

Common Foods and Flavors of The Latino Diet Pyramid

Vegetables & Tubers	Cabbage, Carrots, Cassava, Chard, Chayote, Chiles, Eggplant, Garlic, Jicama, Kale, Lettuce, Maize/Corn, Nopales, Peppers, Potatoes, Pumpkin, Onion, Okra, Spinach, Yams, Yucca, Zucchini
Fruits	Acai, Agave, Avocados, Bananas, Breadfruit, Cocoa, Caimito, Chirimoya, Coconut, Custard Apples, Grapefruit, Guanabana, Guava, Lemons, Limes, Mangoes, Melons, Oranges, Papayas, Passion Fruit, Pineapple, Plantains, Pomegranate, Prickly Pear, Pumpkin, Quince, Sapote, Sopadilla, Starfruit, Sugarcane, Tamarind, Tangerine, Tomatoes, Tomatillos
Grains	Arepas, Amaranth, Breads, Maize/Corn, Pasta, Quinoa, Rice, Tortillas
Fish & Seafood	Abalone, Clams, Cod, Conch, Crab, Crayfish, Mussels, Octopus, Sea Bass, Scallops, Shrimp, Squid, Whelk
Poultry, Eggs, Cheese, & Dairy	Chicken, Duck, Geese, Guinea Fowl, Squab, Turkey Eggs (Chicken, Quail, and Duck) Cheeses (Examples include Asadero, Cojita, Minas, Reggianito) Yogurt, Crema, Milk
Nuts, Seeds, & Legumes	Almonds, Brazil Nuts, Beans (Black, Garbonzo, Kidney, Pinto), Cashews, Peanuts, Pine (Piñon) Nuts, Pecans, Pumpkin Seeds (Pepitas)
Herbs & Spices	Chiles (Examples include Aji, Cayenee, Jalapeno, Guajillo, Habanero, Pasilla, Poblano, Scotch Bonnet, Serrano), Cilantro, Cinnamon, Epazote, Garlic, Oregano, Parsley
Meats & Sweets	Beef, Goat, Lamb, Pork Sweets (Examples include: Flan/Custard, Cakes, Candy, Chocolates, Cookies)
Water & Alcohol	Drink Plenty Of Water Enjoy All Alcohol In Moderation