

TABLE 3

Traditional Food Choices of Hispanic Americans<sup>16,19</sup>

TYPE OF FOOD	EXAMPLES OF TRADITIONAL CHOICES
Vegetable	Jicama, peppers, potatoes, cabbage, carrots, cassava, eggplant, yucca, and onion
Fruit	Cacao, acai, agave, grapefruit, bananas, oranges, guava, quince, and sugarcane
Protein	Chicken, duck; conch, mussels, clams, and octopus; nuts, such as Brazil nuts, pine nuts; sunflower seeds; garbanzo beans; beef, goat, lamb, and pork
Grain	Tortilla, rice, maize, pasta, and arepas
Oil/Fat	Coconut oil, olive oil, and other tropical oils (eg, palm oil)
Herb, Spice, and Flavoring	Hot peppers, cilantro, garlic, cinnamon, and epazote
Dairy	Yogurt, cream, cheeses (eg, Asadero, Cojita, Minas, Reggiano), and milk*

\*Like African Americans, Hispanics tend not to consume the recommended two to three servings of dairy per day, consuming only 1.5 servings per day on average.<sup>16</sup> Twelve percent of Mexican Americans are vitamin D deficient, which is 9% greater than non-Hispanic whites. This group also tends not to consume enough calcium.<sup>16</sup>