

Common Foods & Flavors of the LATIN AMERICAN HERITAGE DIET

••• eat most often

•• eat moderately

• eat less often

Vegetables & Tubers •••

cabbage, carrots, cassava, chard, chayote squash, chiles, eggplant, garlic, jicama, kale, lettuce, maize/corn, nopales (cactus), onion, okra, peppers, potatoes, spinach, yams, yucca, zucchini

Fruits •••

açaí, agave, avocados, bananas, breadfruit, cacao, caimito (star apple), cherimoya (custard apple), coconut, custard apples, grapefruit, guava, lemons, limes, mangoes, melons, oranges, papayas, passion fruit, pineapple, plantains, pomegranate, prickly pear, pumpkin, quince, sapote, sapodilla, soursop (guanábana), starfruit, sugarcane, tamarind, tangerines, tomatillos, tomatoes

Grains •••

arepas, amaranth, breads, maize/corn, pasta, quinoa, rice, tortillas

Herbs & Spices •••

chiles (ají, cayenne, jalapeño, guajillo, habanero, pasilla, poblano, scotch bonnet, serrano), cilantro, cinnamon, epazote, garlic, oregano, parsley

Poultry & Eggs ••

chicken, duck, goose, guinea fowl, quail, squab, turkey
chicken eggs, duck eggs, quail eggs

Cheese & Dairy ••

asadero, cotija, Minas, queso fresco, Reggianito
yogurt, crema, milk

Nuts, Seeds, & Legumes •••

almonds, Brazil nuts, beans (black, garbanzo, kidney, pinto), cashews, peanuts, pine (piñon) nuts, pecans, pumpkin seeds (pepitas)

Fish & Seafood ••

abalone, clams, cod, conch, crab, crayfish, mussels, octopus, salmon, sea bass, scallops, shrimp, squid, whelk

Meats •

beef, goat, lamb, pork

Sweets •

treats made with fruits, nuts, whole grains, and minimal sugars
arroz con leche (rice pudding), churros, flan/custard, fruit smoothies and juices, helado (ice cream),