce)

Vegetables and vegetable products
Nafaqo (egg-stuffed potatoes)