

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 2024 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

Calamansi - fresh

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

Chili garlic sauce
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
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

Candy, sugar, and sweets

Li Hing Mui (cracked seeds)

Desserts

Haupia (coconut milk pudding)

Grain products

Malasada (Hawaiian sugared doughnut)

Manapua (filled bun)

Meat, fish, and poultry

Kalua pig (Hawaiian smoked pork)

Lau lau

Loco Moco (Hawaiian dish, rice, hamburger patty, egg & gravy)

Lomi salmon (tomatoes and onions)

Poke bowl (raw tuna and rice bowl)

Spam Musubi (Hawaiian Spam sushi)

Milk, cream, cheese, and related products

Shave ice

Miscellaneous

Furikake seasoning

Soups, gravy, and sauces

Saimin (Hawaiian noodle soup)

Vegetables and vegetable products

Poi

Indian

Beverages

Chai tea

Candy, sugar, and sweets

Barfi or burfi candy (Indian fudge)

Ladoo candy (Indian sweet)

Desserts

Firni (Indian rice pudding)

Gulab jamun (fried milk in sugar syrup)

Kheer (Indian rice pudding)

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

Agua fresca

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 Malaguena (eggs with peas, ham, salsa)

Scrambled egg, with beef jerky (Revoltillo de tasajo)

Fruits and fruit products

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

Burrito bowl without meat

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 with cheese
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 corn 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 with corn tortilla

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 enchiladas

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 enchiladas

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)
Meat burrito
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)

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)

Oaxacan cheese

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)