

# 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 (Vietamese 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

Rompopo (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 Malagueña (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

Cuaajo 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 caldado (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 moi (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)

Muufu (Somali flatbread)

Sabaayad (Somali flatbread)

Soor (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**

Berberere 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)