

A CELEBRATION OF CULTURE



A FOOD GUIDE FOR EDUCATORS

A NUTRITION EDUCATOR'S GUIDE TO GLOBAL FOOD CHOICES

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At Dairy Council of California, we believe in enjoying food. We also know that culture and tradition guide our food choices. Californians come from all parts of the world, and many traditional foods grown around the globe are available here.

A Celebration of Culture shows how culturally diverse foods can fit in the context of current nutrition guidelines and food-grouping systems. This guide also explores the wide variety of foods and flavors available today.

California is made up of many cultures and traditions. Foods may vary based on region, religion and other factors. This guide includes the main food choices of five major cultures in California today—African-American, Mexican-American, Filipino-Americans, Chinese-Americans and Vietnamese-Americans. Each section includes cultural eating patterns, food choices and favorite dishes. Food lists provide translations in Spanish and Tagalog, as well as English-phonetic translations for foods in Chinese and Vietnamese.

With a *Celebration of Culture*, you can:

- Recognize the value of healthy food and identify healthy choices using culturally relevant examples.
- Learn how foods from all cultures can be part of a healthy diet.
- Encourage nutrient-rich food choices from the diverse cuisines, cultures and traditions available today.



All Foods Can Be Part of Healthy, Balanced Eating Patterns

In moderation, all foods can fit into a balanced diet. Healthy eating patterns include nutrient-rich foods from all five food groups: Milk & Milk Products; Meat, Beans & Nuts; Vegetables; Fruits; and Grains, Breads & Cereals. Nutrient-rich foods have significant amounts of a variety of nutrients for their calories. Eating these foods may improve overall health and even help maintain a healthy weight.

When talking about foods and food groups, try to include culturally diverse foods. Be sure to stress that when eaten in moderate amounts, all foods—even those “sometimes” foods—can be chosen without guilt or regret. Pleasure and enjoyment are also parts of healthy eating. Being physically active every day also allows a wider range of foods to fit in a healthy lifestyle.

Food Choices Change Over Time

Groups who have been here for many years may still have some food patterns that are culturally distinct, but often have adopted many local food habits.

Those who are newer to California may follow their familiar food patterns more closely. Over time, most try out and adapt traditional dishes to include foods on hand that may cost less or are more readily available.

Explore the foods offered at local groceries, specialty stores and farmers’ markets. The goal is to be aware of the wide range of healthy choices, both familiar and new, available today.

Involve family members in meal planning and cooking. Mealtimes are an ideal time to strengthen family ties and pass on family traditions. Children are also more likely to try new foods when they are involved in meal preparation.

Points to Remember

Food choices can vary widely within cultures. The foods listed in this guide are a snapshot of common foods, not a complete list.

There is no one-size-fits-all approach for healthy eating. Weigh the factors that are most important to your audience. Is it important to buy local food or grow it themselves? Is cost or convenience a priority? Do religious or cultural traditions take precedence? All of these factors should be considered and respected. When you incorporate personal values into food choices and set realistic goals, individuals are more likely to adopt healthy eating patterns.

Nutrition Education Builds Understanding

Trying foods from other cultures can challenge the palate with new flavors. Talking about regional foods and cooking methods can build a bridge and expand food horizons. Placing favorite foods within the context of an overall balanced diet sets the stage for lifelong healthy eating habits.

Dairy Council of California hopes this guide will be useful in nutrition education efforts. Traditional and new foods can be a celebration of culture and good health.

AFRICAN-AMERICANS

African-Americans make up roughly 13 percent of the United States population, according to the 2010 U.S. Census. More than half live in southern states. African-Americans represent a little over six percent of California's population. While most can trace their heritage to West Africa, African-Americans do not share a single cultural heritage. More recently, we have seen increases in the number of immigrants from the Caribbean and Central and South America.

Traditional Food Practices

The traditional foods of African-Americans mix the flavors of West Africa and the early European settlers of the American South in the 1700s and 1800s. Over time, a unique Southern cuisine evolved, with influences from the Spanish, French and British. Cooking methods also changed to include more boiling, frying and roasting.

The food choices of African-Americans today often do not reflect traditional foods. Instead, traditional dishes are more likely to be served on weekends, holidays or special occasions. The food habits are more likely to reflect the family's income level, where they live and their work schedules. Compared with other Americans, African-Americans eat fewer fruits and vegetables and less dietary fiber, calcium and potassium. On the other hand, they may consume higher amounts of fatty meats, salt and cholesterol.

During the work week, breakfasts and lunches are often lighter fares—e.g., cereal for breakfast; fast-food burgers, hot dogs, sandwiches or pizza at lunch. Heartier breakfasts (e.g., sausage or bacon, biscuits and gravy, waffles or pancakes, eggs and grits) are prepared on weekends or when more time is available. The midday meal used to be the largest of the day, but that has changed over time to mirror the more typical American practice of dinner being the largest meal of the day.

Traditional Food Choices During Mealtimes:

Breakfast

- Grits, often with cheese and butter or margarine
- Fried or scrambled eggs
- Breakfast meats like bacon, sausage or ham
- Fried potatoes
- Biscuits with butter and jelly
- Coffee or tea with sugar

Dinner

- Fried chicken or fish
- Mashed potatoes or sweet potatoes
- Boiled dry beans or green beans seasoned with ham or bacon
- Gumbo
- Corn on the cob, buttered
- Roll, biscuit or corn bread
- Sweetened ice tea, buttermilk or fruit-flavored drinks
- Fruit cobbler with ice cream or baked dessert such as red velvet cake or sweet-potato pie



AFRICAN-AMERICANS (CON'T.)

Traditional Foods

Milk & Milk Products

- Buttermilk
- Cheese, including American and cheddar
- Ice cream, banana pudding
- Cottage cheese
- Yogurt
- Milk (whole often preferred)

Meat, Beans & Nuts

- Poultry—fried chicken, chicken and dumplings
- Pork—barbecued ribs, glazed ham
- Beef
- Eggs
- Fish—crab cakes
- Dried beans, including pinto, navy, lima, butter, kidney, red and black-eyed peas

Vegetables

- Corn—succotash with okra and tomatoes
- Squash
- Sweet potatoes, white potatoes
- Cabbage
- Green beans
- Greens, including collards, mustard and turnip—often seasoned with smoked meat
- Okra
- Tomatoes

Fruits

- Apples
- Bananas
- Berries, including blackberries and strawberries
- Melons like cantaloupe, honeydew and watermelon
- Peaches

Grains, Breads & Cereals

- Cornmeal—corn bread, corn bread stuffing
- Grits
- Hominy
- Oatmeal
- Rice
- Wheat flour

Extras (Flavorings, Fats, Oils & Sweets)

- Bacon
- Butter, lard
- Chitterlings, fatback, pork neck bones, salt pork
- Fruit cobblers like peach, apple and berry
- Pecan and sweet potato pie
- Red velvet or chocolate cake

MEXICAN-AMERICANS



Traditional Mexican food habits are a blend of native Mexican Indians and South Americans with European (Spanish) colonists. Food styles can be grouped into three main types: *mestizo* (European-influenced) foods, Mayan from the southeast, and foods of the gulf and Pacific coast.

Mexico has shared its food, people and culture with California for hundreds of years. According to the 2010 Census, Hispanics/Latinos make up one-third (about 38 percent) of California's population, with the vast majority (about 82 percent) tracing their roots to Mexico.

Traditional Food Practices

A traditional Mexican diet is limited in added fat while high in grains, fruits and vegetables. The staple crop is *maize* (corn), which is ground into *masa* and used in a variety of dishes such as *tamales*. First domesticated in Mexico, fresh and dried chilies are common to all types of Mexican cuisine. In the 1500s, Spanish colonists introduced milk products, rice, wheat, cinnamon, citrus fruit and a variety of other foods that are common in Mexican cooking today.

Traditional Mexican meals are served in multiple courses with rice served before the main course or the beans. Vegetables usually appear as part of a dish, instead of a separate course. Freshness is valued, and many foods are purchased daily. Processed foods are not often eaten. Mixed dishes that take longer to prepare, like enchiladas and tamales, are reserved for special occasions.

Traditional Food Choices During Mealtimes:

Breakfast

- Corn tortillas, eggs with *chorizo* (sausage), beans and salsa
- *Pan dulce* (Mexican sweet bread) and fruit
- Hot chocolate made with milk or coffee with milk

Lunch

- Corn tortillas, rice and beans, beef, chicken or pork stewed with chilies and tomatoes
- *Sopes* (thick tortilla with pinched sides) with beans or meat, *queso fresco* (fresh cheese), salsa and vegetables
- *Horchata* (cinnamon and rice drink), *agua fresca* (fruit, water and sugar) or *licuado* (fruit smoothie)

Dinner

- *Arroz con pollo* (chicken and rice)
- *Sopa de fideos* (cooked rice noodles served with a tomato-based sauce)
- *Nopales* (cactus) with pork and onions, beans and corn tortillas
- Soft drinks or coffee with milk

MEXICAN-AMERICANS (CON'T.)

Traditional Foods

Milk & Milk Products

- Milk—cow, goat (whole milk is preferred)
- Evaporated milk
- Hot chocolate made with milk
- Various fresh cheeses
- *Arroz con leche* (rice pudding cooked with milk)

Meat, Beans & Nuts

- Beans, including pinto, red and black, are eaten at almost every meal
- Beef
- Goat
- Pork
- Poultry
- Seafood (popular in the coastal regions of Mexico)

Vegetables

- *Nopales* (cactus)
- Corn
- Onions
- Peas
- Potatoes
- Squash
- Tomatillos
- Tomatoes
- Homemade chili salsa accompanies most meals

Fruits

- Bananas
- Guavas
- Mangos
- Papayas
- Pineapples

Grains, Breads & Cereals

- *Masa* (corn flour)—used to make tortillas, tamales and *atole* (a porridge- like drink)
- Wheat-flour tortillas are more common in northern Mexico
- Rice and wheat noodles—typically cooked with tomatoes and spices to make Spanish rice or *fideo*

Extras (Flavorings, Fats, Oils & Sweets)

- Garlic, cilantro, cumin, cinnamon and cocoa
- Hot chili sauces
- *Manteca* (lard) and oil
- *Pan dulce* (Mexican sweet bread)
- *Flan* (custard)

MEXICAN-AMERICAN FOOD GLOSSARY

MILK & MILK PRODUCTS

cheese	queso
chocolate milk	chocolate con leche
cocoa	cacao-cocoa
cottage cheese	requesón
custard	flan
evaporated milk	leche evaporada
ice cream	helado (nieve)
low-fat milk	leche semidescremada
milk	leche
milkshake	leche batida
pudding	puđín
skim milk	suero-leche descremada
swiss cheese	queso suizo
yogurt	yogur

MEAT, BEANS & NUTS

bacon	tocino
baked beans	frijoles al horno
beef	carne de res
black-eyed peas	habichuelas
bologna	boloña
chicken	pollo
chili	frijoles con carne
eggs	huevos
fish	pescado
fish sticks	trozos de pescado
ham	jamón
hamburger patty	tortita de carne
hot dog	salchicha
meatballs	albóndigas
meatloaf	albondigón
nuts	nueces
peanut butter	mantequilla de cacahuete
pork chop	chuleta de cerdo
refried beans	frijoles refritos
shrimp	camaron
tuna	atún
turkey	pavo

VEGETABLES

avocado	aguacate
baked potato	papa homeada
broccoli	brócoli
cabbage	repollo
carrots	zanahorias
celery	apio
corn	maiz
corn on the cob	elote
green pepper	pimiento verde
lettuce	lechuga
mashed potatoes	pure de papas
peas	chichatos
potato	papa
salad	ensalada
spinach	espinaca
squash	calabacita
sweet potato	camote
tomato	tomate
tomato juice	jugo de tomate

FRUITS

apple	manzana
apple juice	jugo de manzana
applesauce	pure de manzana
apricot	chabacan
banana	plántano
cantaloupe	melon
fruit salad	ensalada de fruta
grapefruit	toronja
grapes	uvas
orange	naranja
orange juice	jugo de naranja
pear	pera
pineapple	piña
raisins	pasas
strawberries	fresas
watermelon	sandia

GRAINS, BREADS & CEREALS

biscuit	galleta
bread	pan
bun	panecillo
cereal	cereal
corn bread	pan de maiz
corn tortilla	tortilla de maiz
crackers	galletas
grits	sémola
macaroni	macarrones
muffin	panecillo
noodles	tallarines
oatmeal	avena
pancake	panqueque
rice	arroz
roll	panecillo
sweet bread	pan dulce
toast	pan tostado

EXTRAS

(Flavorings, Fats, Oils & Sweets)	
apple pie	pastel de manzana
butter	mantequilla
cake	pastel
candy	dulce
cookies	galletas
doughnut	dona
gelatin dessert	gelatin
gravy	salsa
jam	conserva (de fruta)
jelly	jalea
ketchup	salsa de tomate
margarine	margarina
mayonnaise	mayonesa
mustard	mostaza
oil	aceite
pickles	pepinos en vinagre
pie	pastel
popcorn	palomitas de maiz
popsicle	paleta helada
potato chips	papitas fritas
punch	ponche
soft drinks	sodas or refrescos
sugar	azúcar

FILIPINO-AMERICANS



The Philippines are a group of 7,107 islands in Southeast Asia. Filipino food blends Malaysian, Chinese, Spanish and American influences. Many Filipinos came to the United States after immigration laws changed in 1965. According to the 2010 Census, Filipinos make up 3.2 percent of the total population in California and one-quarter of the state's Asian population. Asian groups represent 13 percent of the state's total population.

Traditional Food Practices

There are three basic principles in Filipino cooking: never cook any food by itself; when frying, use garlic in olive oil or lard; and foods should have a sour, cool and salty taste. As with other countries in this region, rice is a dietary staple. Fresh fish and shellfish are also plentiful and prepared many different ways in the traditional diet.

Many Filipino dishes use vinegar to tenderize meat and reduce the need for refrigeration. Vinegar also adds the slightly sour flavor in Filipino foods. The most common cooking methods are sautéing, stewing, boiling, braising and frying. Dipping sauces allow for individual taste preferences and can include vinegar, garlic, *calamansi* (similar to lemon juice), soy sauce, *patis* (fish sauce) and *bagoong* (fermented sauce).

The traditional Filipino meal pattern consists of a large breakfast, lunch and dinner, as well as a midafternoon snack called a *merienda*.

Traditional Food Choices During Mealtimes:

Breakfast

- Breakfast is typically a protein dish and a starchy food
- *Kakanin* (different types of rice such as regular, sticky or sweet), *pan de sal* (breakfast bread) or *ensaimada* (yeast roll sprinkled with shredded cheese and sugar)
- Fried eggs, vienna sausage, *longganiza* (pork sausage) or *daing* (dried fish)
- Hot chocolate, hot ginger tea or hot coffee

Lunch and Dinner

- Hot meals are typically served for both lunch and dinner, and are similar in the amount and kinds of dishes served
- Soup, vegetables in fish sauce and a noodle dish or rice
- Pork or chicken simmered in vinegar, soy sauce and garlic
- Salted, dried fish
- Meat turnover
- Beef, chicken or pork stewed with chorizo, ham hocks and vegetables
- Coffee with milk and sugar or tea

FILIPINO-AMERICANS (CON'T.)

Midafternoon

- The traditional *merienda* is part of the casual lifestyle after a siesta (afternoon rest)
- *Empanadas* (meat-filled pastry)
- *Lumpia* (similar to an egg roll)
- *Guinataan* (combination of boiled starchy vegetables and fruits)

Traditional Foods

Milk & Milk Products

- Edam cheese
- Farmer's cheese
- Evaporated milk
- *Leche flan* (custard)

Meat, Beans & Nuts

- Salted egg
- Fish—dried or roasted
- Beef
- Chicken
- Pork—ham, sausage
- Shellfish and other seafood
- Garbanzo beans
- Cashews and peanuts

Vegetables

- Vegetables are usually sautéed or boiled and occasionally marinated for salads. Raw leafy greens are rarely used in salads
- Bamboo shoot
- Plantain
- Cabbage
- Eggplant
- Okra
- Yam
- Tomato
- Peas
- Carrots

Fruits

- Fruits of all types are eaten
- Avocado
- Banana
- Grapes
- Guava
- Mango
- Pineapple
- Raisins
- Starfruit
- Watermelon

Grains, Breads & Cereal

- Rice is the main staple and is eaten at almost every meal
- Noodles made from rice wheat, mung beans or soybeans
- Egg bread
- *Pan de sal* (rolls)

Extras (Flavorings, Fats, Oils & Sweets)

- Fish sauce, fish paste and soy sauce
- Hot peppers, cinnamon, bay leaf and ginger
- Lard, olive oil and vegetable oil
- Coconut oil and coconut milk
- Butter

FILIPINO-AMERICAN FOOD GLOSSARY

MILK & MILK PRODUCTS

cheese	keso
custard	leche flan
evaporated milk	leche evaporada
ice cream	sorbetes
milk	gatas
yogurt	yogurt

MEAT, BEANS & NUTS

beef	(karning) baka
cashews	kasoy
chicken	manok
clams	kabibi
duck	itik
eggs	itlóg
fish	isd^a
goat	kambing
lamb	tupa
liver	atay
peanuts	man^i
pork	(karning) baboy
sardines	sardinas
sausage	longanisa
shrimp	hipon
soybeans	balatong
soybean curd (tofu)	taho
tuna	tulingan
turkey	pabo

VEGETABLES

bamboo shoots	labong
bok choy	pechay
cabbage	repolyo
carrots	karot
cauliflower	koliplawer
celery	kintsáy
corn	mais
eggplant	talóng
green beans	habichuelas
lettuce	letsugas
okra	okra
onions	sibuyas
peppers	sili
potato	patata
snow peas	chicharo
spinach	spinaka
sweet potato	kamote
tomato	kamatis
water chestnut	apulid

FRUITS

apple	mansanas
banana	saging
cantaloupe	milong
grapes	ubas
guava	bayabas
lychee	lichias
mango	manggá
melon	milón
papaya	papaya
pear	pera
pineapple	pinya
pomegranate	granada
strawberries	stroberi
tangerine	dalaghita
watermelon	pakwan

GRAINS, BREADS & CEREALS

bean-thread noodles	sotanghon
bread	tinapay
cereal	cereales
noodles	miki
rice	kanin
rice noodles	bihon
wheat noodles	mami

EXTRAS

(Flavorings, Fats, Oils & Sweets)

butter	mantekilya
cake	keik
candy	kendi
coffee	kapé
fish paste	bagoong
fish sauce	patis
garlic	bawang
ginger	luya
lard	mantiká
soy sauce	toyo
sugar	asukal
tea	tsa
vegetable oil	langis
vinegar	sukà

CHINESE-AMERICANS

Chinese-Americans include people from the People's Republic of China, Taiwan, Hong Kong and Macao. From the 1849 gold rush in California to the transfer of Hong Kong from British to Chinese rule in 1997, waves of immigration have brought people from China to the United States. Today, about 63 percent of Chinese-Americans are first-generation immigrants. According to the 2010 Census, Chinese-Americans make up about 26 percent of California's Asian population.

Traditional Food Practices

Chinese civilization is one of the world's most ancient—over 4,000 years old. Chinese cuisine blends the food habits of the *Han* people, the largest ethnic group in China, with the food choices of many other ethnic groups. In traditional Chinese culture, foods are valued beyond nutrition. Foods and dishes are carefully planned and prepared for longevity, happiness and luck. The Chinese value freshness and shop daily for seasonal vegetables, fruit, meat and fish. Foods aren't necessarily associated with specific meals, and a variety of foods may be eaten at breakfast, lunch or dinner.

Traditional Food Choices During Mealtimes:

Breakfast

- Rice porridge seasoned with small amounts of meat or fish
- Bowl of noodles with vegetables and meat
- Steamed buns

Lunch

- Rice or fried noodles, stir-fried vegetables and a seasoned meat dish with clear soup
- Tea

Dinner (main meal of the day in mainland China)

- Clear soup, noodles or rice and two or three stir-fried meat-and-vegetable dishes
- Tea

(In northern China, soup is usually the beverage at meals; in southern China, the beverage is usually tea.)

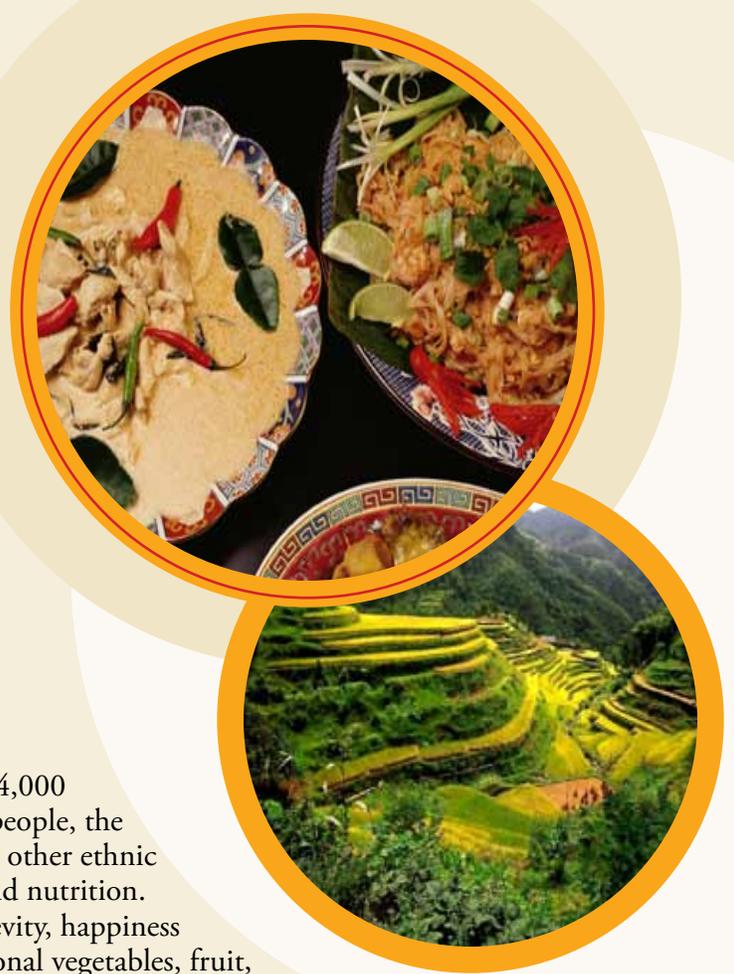
Traditional Food

Milk & Milk Products

- Milk products are not routinely available in China, although they are more common in Hong Kong and Macao
- Alternatives include tofu and calcium-fortified soy beverage

Meat, Beans & Nuts

- Beef, oxtail
- Chicken, eggs
- Pork, sausage
- Legumes—broad, mung, red and soybeans (soybeans are made into many products, including beverages, tofu, curd and paste)
- Seafood
- Meats are cut into bite-sized pieces before cooking; fish is often prepared whole and served at the table



CHINESE-AMERICANS (CON'T.)

Vegetables

- Bamboo shoots
- Bean sprouts
- Cabbage
- Chinese greens
- Leeks
- Snow peas
- Squash
- Sweet potato
- Taro
- Turnip
- Water chestnut
- Vegetables are cut into bite-sized pieces before cooking

Fruits

- Banana
- Dragon fruit
- Grapes
- Lychee
- Mango
- Orange, tangerine
- Papaya
- Passion fruit
- Starfruit
- Watermelon
- Fruits are eaten as snacks and desserts

Grains, Breads & Cereals

- Rice is the primary staple in southern China, while wheat is the primary staple in northern China
- Choices include stir-fried rice, a variety of noodles, steamed dumplings and rice wrappers for egg rolls and wontons

Extras (Flavorings, Fats, Oils & Sweets)

- Hot chili sauces, coriander, fish sauce, five-spice powder, garlic, ginger, oyster sauce, pepper, shrimp paste, soy sauce, turmeric and vinegar
- Corn oil, lard, peanut oil, sesame oil
- Traditionally, very little sugar is used

CHINESE-AMERICAN FOOD GLOSSARY

MILK & MILK PRODUCTS

	<i>English Phonetic Translation</i>	
	Cantonese	Mandarin
milk	ngòw nái	niú nǎi
cheese	jeè-sée	rǔ lào
ice cream	syut gò	bing jeé líng
yogurt	syùn ngòw nái	su-ahn níu nǎi
evaporated milk	tahm nái	dàn nǎi
dry milk powder	nái fun	nǎi fuǎ

MEAT, BEANS & NUTS

beef	ngòw yuhk	niú rò
chicken	gai	jee-zah
dried fish	jeèn yú	jiahn yu
duck	ngop	yah-sah
eggs	gài dán	jee dàn
fish	yú	yu
fresh fish	seen yú	siahn yu
kidney	yi u faa	yao-zah
legumes:		
mung beans	luhk dào	liù dòe
red beans	hùhng dào	hoóng dòe
soy beans	wòhng dào	huáng dòe
liver	gòn	ganr:
meat	yuhkk	rò
nuts	fah sàng	huah sheng
peanut butter	fah sang jèung	huah sheng jiang
pork	jyu yuhk	ju rò
pork tripe	jyu toé	jyu dú-zah
seeds	jèe màh	zher mah
shellfish	ching jée	cheng-zah
soybean curd	daw fuh	dòe fu
soybean paste	daw bo-án jeung	dòe bànr: jiàng
spleen	wòng lee	pée zàhng

VEGETABLES

bean sprouts	ngah choi	dòe yáa tsài
bok choy	bahk choi	bái tsài
carrots	hùhng lòh bahk	hú ló bo
celery	kàhn choi	tsiéng tsài
chinese cabbage	wòhng ngàh choi	ju-àhn zhin tsài
dark-green leafy vegetable	gai lán choi	gài lán tsài
green beans	bin daw	biāhn dòe
green peas	chèng daw	tsiéng dòe
green onions	yeùhng chòng	yaáng cong
mushrooms	mòh gu	mó gu
spinach	bo choi	bo tsài
summer squash	nàhm gwah	nán guah
sweet potato	fah syiùh	fan shǔ
winter squash	sun gwah	sùn guah
zucchini	ee-dai-lay-gwah	ee-dàh-lèe-guah

FRUITS

	<i>English Phonetic Translation</i>	
	Cantonese	Mandarin
apple	ping g'wo	ping gǎo
apricot	hahng mui	si'ng zah
banana	hèung tsiu	siang jiao
grapefruit	sai yáw	see-yò-zah
grapes	pù tù	pú táo
melon	sài gwah	see guah
orange	cháhng	chén zah
peach	tù	taó zah
pear	lày	leé
persimmon	nàhm cheé	shùr zah
pineapple	bo lòh	bo lo
strawberry	yeùhng mùi	yaáng máy
tangerine	gum gwaht	gan jú

GRAINS, BREADS & CEREALS

bread	meen bàw	màn bao
crackers	béng gòn (soda béng gòn)	bǐng gan (sudá bǐng gan)
dumpling	tang yu-án	tang tu-án
noodles	meen	màn
oatmeal	mahk pin	mài pièn
pastry dough	tong yún	tong tyùhng
rice	fahn	fàn

EXTRAS (Flavorings, Fats, Oils & Sweets)

candied ginger	tòhng geung	táng jee-ang
garlic	syúhn taó	swàn toé
ginger root	sàng geung	jee-ang
salt & pepper	wùh jeé-u yihm	hu jiao yán
sesame oil	jèe màh yaòw	zhee mah yó
soy sauce	jeung yaòw	jee-àng yó
sugar	tòhng	táng
tea	tsàh	cháy
vegetable oil	choi yaòw	tsài yó

Pronunciation key:

: = short, clipped pronunciation
 aa = a as in cat
 sy = blended together
 ts = blended together as in tse-tse fly
 zh = blended together
 g = hard as in going

Intonation key:

Falling tone indicated by `
 Rising tone indicated by ´
 Hi-Lo-Hi tone indicated by ˘

VIETNAMESE-AMERICANS



The Vietnamese immigrated to the United States from Southeast Asia, a tropical region south of China and east of India. Cambodia and Laos are neighboring countries. Over 450,000 Vietnamese have entered the U.S. since 1975, and most have settled in the Western Gulf states where the climate is similar to their native land. According to the 2010 Census, there are over half a million Vietnamese in California, representing 12 percent of the Asian population.

Traditional Food Practices

Vietnamese cuisine uses many of the same foods as other Southeast Asian countries. The basic food in Vietnam is dry, flaky rice supplemented with vegetables, eggs and small amounts of meat and fish.

NuocMam (fish sauce) is also used in almost every Vietnamese dish. Meals are rarely divided into separate courses. Rather, all the food is served at once and shared from common dishes. The Vietnamese drink a large amount of hot green tea and coffee without adding sugar, milk or lemon.

Vietnamese preparation styles and meal patterns reflect the various cultures that influenced the country. After long periods of French occupation, for example, cream-filled pastries are popular desserts.

Like the Chinese, the Vietnamese do not associate certain foods with a particular meal, so a variety of foods is eaten at breakfast, lunch and dinner. Many Vietnamese either grow their own vegetables or make daily trips to the market for fresh ingredients.

Traditional Food Choices During Mealtimes:

Breakfast

- Soup with rice noodles, sliced meat, bean sprouts and mustard greens
- Boiled egg with meat and pickled vegetables on French bread

Lunch

- Rice, fish with lemon grass, strong beans, clear soup with vegetables and fruit

Dinner

- Similar to lunch, with smaller portions
- Rice, sautéed pork, leeks, clear soup and fruit
- Coffee, tea or fruit drinks (after meal)

Traditional Foods

Milk & Milk Products

- Sweetened condensed milk
- Alternatives include tofu and calcium-fortified soy milk

VIETNAMESE-AMERICANS (CON'T.)

Meat, Beans & Nuts

- Beef, chicken, duck, lamb and pork
- Almost all varieties of seafood are eaten (fresh or dried)
- Popular legumes include chickpeas, lentils, mung beans and soybeans

Vegetables

- Asparagus
- Bamboo shoots
- Leeks
- Long beans
- Okra
- Water lily greens
- Water chestnuts

Fruits

- Figs
- Grapefruit
- Guava
- Lychee
- Orange
- Starfruit
- Strawberries

Grains, Breads & Cereals

- Rice is the main staple and is typically eaten at every meal
- Rice is also made into rice sticks and wrappers for egg rolls
- Wheat noodles
- Tapioca
- French bread

Extras (Flavorings, Fats, Oils & Sweets)

- Fish sauce, oyster sauce, shrimp paste, soy sauce
- Ginger, green onions, lemongrass, mint and other fresh herbs
- Sesame oil
- French cakes and pastries

VIETNAMESE-AMERICAN FOOD GLOSSARY

MILK & MILK PRODUCTS

milk	su-áh
cheese	fromage (Fr.)
condensed milk	su-áh dàhk
ice cream	kem

MEAT, BEANS & NUTS

beef	tít baw
chicken	tít gah
crab	ku-ah
eggs	charng
fish, fresh & dried	káh
legumes	rah-oo
liver	gahn
meat	tít
mung beans	dòe sang
peanut butter	dàu phóng
pork	tít hay-o
shrimp	tawm
snails	oak
soybeans	dòe nahng
soybean curd	dòe fù
soybean paste	bàwt dòe nahng
white beans	dòe cháng

VEGETABLES

bamboo shoots	mahng
cabbage	kai bóp
carrots	kah-róte
cauliflower	sóup-luh
corn	ng-o
garlic	tòy
green onions	hang tah
lettuce	rah-oo
lotus root	kù-san
mushrooms	núm
mustard greens	kai sang
onions	hahng
pumpkin (canned)	beé ng-o
radishes	ku kài cháng
spinach	rah-oo zane
squash	beé
sweet potato	k'why-ah
tomatoes	kah chu-ah
white potato	k'why-ah tay

FRUITS

apple	taó
apricot	muh
banana	chewy
grapes	nyaw
grapefruit	bù-ee
lemon	chanh
lychee	vài
mango	swy-ah
orange	kahm
papaya	du dù
peach	dow
pear	lay
strawberry	zo-oo
tangerine	quíit
watermelon	zoo-ah

GRAINS, BREADS & CEREALS

rice	gòw
rice noodles	báng faà
rice sticks	boón
tapioca	bàwt báng
white bread	bánh mee

EXTRAS

(Flavorings, Fats, Oils & Sweets)

brown sugar	du-ung dàw
butter	buh
cake	báng
candy	kaà-ow
chocolate	chocolat (Fr.)
coffee	kah-fay
cookies	báng knòt
dried hot peppers	út ko
fish paste	bawt káh
fish sauce	nu-úk mám
ginger root	goong
honey	mút
hot pepper oil	zao út
jam	moót
lard	múh
sugar	du-ung
tea	chah
vegetable oil	zao
vinegar	zum

PRONUNCIATION KEY:

aa=a as in cat
ng=a very nasal sound, blend together
ny=a very nasal sound, blend together

INTONATION KEY:

voice falls ˘
voice rises ˊ

FREQUENTLY ASKED QUESTIONS

What is a healthy diet for kids and parents?

A healthy diet for children of any culture is one that supplies the nutrients they need for normal growth, as well as enough calories (energy) to support their activities during the day. Healthy foods for kids and parents are those that are “nutrient-rich”; that is, there are large amounts of key nutrients like calcium—and not too many calories—supplied by the food. This “nutrient-rich” approach puts the focus on positive food choices made for health while still keeping calories at a reasonable level. In addition, a variety of foods *from all food groups* is important to meet nutrient needs for both kids and parents.

People use a wide range of factors in making food choices. It is important to apply your own personal values to your food choices, whether these are based on taste, convenience, cost, nutrition or cultural and family traditions. Remember that family meals are a perfect time to try a wide range of foods with distinct flavors and textures. Encourage children to taste many different foods, including those from many cultures.

What are some of the specific nutrition and health issues for children?

Obesity is a serious health problem facing children today. According to government sources, 27 percent of children ages 6 to 11 years are considered obese or overweight. The best way for most children to lose weight is to increase their physical activity rather than to drastically restrict calorie intake (which may also restrict their nutrient intake).

Adequate nutrients, on the other hand, are needed for normal growth in children. In fact, we are seeing a large number of children who are overweight, yet poorly nourished. Diets that severely restrict food choices in an attempt to limit calories, sugar or fat are not healthy for children. Such diets may not supply enough of the nutrients that children need.

Calcium is needed for strong bones and teeth. Children need two to four times more calcium for their size than adults. Research shows that the more calcium consumed as children, the stronger their bones are as adults.

Taste is the main factor that drives a child’s food choices. Help children learn to enjoy different tastes by exploring, preparing and tasting new foods.

Physical activity and play go hand in hand with healthy eating and are important for a child’s health. Children who are active at play one to two hours a day can eat a wider variety and amount of food, making it easier to get the nutrients and calories they need to grow and learn.

FREQUENTLY ASKED QUESTIONS (CON'T.)

What about vegetarian diets?

Vegetarian diets that include some animal foods (particularly milk and milk products and eggs) can meet the needs of children and parents if the recommended amounts for each food group are eaten. When choices are restricted only to plant foods, it may be useful to check with a registered dietitian to make sure that important nutrients are eaten in adequate amounts, as outlined in the 2010 Dietary Guidelines for Americans.

How should my food choices change if lactose intolerance is a problem?

Lactose intolerance means having problems digesting milk sugar. It is sometimes named as a reason why some children or parents cannot drink milk or milk products. Doctors and dietitians are very concerned when people avoid milk and milk products. They may not get the calcium, protein, potassium, vitamin D and other important nutrients they need. Experts suggest that even those with lactose intolerance should include milk and milk products as food choices every day.

If you or someone in your family has stomach pains or diarrhea when they drink milk, the following tips should help:

- Choose milk products that contain less lactose, such as hard cheeses, yogurt or buttermilk.
- Eat or drink milk products along with other foods at a meal or snack to slow digestion.
- Eat or drink milk products in smaller amounts but more often throughout the day.
- Consider using lactose-reduced milk products, found in most grocery stores.

Other food sources of calcium include: tofu made with calcium salts; dark leafy greens such as bok choy, mustard, collard and turnip greens; refried and baked beans; corn tortillas, lime-treated; calcium-fortified juices or cereals.

Will vitamin and mineral supplements provide “insurance” so that I don’t have to worry as much about my food choices?

There is more to foods than what we read on the labels. Although foods are grouped according to major nutrients, there are other compounds in foods that are necessary for good health—some we know about, some are still being explored. Eating the recommended servings of food-group foods each day provides us with good sources of energy and needed vitamins and minerals. A daily vitamin and mineral supplement that supplies no more than 100 percent of the recommended dietary allowances should be safe, but it doesn’t replace the need for balanced food choices. Think “food first”!

REFERENCES

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