

# Cultural Food Preference Sheets

## Ordering Tips

- **Focus on fresh produce.** The number one requested food category is fresh produce.
- **Avoid canned foods (in most cases).** Many immigrant families may not have had canned foods in their home country and therefore consider them unhealthy.
- **Avoid pre-seasoned or pre-packaged meats or pastas.** This will allow more flexibility to customize the flavor of the meals to fit with cultural preferences.
- **Provide whole foods.** For example, offer a fresh tomato instead of pasta sauce. By offering whole ingredients, it provides more flexibility on how that item can be used or seasoned.

*Food preferences within a culture may vary greatly by individual, age, religion, region or the length of time the person has lived in the United States. Therefore, these food lists should not replace engaging with your community to understand your food pantry user's individual preferences. However, these lists can serve as a starting point to inform your ordering decisions.*



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OF NORTHEASTERN NEW YORK

*Research into culturally responsive food options was made possible through support from CDPHP.*

# Cultural Food Preference Sheet

## East Asian

Countries Include: China, Hong Kong, Japan, Macau, Mongolia, North Korea, South Korea, and Taiwan

### Proteins

- chicken
- beef
- pork
- tofu
- duck
- fish
- seafood

### Flours

- corn starch
- wheat flour
- durum
- all-purpose flour

### Grains

- white rice
- brown rice
- wheat
- millet
- corn
- soba noodles
- jasmine rice
- rice noodles

### Fruits

- oranges
- pineapples
- mangoes
- coconuts
- dates
- figs
- jackfruit
- kiwi
- lemons
- watermelon

### Beans/legumes

- peanuts
- lentils
- soybeans- edamame
- mung beans
- chickpeas
- kidney beans
- split peas
- black eyed peas

### Vegetables

- eggplant
- bok choy
- napa cabbage
- onion
- broccoli
- bamboo shoots
- potatoes
- cucumber
- sweet potatoes
- beets
- carrots
- green cabbage
- tomatoes
- bell peppers

### Dairy

- yogurt
- goat milk
- coconut milk

### Spices

- miso
- mirin
- sesame oil
- rice vinegar
- garlic
- ginger
- cilantro
- fish sauce
- oyster sauce
- soy sauce
- turmeric
- ghee
- cumin
- curry



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