

Cultural Nutrition Resources



Resource guide for websites with culturally diverse food & nutrition information



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Asian/Middle Eastern Cultures

Cultural Information:

- Chinese Food Cultural Profile – Provides information about the history and culture of people of Chinese descent.
 - http://ethnomed.org/ethnomed/cultures/chinese/chinese_food.html
- Asian American – Provides information about Asian American terminology, demographics, history, and cultural issues.
 - http://en.wikipedia.org/wiki/Asian_American

Food Preferences:

- Asian Cuisine & Foods – Information about the dietary cultures of Asia, tools used in Asian cuisine, and the fusion of Asian American cuisine.
 - <http://www.asian-nation.org/asian-food.shtml>
- Cultural Diversity: Eating in America, Asian – Information on Asian American food habits and how they relate to the dietary guidelines, along with information about eating practices, food preferences, and preparation techniques. This site also provides some information on Asian American culture.
 - <http://ohioline.osu.edu/hyg-fact/5000/5253.html>
- Cultural Diversity: Eating in America, Middle Eastern - Information on Middle Eastern food habits and how they relate to the dietary guidelines, along with information about eating practices, food preferences, and preparation techniques. This site also provides some information on Middle Eastern culture
 - <http://ohioline.osu.edu/hyg-fact/5000/5256.html>
- The Wonderful World of Korean Food – Information about Korean food and etiquette.
 - <http://asiafood.org/koreafood.cfm>
- Japanese Cuisine – Information on typical Japanese food, ingredients, and recipes.
 - http://www.mediterrasian.com/cuisine_of_month_jap.htm
- Chinese Cuisine – Information on typical Chinese food, ingredients, and recipes.
 - http://www.mediterrasian.com/cuisine_of_month_chinese.htm
- Vietnamese Cuisine – Information on typical Vietnamese food, ingredients, and recipes.
 - http://www.mediterrasian.com/cuisine_of_month_vietnam.htm
- Indonesian Cuisine – Information on typical Indonesian food, ingredients, and recipes.
 - http://www.mediterrasian.com/cuisine_of_month_indonesia.htm
- Thai Cuisine - Information on typical Thai food, ingredients, and recipes.
 - http://www.mediterrasian.com/cuisine_of_month_thai.htm
- Asia Food - Recipes, ingredients, and the cuisines of the various Asian countries.
 - <http://asiafood.org/>
- What is Halal? - Explanation of what halal foods are with a list of foods that are not considered halal.
 - <http://www.ifanca.org/halal/>

Food and the Dietary Guidelines:

- Chinese Food Pyramid – Food pyramid incorporating typical Chinese foods.
 - <http://www.semda.org/info/pyramid.asp?ID=28>
- Japanese Food Pyramid – Food pyramid incorporating typical Japanese foods.
 - <http://www.semda.org/info/pyramid.asp?ID=10>
- Thai Food Pyramid – Food pyramid incorporating typical Thai foods.
 - <http://www.semda.org/info/pyramid.asp?ID=4>
- Indian Food Pyramid – Food pyramid incorporating typical Indian foods.
 - <http://www.semda.org/info/pyramid.asp?ID=2>

- Asian-American Cuisine – Sample menu using typical Asian American food choices.
 - http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/asian.htm
- Nutrition: Healthy Eating for 3 Ethnic Populations – Information on healthy eating practices for Asian Americans, African Americans, and Mexican Americans.
 - http://www.enc-online.org/pdf/NUtritionRealities/NR_04%20ethnic.pdf

Nutrition Education Materials:

- Diabetes and Asian Americans and Pacific Islanders – Fact sheet from the National Diabetes Education Program. Available in Hindi, English and Gujarati.
 - https://www.aapiusa.org/pdfs/FS_AsAm_Eng.pdf
- Indian Foods: AAPI's Guide to Health Nutrition and Diabetes – Comprehensive 96-page nutrition guide written by dietitians about healthy modifications to Indian cuisine.
 - <https://www.aapiusa.org/pdfs/Nutrition%20EBook.pdf>
- Healthy Food Options: What to Eat More of and What to Eat Less of - Discusses healthy options in the Korean American diet, by food group.
 - http://nature.berkeley.edu/cwh/PDFs/CWH_English_koreanfood.pdf
- Chinese Foods, Healthy Food Options: What to Eat More of and What to Eat Less of- Discusses healthy options in the Chinese American diet, by food group.
 - http://nature.berkeley.edu/cwh/PDFs/CWH_English_chinesefood_updated.pdf
- Healthy Weight for My Child: Childhood Obesity Prevention with Asian families
 - English version: http://nature.berkeley.edu/cwh/PDFs/CWH_English_healthyweight.pdf
 - Chinese version: http://nature.berkeley.edu/cwh/PDFs/CWH_Chinese_healthyweight.pdf
- Fast food & soft drinks: how to make healthier choices: Childhood Obesity Prevention with Asian families
 - English version: http://nature.berkeley.edu/cwh/PDFs/CWH_English_fastfoods.pdf
 - Chinese version: http://nature.berkeley.edu/cwh/PDFs/CWH_Chinese_fastfoods.pdf
- Children need to play and move their bodies every day: Childhood Obesity Prevention with Asian families
 - English version: http://nature.berkeley.edu/cwh/PDFs/CWH_English_playandmove.pdf
 - Chinese version: http://nature.berkeley.edu/cwh/PDFs/CWH_Chinese_playandmove.pdf
- Balancing TV & Computer Time with Play Time: Childhood Obesity Prevention with Asian families
 - English version: http://nature.berkeley.edu/cwh/PDFs/CWH_English_tvandcomputer.pdf
 - Chinese version: http://nature.berkeley.edu/cwh/PDFs/CWH_Chinese_tv-computer.pdf
- Bilingual Handouts: Chinese – Nutrition education handouts about the food pyramid and nutrition in Chinese and English.
 - [http://monarch.gsu.edu/WebRoot\\$/multiculturalhealth/handouts/chinese/China_all.pdf](http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/chinese/China_all.pdf)
- Bilingual Handouts: Japanese - Nutrition education handouts about the food pyramid and nutrition in Japanese and English.

- [http://monarch.gsu.edu/WebRoot\\$/multiculturalhealth/handouts/japanese/Japanese_all.pdf](http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/japanese/Japanese_all.pdf)
- Bilingual Handouts: Thai - Nutrition education handouts about the food pyramid and nutrition in Thai and English.
 - [http://monarch.gsu.edu/WebRoot\\$/multiculturalhealth/handouts/thai/Thai_all.pdf](http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/thai/Thai_all.pdf)
- Bilingual Handouts: Vietnamese - Nutrition education handouts about the food pyramid and nutrition in Vietnamese and English.
 - [http://monarch.gsu.edu/WebRoot\\$/multiculturalhealth/handouts/vietnamese/Vietnamese_all.pdf](http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/vietnamese/Vietnamese_all.pdf)

Recipes:

- Delicious Decisions- Heart healthy recipes promoted by the American Health Association. Contains several Asian-style entrees.
 - <http://www.deliciousdecisions.org/>
- Chinese recipes- Recipes from website dedicated to promoting the benefits of an Asian eating & lifestyle practices
 - http://www.mediterrasian.com/cuisine_of_month_recipes_chinese.htm
- Cooking Light- Asian-inspired healthy recipes
 - <http://food.cookinglight.com/food/recipefinder.dyn?action=browseResults&CUISINES=Asian>
- South Asia - India Recipes - Healthy recipes with nutritional analysis.
 - http://wellnessways.aces.uiuc.edu/pdf/ho_recipesIndia.pdf
- Traditional Vietnamese Recipes - Recipes for traditional Vietnamese dishes, includes nutritional analysis.
 - http://wellnessways.aces.uiuc.edu/pdf/ho_recipesVietTrad.pdf
- Japanese Recipes - Japanese recipes with nutritional analysis.
 - http://wellnessways.aces.uiuc.edu/pdf/ho_recipesJapan.pdf

African-American

Cultural Information:

- African American Culture – Information on African American culture including language, religion, holidays, and agriculture and food.
 - http://en.wikipedia.org/wiki/African_American_culture
- Cultural Diversity: Eating in America, African American – Information on eating practices, food preferences, and food preparation techniques of African Americans.
 - <http://ohioline.osu.edu/hyg-fact/5000/5250.html>
- African Americans and Diet – Information about what factors influence African American diets, diseases associated with obesity, and how to get and maintain good health.
 - <http://www.netwellness.org/healthtopics/aahealth/healthybody.cfm>

Food Preferences:

- Out-of-Home Eating Relates to Fruit and Vegetable Consumption among African Americans – Research brief summarizing the findings of the California African-American 5-a-Day Campaign festival surveys.
 - <http://www.dhs.ca.gov/ps/cdic/cpns/aa/download/OutofHmEatingFF-AA5aDayNLAfv6.pdf>
- Shopping Habits of African Americans: Relationships with Fruit and Vegetable Consumption - Research brief summarizing the findings of the California African-American 5-a-Day Campaign festival surveys.
 - <http://www.dhs.ca.gov/ps/cdic/cpns/aa/download/Shopping-AA5aDayNLAfv4.pdf>

Food and the Dietary Guidelines:

- Soul Food Pyramid – Food pyramid with typical Soul foods.
 - <http://www.semda.org/info/pyramid.asp?ID=7>
- Food Guide for African Americans – Provides a look at the traditional and current diets of African Americans.
 - <http://ohioline.osu.edu/ss-fact/0172.html>
- Nutrition: Healthy Eating for 3 Ethnic Populations - Information on healthy eating practices for Asian Americans, African Americans, and Mexican Americans.
 - http://www.enc-online.org/pdf/NUtritionRealities/NR_04%20ethnic.pdf

Nutrition Education Materials:

- Empower Yourself-Learn your cholesterol number
 - <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/empower.pdf>
- Your Guide to Lowering Your Blood Pressure with DASH – Facts about the DASH diet from NIH
 - http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf
- Be Heart Smart: Eat Foods Lower in Saturated Fats and Cholesterol – Easy-to-read booklet designed to help African Americans reduce the risk of having a heart attack or stroke.
 - <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/smart.pdf>
- Spice Up Your Life: Eat Less Salt and Sodium - Easy-to-read booklet designed to help African Americans reduce the risk of having a heart attack or stroke.
 - <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/spice.pdf>
- African American Health and Dairy Foods - Information about the health benefits of dairy for African Americans.
 - <http://www.eatright.org/ada/files/HealthDairy.pdf>

Recipes

- African-Americans 5 A Day Campaign
 - <http://www.dhs.ca.gov/ps/cdic/cpns/aa/recipes.htm>
- Healthy Cookbook Recipes for African Americans
 - http://dpch.umd.edu/research/partners_docs/Cookbook.pdf
- Heart Healthy Home Cookin' African American Style – Recipe booklet containing favorite African American recipes prepared with less saturated fat, cholesterol, and sodium.
 - <http://rover.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

Professional Resource

- Working with Religious Congregations: A Guide for Health Professionals
<http://www.nhlbi.nih.gov/health/prof/heart/other/church.pdf>

Latino

Cultural Information:

- Understanding Hispanic Culture – Information on Hispanic family values, etiquette, rituals and religion, celebrations and holidays, and eating habits.
 - <http://ohioline.osu.edu/hyg-fact/5000/5237.html>
- Hispanic – Provides information on Hispanics in the US, including demographics, history, political and cultural trends, media, religious and racial diversity, music, and cuisine.
 - <http://en.wikipedia.org/wiki/Hispanic#Cuisine>
- Hispanic or Latino Populations – Federal government definitions of the terms Hispanic and Latino and a brief discussion on Hispanic culture and health profiles.
 - <http://www.cdc.gov/omh/Populations/HL/HL.htm>
- The Hispanic American Community - Information on the religion, social customs, and health practices of Hispanic Americans.
 - <http://www.culturediversity.org/hisp.htm>
- Hispanic Americans - Information about Hispanic American culture.
 - <http://www.worldbook.com/features/cinco/html/hispanic.htm>
- Hispanic American Cultural Diversity – Information on cultural diversity among Hispanic Americans and Hispanic American identity.
 - http://encarta.msn.com/encyclopedia_761585657_1/Hispanic_Americans.html

Food Preferences:

- Cultural Diversity: Eating in America, Mexican-American – Information on Mexican-American eating practices, food preferences, food preparation techniques, religious customs and family traditions.
 - <http://ohioline.osu.edu/hyg-fact/5000/5255.html>
- Cultural Diversity: Eating in America, Puerto Rican - Information on Puerto Rican eating practices, food preferences, food preparation techniques, religious customs and family traditions.
 - <http://ohioline.osu.edu/hyg-fact/5000/5257.html>
- Hispanic American Influence on the U.S. Food Industry – An article on Hispanic Cuisine and how the growing number of Hispanic-Americans is influencing the US food industry. This article provides information on who Hispanic-Americans are and the role that food plays in their lives.
 - <http://www.nal.usda.gov/outreach/HFood.html>
- If You Think You Know How U.S. Hispanics Eat, Guess Again; The NPD Group's Report Uncovers Hispanic Eating Habits – An article discussing how acculturation affects Hispanic eating habits.
 - http://www.findarticles.com/p/articles/mi_m0EIN/is_2005_Dec_16/ai_n15949915/pg_1
- Puerto Rico Culture: Food and Drinks – A description of Puerto Rican food broken down into appetizers and soups, main dishes, desserts, and drinks.
 - <http://www.topuertorico.org/culture/foodrink.shtml>
- Spanish Cuisine – Information on typical Spanish food, ingredients, and recipes.
 - http://www.mediterrasian.com/cuisine_of_month_spain.htm
- La Vida Not So Loca – An article discussing misconceptions and stereotypes about Hispanic people.
 - <http://www.peanut.org/mike/text/Lavidano.htm>

- Diet of Hispanics and Latinos – Information on the characteristics and acculturation of the Hispanic diet.
 - <http://www.faqs.org/nutrition/Hea-Irr/Hispanics-and-Latinos-Diet-of.html>

Food and the Dietary Guidelines:

- Mexican Food Pyramid - Food pyramid incorporating typical Mexican foods.
 - <http://www.semda.org/info/pyramid.asp?ID=27>
- Cuban Food Pyramid - Food pyramid incorporating typical Cuban foods.
 - <http://www.semda.org/info/pyramid.asp?ID=25>
- Nutrition: Healthy Eating for 3 Ethnic Populations - Information on healthy eating practices for Asian Americans, African Americans, and Mexican Americans.
 - http://www.enc-online.org/pdf/NUtritionRealities/NR_04%20ethnic.pdf
- Mexican-American Cuisine - Sample menu using typical Mexican American food choices.
 - http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/mex_amer.htm

Nutrition Education Materials:

- El Acido Folico (Folic Acid Fact Sheet) - Explains the importance of folic acid in preventing neural tube defects (in Spanish).
 - http://www.nacersano.org/acido_folico/9182.asp
- Alimentando a su Bebé con Leche Materna o Biberón (Feeding Baby With Breast Milk or Formula) - Discusses benefits of breastfeeding and gives tips for successful breastfeeding. Also covers selection and safe use of formula. Available in English at http://www.fda.gov/opa_com/lowlit/feedbby.pdf.
- Controle Su Diabetes (Control Your Diabetes) - discusses various aspects of diabetes control, including diet.
 - <http://www.cdc.gov/diabetes/pubs/pdf/spanish.pdf>
- Coma Bien a Diario - Flyer introducing the Food Guide Pyramid.
 - English Version available at: <http://www.ag.uiuc.edu/~vista/abstracts/aFOODGIDE.html>
- La Vitamina B12 – Fact sheet about vitamin B₁₂ in Spanish.
 - <http://www.youngwomenshealth.org/spb12.html>
- El Zinc – Fact sheet about zinc in Spanish.
 - <http://www.youngwomenshealth.org/spzinc.html>
- La Proteina - Fact sheet about protein in Spanish.
 - <http://www.youngwomenshealth.org/spprotein.html>
- La Soja - Fact sheet about soy in Spanish.
 - <http://www.youngwomenshealth.org/spsoy.html>
- La Vitamina D - Fact sheet about Vitamin D in Spanish.
 - <http://www.youngwomenshealth.org/spd.html>
- Las Legumbres - Fact sheet about legumes in Spanish.
 - <http://www.youngwomenshealth.org/splegumes.html>
- Los Granos – Fact sheet about grains in Spanish.
 - <http://www.youngwomenshealth.org/spgrains.html>
- Ideas Para Comidas y Meriendas Rápidas, Fáciles y Saludables Para el Corazón - Ideas for Fast & Easy Heart Healthy Meals and Snacks.
 - <http://uuhsc.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S853>
- Mi Planificación Alimenticia – Spanish language meal planning guide.
 - <http://uuhsc.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S886>

- Platillos Latinos ¡Sabrosos y Saludables! (Delicious Heart-Healthy Latino Recipes) – Bilingual cookbook containing 23 recipes that cut down on fat, cholesterol, and sodium but not on taste.
 - http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf
- Bilingual Handouts: Spanish - Nutrition education handouts about the food pyramid and nutrition in Spanish and English.
 - [http://monarch.gsu.edu/WebRoot\\$/multiculturalhealth/handouts/spanish/Spanish_all.pdf](http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/spanish/Spanish_all.pdf)

Recipes

- Platillos Latinos Sabrosos y Saludables (Delicious Heart-Healthy Latino Recipes) - Recipe booklet providing favorite Latino recipes prepared with less saturated fat, cholesterol, and sodium. The booklet is in both Spanish and English.
 - http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf
- Mexican Recipes - Mexican Recipes with nutritional analysis.
 - http://wellnessways.aces.uiuc.edu/pdf/ho_recipesMexican.pdf