

Common Foods & Flavors of the Latin American Heritage Diet

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:

açai, 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, Reggiano 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)



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