

Puerto Rico*

- ◆ Puerto Ricans are American citizens. Their original language is Spanish.
- ◆ The typical Puerto Rican diet:
 - Breads, cereals, soda crackers, rice, corn meal
 - Milk products
 - Legumes, beans, chicken, turkey, beef, pork, fish
 - Viandas (starchy vegetables); green bananas, white and yellow sweet potatoes and squash.
 - Lettuce salads with tomato are popular.
 - Pineapple, coconut, papaya, mango
- ◆ Almost 70% of the food on the island is imported from United States. This is why the Puerto Rican diet is becoming more and more like the American diet. Some families continue to cook traditional meals.
- ◆ Favorite foods include pizza, hot dogs, canned spaghetti, cold cereal and canned soup. Fast-food restaurants are also popular.
- ◆ Puerto Rican foods are not spicy and they have a distinct taste of their own. Common seasonings include annatto and cilantro. Sazon and sofrito are seasoning mixtures used in many recipes.
- ◆ Family ties are strong including the extended family. Traditionally meals are served when the entire family is together.



*Materials adapted from Ohio State University Extension Fact Sheet,
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