

## Type II Diabetes

Food is divided into five categories. They are:

- Fruits (bananas, apples, grapes, kiwi, oranges)
- Vegetables (green leafy, carrots, tomatoes, peppers, mushrooms).
- Whole grains, cereals, and bread (wheat, rice, oats, bran, and barley).
- Dairy products (milk, cream, and yogurt).
- Meats, fish, poultry, eggs, dried beans, and nuts.

The type II diabetic patient needs to consume foods from each food group to ensure a healthy diet. By eating from each group everyday, the body will receive proper nutrients essential for optimal functioning.

### **Fruits:**

- Banana
- Orange
- Apple
- Kiwi
- Mango
- Grapes
- Etc.

### **Vegetables:**

- Leafy greens
- Peppers
- Tomato
- Onion
- Carrot
- Broccoli
- Cauliflower
- Summer squash

### **Whole Grains:**

- Whole grain bread
- Whole grain cereal
- Brown rice
- Whole grains [barley, corn, millet]

### **Dairy:**

- Low-fat or skim milk
- Low-fat or fat free yogurt
- Low-fat cheese

### **Meats, fish, poultry, eggs, dried beans and nuts:**

- Lean cuts of meat/fish/poultry
- Light meat poultry
- Egg or egg whites
- Dried or canned beans
- Nuts/peanut butter

## **Type II Diabetes and Mexican-American Diet**

The typical Mexican-American diet emphasizes complex carbohydrates in the form of corn, corn products, beans, rice and breads. Beans, eggs, fish, shellfish and meats are all present also. Meat is popular in the form of beef, pork, poultry and goat. Frying is a common method of preparing Mexican foods. The Mexican-American diet may be lacking several nutrients, such as, calcium, iron, vitamin A and C and folacin. Common Mexican foods include:

- Burritos
- Piquant butter
- Blue or purple potatoes
- Cilantro
- Menudo
- Chili
- Picante
- Cayenne
- Sour cream
- Spanish rice
- Corn bread
- Enchiladas
- White chicken chili
- Green chilies
- Tomatoes
- Tamales
- Fajita
- Deep fried ice cream
- Flan Sapodillas
- Mexican wedding cakes
- Carnitas
- Tortillas
- Corn

The type II diabetic should carefully choose food items in regards to the typical Mexican diet. Fried foods, lard, cheese, sour cream, butter, ice cream, flan and cakes should all be limited due to their high fat and saturated fat content. Vegetables, such as tomatoes, whole-grain tortillas, cilantro [spices, herbs], poultry, salsa are all healthy choices that the type II diabetic can include in their everyday diet.

## Puerto Rican Food List

- Aji Dulce: Dwarf green pepper
- Alcapurrias: Grated dwarf green bananas and grated yautia (tanier) stuffed with a meat filling and fried
- Almojabanas: Cheese fritters
- Batata Amarilla: Yellow sweet potato
- Bacalao: Cod fish, dehydrated and salted
- Café con Leche: Coffee with milk
- Chayote: Pear shaped vegetable grown in the Caribbean
- Chicharron: fried pork cracklings
- Cilantro: used for flavoring
- Empanada: Deep fried turnover filled with meat
- Flan: Puerto Rican Custard
- Guanabana: tropical fruit
- Guayaba: Guava. A tropical fruit
- Guineito nino: Dwarf banana
- Habichuelas: Beans
- Gandules: Pigeon peas
- Arroz con gandules: Rice with pigeon peas
- Garbanzos: chickpeas, used in soups, stews, and also served with rice
- Habichuelas blancas: white beans
- Coloradas: red kidney beans
- Longaniza: Pork sausage
- Malta: Popular soft drink (high in simple carbohydrates) non-alcoholic malt bev.
- Mango: A deep yellow tropical fruit
- Mofongo: A mixture of mashed plantain and chicharron (pork cracklings)
- Papaya: A deep yellow fruit
- Pastelillo: A deep fried turnover filled with meat or cooked fish
- Pernil: Fresh ham marinated with olive oil, garlic, black pepper, salt and oregano
- Pudin: Bread pudding
- Queso Blanco: A moist white cheese (high in sodium chloride)
- Relleno de Papa con carne: Mashed potatoes stuffed with meat and fried
- Sofrito: Seasoning sauce used in cooking
- Viandas/Verduras: Starchy vegetables, roots and tubers
  - Plantanos: large bananas
    - Plantanos verde: green, peeled, sliced, fried, flattened and fried again to make tostones
    - Plantanos maduros: yellow with black specs, soft texture.
  - Name: white yam
  - Yautia: tanier
  - Yuca: cassava/manioc
  - Batata amrilla: yellow sweet potato

- Malanga: taro or dasheen
- Guineo verde: dwarf green banana

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Cuban Information & Food List

Cuban cuisine has been influenced by Spanish, French, African, Arabic, Chinese, and Portuguese cultures. Most of the food is sauteed or slow-cooked over a low flame. Very little is deep-fried and there are no heavy or creamy sauces. Most Cuban cooking relies on a few basic spices, such as garlic, cumin, oregano, and bay laurel leaves. Many dishes use a sofrito as their basis. The sofrito consists of onion, green pepper, garlic, oregano, and ground pepper quick-fried in olive oil. It is used when cooking black beans, stews, many meat dishes, and tomato-based sauces. Meats and poultry are usually marinated in citrus juices, such as lime or sour orange juices, and then roasted over low heat until the meat is tender and literally falling off the bone. Another common staple to the Cuban diet are root vegetables such as yuca, malanga, and boniato, which are found in most Latin markets. These vegetables are flavored with a marinade, called mojo, which includes hot olive oil, lemon juice, sliced raw onions, garlic, cumin, and little water.

A typical Cuban breakfast consists of a tostada and cafe con leche. The tostada is a portion of Cuban bread which is buttered then toasted on an electric grill. The cafe con leche is a combination of strong, espresso coffee with warm milk. Additionally, some may eat ham croquetas, which are smoky creamed ham shaped in finger rolls, lightly breaded, and then fried.

Lunch consists of empanadas, chicken or meat turnovers, or cuban sandwiches. The sandwich could be a media noche (midnight sandwich), consisting of a slice of pork, ham, and swiss cheese and then topped with pickles and mustard on sweetened egg bread. The pan con bistec is a thin slice of palomilla steak on Cuban bread garnished with lettuce, tomatoes, and fried potato sticks. One may also order a side of mariquitas, which are thinly sliced plantain chips.

For snack time, Cuban bakeries are famous for their finger foods, such as pastelitos, croquetas, bocaditos, and empanadas. Pastelitos are small flaky turnovers in various shapes filled with either meat, cheese, guava, or a combination of guava and cream cheese. Bocaditos are small bite size sandwiches layered with a ham spread.

Dinner will usually consist of a meat, chicken, or fish dish as the entree accompanied by white rice, black beans, and maduros, which are sweet fried plantains. At times, a small salad of sliced tomatoes and onions or avocados might be added to the meal. The meal is followed by dessert, such as the typical flan, a Cuban caramel-flavored custard, and another shot of cafe cubano. Other popular alternatives for dessert are bread or rice puddings.

Cubans are very proud of their heritage and culture and display this pride with unwavering dedication to their native cuisine. Most Cubans have a hard time developing a taste for Americanized food.

### Cuban Food List

(Items followed by an asterisk \* may be suitable for a diabetic diet)

#### Arepas \*

The arepa comes from Columbia and is a type of grilled cheese sandwich, only instead of bread you get slightly sweet corn pancakes, fried on a griddle. They have a thin layer of Swiss cheese between the two cakes. You usually eat them by hand.

#### Arroz con Pollo \*

This is a Cuban Sunday lunch dish favorite. It's Chicken and Rice; a dish with an Americanized cousin that is familiar to most Americans. Whether seasoned with saffron strands or colored with Bijol, the rice is a bright yellow with tender pieces of chicken.

Wine, olive oil and spices give it a wonderful aroma and delicious flavor.

#### Arroz con Leche

Rice pudding. This dessert is very sweet and creamy with a great taste of cinnamon. It sometimes includes raisins and is flavored with a good Cuban rum.

#### Batido

Batidos are Cuban shakes, similar to American Style shakes, but with several unusual flavors. Some restaurants make batidos with ice cream, some use whole milk, and crushed ice. The tropical fruit flavors are very popular: batido de mango, batido de fresa (strawberry), batido de piña (pineapple), batido de mamey (a unique fruit with a pale pink flesh) and batido de fruta bomba (papaya) to name a few. Of course, chocolate and vainilla (vanilla) are big sellers too.

### Bollos \*

Bollos are fried bread nuggets made with ground black-eyed peas.

### Boliche \*

Boliche is Cuban pot roast. A slit is made in a beef roast and it is stuffed with chorizo and possibly onions, green pepper, garlic and spices. Sometimes ham is used in place of the chorizo. The pork gives the beef a smoky flavor.

### Boniato \*

A boniato is a Cuban sweet potato that is drier and not as sweet as the common American varieties. They are a cross between a sweet potato and a baking potato, with a fluffier texture and a very mild flavor.

### Café Cubano

Sometimes referred to as jet fuel! This is espresso coffee Cuban style. Very strong and very black, it's served in a tiny cup. Just about everyone drinks it with plenty of sugar. Café novices should order it "muy dulce" or very sweet.

### Café con Leche

Café con leche is a Cuban coffee with milk. You get a cup of steamed milk and a Cuban coffee. Pour the coffee into the milk and drink. Add more sugar if you need to. A good way for non-Cubans to acquire a taste for Cuban coffee.

### Chicharrones \*

Fried pork skins. The kind you buy in bags at the store are light and puffy. Another type of chicharrones is sold in markets, cafes and some bakeries. It's a thick slice of pork with skin, a layer of fat and meat.

### Chimichurri \*

This is the green sauce you see served with many beef steak dishes and sometimes as a dipping sauce for Cuban bread. It's made with garlic, parsley/cilantro, vinegar/lime juice and basil.

### Chorizo \*

The chorizo is a type of sausage. The Cuban variety is not hot and spicy like it's Mexican cousin. It is a dry, hard sausage heavily flavored with garlic and a hint of cilantro. A good chorizo is the essential building block of an excellent paella.

### Churrasco \*

In Argentina, where this style of cooking developed, churrasco actually refers to many types of meats prepared on the grill. In Miami, churrasco specifically refers to a cut of beef prepared in the Argentine style. The churrasco is a long flat cut of skirt steak. It's typically marinated to make it tender and full of flavor. It's always served with a good chimichurri sauce.

### Churros

Like a long donut, the Cuban variety is typically made with yuca. Served with sugar and cinnamon, they're best when they are fresh and still warm.

### Coco Rico

Coco Rico is Coconut flavor soda. However, don't expect an intense Coconut flavor like an Almond Joy bar. Coco Rico is made to mimic the flavor of coconut milk, not coconut meat.

### Coquitos

Coquitos are coconut cookies -- like a Macaroon. You'll see them in most Cuban bakeries and markets.



### Cortadito

A cortadito is half Cuban coffee and half hot milk.

### Cuban Sandwich \*

A delicious combination of ham, Cuban roast pork, Swiss cheese and dill pickles served on half a loaf of fresh Cuban bread. The sandwich is heated and pressed flat in a sandwich press (plancha). This melts the cheese and crisps the crust.

### Empanadas \*

These fluffy turnovers are filled with ham, beef, picadillo, cheese, or other ingredients.

### Enchilado \*

An enchilado is a delicious stew. Some of the best are made with fish and seafood.

### Ensalada de Aguacate \*

Aguacate is avocado. This avocado salad may be half an avocado stuffed with shrimp, chicken or tuna salad. Another variation seen on many menus is a sliced avocado with olive oil and either lemon or lime juice. One dish features avocado and pineapple in a sweet and sour dressing.

### Flan

Flan is custard rich with eggs. It is poured into a pan with a coating of dark, caramelized sugar. Once baked in the oven, the caramel liquefies to create a delicious (but thin) syrup. This can be ordered con coco rallado (with sweetened shredded coconut).

### Frijoles Negros \*

The traditional Cuban dish. Black beans in a thick gravy with garlic, onion, green pepper and spices. Usually served over rice as a side dish.

### Frita \*

A frita is a Cuban hamburger. The Havana style concoction includes ground chorizo, ground pork and several secret spices, depending on where you get one.

### Frituras or Frituritas \*

Frituras or Frituritas are what Americans would call fritters. Cuban frituras are made from a dough that may include several root vegetables, such as malanga or boniato. They may contain onions, garlic, peppers and other spices. They also can contain fish or meat.

### Fufú or Fufú de Plátanos Verdes \*

Fufú is a delicious dish, similar to mashed potatoes. Fufú has a delicious garlic flavor with a hint of lemon or lime. What really makes it sing is the delicious pieces of roast pork that are mashed into the plantain.

### Guarapo

This is fresh sugar cane juice. It has a very light flavor (NOT super sweet like many people assume) and is extremely refreshing on a hot day.

### Helados

Ice creams. Mamey, mango, guava and coconut are great choices.

### Jugos

Jugos are juices.

### Jupiña

Jupiña (hoo-peen-yah) is pineapple pop. Its name is a contraction of "Jugo de Piña " or pineapple juice. It is one of the sweetest sodas made in the world. Some Cubans say it makes their teeth sing when they drink it. It's sweetness and intense pineapple flavor make it a great choice when eating something salty or fatty. Like all sodas, you should drink it ice cold.

### La Cubanita Bars

This company makes several different bars, many with a coconut or fruit base. Some of the flavors include: coconut, pineapple/coconut, milk cream, orange cream and guava.

### Lechón Asado \*

Cuban pork roast, whether it's a whole pig or a fresh ham. The pork is marinated overnight in mojo sauce: olive oil, sour orange, loads of garlic, onions and spices.

### Lechuga y Tomate \*

Lettuce and tomato, as in salad. This is a simple dinner salad served with a simple oil and vinegar dressing.

### Maduros

Maduros, or Plátanos Maduros, is sweet plantain, sliced diagonally and sautéed. The plantain needs to be very ripe, almost black before cooking. You'll find these on the menu of EVERY Cuban restaurant. They are very sweet with a strong banana-caramelized sugar flavor.

### Malanga \*

A malanga is another root vegetable that is popular with Cubans. It comes in both white and yellow varieties. Malanga is very easily digested and is often used as a baby food. It is very closely related to the tarot root. Malanga is also often made into flour and used in cakes, breads, and pastries. Malanga flour is a great substitute for corn starch to thicken or "tighten up" stews and sauces. Malanga fritters are very popular.

### Mamey \*

Mamey is a large brown fruit with sweet, pink-colored, meat and a tart flavor.

### Mariquitas \*

These chips -- plantains, or yuca, or casava -- are sliced extremely thin and deep fried. You can find them in bags in supermarkets. The best ones are at restaurants and lunch counters made fresh and served hot.

### Mariscos \*

Mariscos is seafood and "arroz con mariscos" is simply seafood with rice. Mariscos usually include such well-known items as shrimp, scallops, lobster, fish, clams, mussels, and so on. In many Cuban and Latin restaurants, it also includes squid and/or octopus.

### Masas de Puerco Fritas \*

Masas de Puerco Fritas are fried pork chunks. Seasoned to perfection with mojito sauce and usually served with onions.

### Materva

Materva is a very interesting soda. It is made from an herb, Mate. In many countries, dried Yerba Mate leaves are used to brew a hot drink, a lot like coffee or tea. As a soda, it is especially popular in Argentina.

### Medianoche

The medianoche is the Cuban sandwich's sweeter cousin. (Named because it's smaller than its cousin, and is a great treat for after a movie or a night of dancing. Hence the name, "midnight sandwich.") Same ingredients as a Cuban sandwich, same treatment in the sandwich press, but made with a sweeter and lighter egg bread.

### Mojo (or Mojito) Marinade \*

Used as a marinade and sauce. It's made with sour orange, loads of garlic, onions and spices.

### Moros y Cristianos \*

"Moors and Christians," similar to frijoles negros, but the beans are cooked together with the rice. May also be made with red beans, which is called Congri.

### Paella \*

The Chinese introduced rice to Spain, possibly in the 15th or 16th Century. Soon the Spanish people realized that they could combine it with seafood, meat, poultry and chorizo (sausage) to create delicious dishes, like paella. All these recipes combine rice with wine, olive oil, onions, saffron and spices to give it a wonderful aroma and delicious flavor. The Cubans added tomato and garlic to the recipe, giving it a more "Cuban" touch. The best paellas include shrimp, lobster and freshly steamed mussels or clams.

### Palomilla \*

The palomilla is a thinly sliced (sometimes pounded thin) steak. It's cooked with lime juice, garlic and onions. Sometimes served with chimichurri.

### Pan Cubano \*

Pan is bread, and when you are in Miami you have to eat pan Cubano or Cuban bread!

### Pan con Bistec \*

Pan con Bistec is a Cuban steak sandwich. The steak is very thin and prepared like a palomilla steak with lime juice, garlic and onions. Many places serve it with crispy shoestring potatoes served on top of the meat.

### Papás Fritas \*

Papás Fritas are French fries. Just like the American version in most respects, except a lot of Cuban style fries are sliced very thin -- like shoestring potatoes.

### Papá Preparada \*

The Papá Preparada is a sandwich made with papa rellenas, Swiss cheese and lettuce on Cuban bread. It's fantastic!

### Papa Rellenas \*

Papa Rellenas are balls made with mashed potatoes and stuffed with picadillo or seasoned beef. These delicate little morsels are deep-fried and taste great when they are hot and fresh.

### Pasta de Guayaba

Guava paste, also known as Dulce de Guayaba. You'll see it in supermarkets in big cans. You can use it on toast, but a more traditional favorite is to have a slice of guava paste on a cracker with cream cheese or farmer cheese. You may also find mango, coconut, banana, and a tomato version.

### Pastelles (Pastelitos)

Pastelles, or Pastelitos, are Cuban pastries. They're a lot like the American turnover -- warm and flaky with special Cuban fillings. Pastelles typically come in these flavors, and these flavors ALONE: guava (guayaba -- has a square shape), guava and cream cheese (guayaba y queso -- has a triangular shape), cream cheese (queso -- has a long thin shape), coconut (coco -- has a square shape), ham (jamón -- has a round shape) and meat (carne -- has a round shape).

### Picadillo \*

Picadillo is Cuban-style hash (some call it the Cuban "Sloppy Joe") and a favorite meal of most Cubans. It's beef, ground or sometimes shredded, with tomato, green pepper, green olives or capers and of course, plenty of garlic. Frequently served over rice with tostones and black beans.

### Rabo Encendido \*

Rabo Encendido is Oxtail Stew. In America, the oxtails actually come from a cow. Oxtail is skinned and usually sold cut in pieces. Obviously, the tail of a cow has a lot of bone! However, the meat, when slow cooked, is very tender and delicious!

### Raspadura

They look like little copies of the Washington monument, only golden brown in color. This is a super sweet treat made with unrefined sugar and corn syrup. Look for them at Cuban groceries, snack shops, and walk up windows.

### Refrescos

Soda pop. They are served "de la fuente" fountain style in a glass or "en latas" in a can. The Cuban varieties include: Jupiña (pineapple), Materva, Sandia (watermelon) and Iron Beer

### Sandía

There are a couple brands of Sandía (watermelon) soda available. Watermelon pop has a unique flavor that you won't find in other parts of the country. Very refreshing on a hot day.

### Ropa Vieja \*

Ropa vieja means "old clothes," but it is really shredded beef in a type of stew with tomatoes, onions, garlic and green pepper.

### Sopa de Plátanos \*

Plantain soup. It has a chicken base.

### Tamales \*

Not very much like the Mexican version, Cuban tamales are not spicy hot and the meat is mixed in with the dough. If you order one, by the way, it's called a tamal -- never a tamale. ("Tamales" is the plural form of tamal.)

### Tasajo \*

Tasajo is dried beef that's been reconstituted. It's usually put into a stew with tomatoes and spices. A real traditional Cuban comfort food!

### Tostones \*

Tostones are thick slices of green plantain, fried, flattened, fried again and finally served hot and salted.



### Tres Leches Cake

This is really a Nicaraguan dessert, but it is served in just about every Cuban restaurant. It is one of the most delicious cakes ever invented. The "three milks" name comes from the mixture -- sweetened condensed milk, evaporated milk and heavy cream -- that is poured over the cake in mass quantities until it is dripping. The whole thing is topped with a meringue frosting and a bright red cherry.

### Tocinillo del Cielo

Tocinillo del Cielo (sometimes mistakenly called Tocino del Cielo or Bacon from Heaven.) is a distant cousin to flan. It's sweeter and lighter than flan, light on the tongue. There are two common types at bakeries and supermarkets. One has a slight lemon-citrus taste, the other tastes like almonds.

### Tortillas \*

A Cuban tortilla is an egg dish, similar to an omelet or frittata. It usually includes potatoes and onions. However, there are many variations, including some with ham, cheese, chorizo, rice, ripe plantain and even shrimp.

### Turrone

Turrone are almond candies imported from Spain and a traditional holiday treat. They come in several flavors including chocolate, nougat, honey, fruit and egg.

### Vaca Frita \*

Vaca Frita literally means "fried cow." It is a beef roast that is slow roasted or simmered until the meat is soft and stringy. The prepared meat is then sautéed with onions, garlic, green pepper, and spices. The prepared meat is then sautéed with onions, garlic, green pepper, and spices.

### Yuca \*

Yuca is another one of the root vegetables that are staples in Cuba. The most common preparation is with lemon and garlic.

## Comparison of Hispanic Foods: Availability and Cost

Denise Frega & Amy Lougen

<u>Hispanic Foods</u>	<u>Tops</u>	<u>Rite Aid</u>	<u>Public Market</u>
Rice arroz	19.99 – 20#		
Rice arroz	3.99 – 3#	3.49 – 5#	
Arroz pollo	1.49	1.69 – 8oz	
Sazon con cilantro y achiote	3.79		
Tomato salsa	0.59	3/1.00	
Chickpeas	2/1.00		
Pink beans	2/1.00	2/1.39	1.00 - basket
Frijoles rojos canned	0.67	2/1.39	
Frijoles negros canned	0.67	2/1.39	
Cornmeal	1.59 – 28oz	0.99 – 24oz	
Instant corn masa mix	2.99 – 4.4#		
Queso blanco cheese	3.29 – 12oz		
Flan	0.99 – 3oz	1.99 – 2oz	
Rellenos de papa (beef pies)	3.29 – 4 ser.		
Yucca rellena	1.28 – 5oz ser.		
Plantains	1.87 – 11oz baked		3/1.00 – fresh
Banana leaves	1.39 – 16oz		
Empanadas	1.12 – 15oz		2.50 – prepared
Mango	1.29 – frozen		2/1.00 – fresh
Papaya	1.49 – frozen		
Bacalao salted cod fish	4.19 – 1#		Fresh 4.99 – 5.99
Chorizos sausage	1.49 – 3.5oz		8.00 – 2#
Tortilla	1.29 – 14oz		
Yautia (yams)	2.32 – 24oz		1.00 – ~4 small
Vandas para sancoho (tropical vegetable mix: pumpkin, cassava, sweet potato, plantains)	1.69 – 1#		
Cuttle fish	1.57 – 4oz		
Whole tomatillos	1.99 – 26oz		
Serrano chilies	1.29		1.00 – basket (~8ea)
Racaito sauce/dip	2.14		
Sofrito	1.99	1.09	
Guacamole	3.49		
Corn pudding (majarete)	0.69		
Rice margarete	0.69		
Guava paste	1.39 – 21oz		
Black beans dry	2.53 – 4#		
Pink beans dry	2.94 – 4#	0.79 – 1#	
Cod fish fritter mix	1.29 – 4.5oz		
Jalapenos	1.29		
Corn husks	2.49 – 6oz		
Chicken pieces	1.49/lb		
Pork roast	1.29/lb		
Ground beef	2.69/lb		
Pork sausage	2.99/lb		
Rice and beans			2.00 – side dish
Sopaipilla			1.00 – side dish