

# EAST ASIAN FOODS

## Animal Protein

- Chicken
- Beef
- Duck
- Pork
- Mackerel
- Anchovies
- Squid
- Shrimp



## Plant Based Protein

- Black-eyed Peas
- Chickpeas
- Soy Beans
- Kidney Beans
- Lentils
- Mung Beans
- Peanuts
- Tofu
- Red Beans

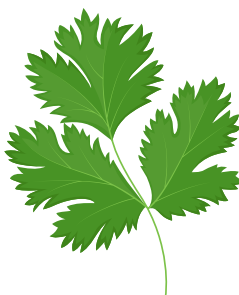


## Grains

- White Rice
- Millet
- Rice Noodles
- Vermicelli Noodles
- Soba Noodles
- Brown Rice

## Condiments and Cooking Staples

- All-Purpose Flour
- Cilantro
- Garlic
- Ghee
- Ginger
- Miso
- Sesame Oil
- Sugar
- Cumin
- Fish Sauce
- Mirin
- Oyster Sauce
- Rice Vinegar
- Soy Sauce
- Turmeric
- Red Pepper Paste



## Fruits and Vegetables

- Beets
- Bell Peppers
- Bok Choy
- Bamboo Shoots
- Broccoli
- Carrots
- Coconuts
- Corn
- Cucumber
- Dates
- Eggplant
- Figs
- Green Cabbage
- Jackfruit
- Kiwi
- Lemons
- Mango
- Napa Cabbage
- Onion
- Oranges
- Pineapples
- Potatoes
- Mushrooms
- Scallions
- Tomatoes
- Sweet Potatoes
- Radishes
- Chili Peppers
- Limes
- Pears
- Watermelon



**GREATER  
CHICAGO  
- FOOD -  
DEPOSITORY®**

Food preferences and cultural practices can vary widely depending on social factors like language, religion, ethnic group, age, geography, etc. This guide is intended to serve as a bridge to start conversations with the communities we serve.

