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Background

The Philippines is an archipelago (chain of islands) comprised of over 7,100 islands in the western Pacific Ocean. Originally inhabited by indigenous tribes such as the Negroid Aetas and the pro-Malays. Beginning in 300 BC up to 1500 AD, massive waves of Malays (from Malaysia, Sumatra, Singapore, Brunei, Burma, and Thailand) immigrated to the islands. Arab, Hindu and Chinese trading also led to permanent settlements during by these different groups during this period.

In 1521, Spain colonized the Philippines, naming it after King Phillip II and bringing Christianity with them. The Spanish colonization which lasted 350 years, imparted a sense of identification with Western culture that formed an enduring part of the Philippine consciousness, unmatched anywhere else in Asia. The prevalence of Spanish names to this day (common first names like Ana, Beatriz, Consuelo, Maria and last names as Gonzales, Reyes, and Santos) reflects this long-standing influence of the Spanish culture.

The United States acquired the Philippines from Spain for 20 million dollars after winning the Spanish-American war through the Treaty of Paris in 1898, introducing public education for the first time. During this period, health care, sanitation, road building, and a growing economy led to a higher standard of living among Filipinos and the Philippines became the third largest English speaking country in the world. Above all, the US occupation provided a basis for a democratic form of government.

World War II had the Filipinos fighting alongside the Americans against the Japanese. The Death March and Corregidor became symbolic of the Philippine alliance with the United States. The Philippines suffered heavy losses during the Japanese invasion which while only lasting three years, resulted in hundreds of thousands deaths. Towns, including the capital, Manila, were leveled by the war's end in 1945.

On July 4, 1946, amidst the still-smoldering ruins of the war, the Republic of the Philippines gained its independence from the US. The subsequent decades saw the

republic struggle under the weight of staggering problems brought about by centuries of colonial rule and a disunity that included partisan politics, corruption and a large disparity between the wealthy and the poor. The various cultural influences of the Malays, Muslims, Indians, Chinese, Spanish, the Americans, and even Japanese formed what is now the Philippine culture. The country's geographic location, its surrounding seas, abundant forestry, and tropical climate further provide the ingredient profiles for the food practices of the people.

Traditional Food Practices

The Malaysian, Spanish, and Chinese cultures have had major influences on the distinctive Filipino cuisine, which originates from its variegated land and sea. The natural ingredients found in more than 7, 100 islands, their surrounding waters, and the tropical climate have helped form the multi-textured cuisine. A country of over 80 ethnic groups and their different signature dishes are likewise dependent on the available ingredients from the local terrain.

Rice is the foundation of the meals. Its variety included the tiny-grained *milagrosa* to the *malagkit*, the glutinous rice that is used for dessert such as *puto*, *bibingka*, and *suman*.

The coconut is used in various ways. The soft flesh of a young coconut can be scooped out with a spoon and eaten or the water can be served as a refreshing drink. The mature coconut flesh can be grated or squeezed out as coconut milk or cream. The coconut sap can be fermented into *tuba* (toddy) or distilled into the potent *lambanog*, the leaves are used to wrap rice cakes or meats for baking or grilling. The heart of the palm gives flavor to spring rolls and salads.

Most of the cooking involves sautéing with garlic in olive oil or lard, and combining all the ingredients, resulting in a salty, sour taste. Economic means dictate the amount of meat, poultry, and fish that is used. When available the meat, poultry, and fish are cooked in combination with other ingredients. Other parts of animals are also used, and blood, organs, and entrails make up some of the Filipino delicacies.

The *pancit*, a noodle dish derived from China is made from rice, wheat, or *mung* bean flour. Every region, town, and home has its own version of this dish. It is usually combined with sautéed garlic, onions, vegetables, and cut-up meat or seafood. In fishing villages, squid, shrimp, and oyster are common ingredients. In other towns, Chinese sausage, gourd, or smoked fish and pork crackling (crispy fried pork skins) may be added.

Filipinos use the milk of the carabao (water buffalo) for drinking and making a native cheese. Evaporated milk is popular for use as ingredient in desserts such as *leche flan* (milk custard).

Fermented fish paste, *bagoong*, similar to anchovies, is a common ingredient, along with patis, a transparent amber fish sauce. Soy sauce, salt, vinegar, *calamansi* (native lemons), and chilies are also used for seasoning. Coconut milk is an important ingredient in cooking in some regions of the Philippines.

Food can be obtained in the street at barbecue stands, pushcarts, and strolling vendors as well as in restaurants. Some cooked foods are displayed in trays and customers point to their choices. Such eateries are called *turo-turo* which means point-point.

There are also specialty restaurants where customers are provided with fresh fish, crustaceans, and crabs. Exotic cuisines of the regions are also found in these restaurants. Chinese and Spanish restaurants offer dishes that are considered the best in the country. Also popular are restaurants offering Japanese, Thai, Vietnamese, and Korean food.

American influence is seen in the establishment of fast food restaurants and steak houses. While the Chinese influence is found in the most basic level in Filipino cuisine and the Spanish in fine dining, it is presently American food that has gained prominence for its convenience.

NUTRITIONAL GUIDELINES FOR FILIPINOS 2012

The following Nutritional Guidelines for Filipinos 2012 has been reviewed by an interagency and multidisciplinary technical working group chaired by the Food & Nutrition Research Institute (FNRI) of the Department of Science and Technology (DOST).

1. Eat a variety of foods every day to get the nutrients needed by the body.
2. Breastfeed infants exclusively from birth up to 6 months then give appropriate complementary foods while continuing breastfeeding for 2 years and beyond for optimum growth and development.
3. Eat more vegetables and fruits every day to get the essential vitamins, minerals, and fiber for regulations of body processes.
4. Consume fish, lean meat, poultry, egg, dried beans or nuts daily for growth and repair of body tissues.
5. Consume milk, milk products and other calcium-rich foods, such as small fish and shellfish, every day for healthy bones and teeth.
6. Consume safe foods and water to prevent diarrhea and other food and water-borne diseases.
7. Use iodized salt to prevent iodine deficiency disorders.

8. Limit the intake of salty, fried, fatty and sugar-rich foods to prevent cardiovascular diseases.
9. Attain normal body weight through proper diet and moderate physical activity to maintain good health and prevent obesity.
10. Be physically active, make healthy choices, manage stress, avoid alcoholic beverages and do not smoke to prevent lifestyle-related non-communicable diseases.
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Immigrants or Ancestors

Immigrants from the Philippines came to the United States as after the Treaty of Paris when the US acquired the Philippines from Spain. Many Filipino men were recruited to work in the sugar-cane and pineapple fields in Hawaii. Some of these men later migrated to the US mainland. Although these men were United States nationals, most were uneducated laborers and were not permitted to own land.

The exclusion laws of 1924 slowed the immigration of Asians, including Filipinos. Discrimination against Asians often forced Filipinos to form their own communities and were not assimilated into the American mainstream. In 1965, immigration laws again were changed. Filipino immigrants were now more educated and had greater economic means. Many made their homes in the cities of California as well as New York, and New Jersey. Chicago and Washington, DC were also favored cities to live and work. In these places, small businesses were established by Filipinos to meet the needs of the Filipino communities.

Currently, the number of first-to-third generation Filipinos (Filipino-Americans) in the United States stands at two (2) million. It is expected to surpass the number of Chinese in the United States in the 21st century.

These Filipino-Americans, while following the meal patterns of their American counterparts during the work week, still do prepare Filipino native dishes on the weekends. In metropolitan cities in the US, Filipino-Americans frequent Filipino restaurants.

Regional Food Practices

The major groups of islands are Luzon, Visayas, and Mindanao. Luzon lie in the northern part of the archipelago, Visayas are the islands and peninsula in the middle, while Mindanao is made up of large provinces in the south. There are differences in the food patterns of these regions. Another group *Bicol*, within the Luzon area has a distinctive flavor in its cuisine. The following are some of the regional differences:

Luzon

The indigenous vegetables (*saluyot*), root crops (yams, cassava), tropical fruits (banana, papaya, mango, jackfruit) are plentiful. *Bagoong* (a type of anchovy paste), and *patis* (shrimp/fish sauce) are used in cooking. Milkfish, prawns, and halibut are common.

Central Luzon

Dishes in this region are rich in sauces and influenced by Spanish cuisines. Tropical fruits such as *atis* (Sugar apple fruit; light green in color), *guyabano* (soursop), watermelon, cantaloupe, papaya, and honeydew melons are abundant. Fresh water fish is preferred to ocean fish as it is more abundant in this area.



Atis



Guyabano

Southern Luzon

Spanish and Tagalog (mainland, native language) cuisines influence the cooking in this part of the country. The use of coconuts (both desiccated and byproducts) as well as spices and sugar in cooking is prevalent in this region. Tropical fruits as the *lanzones* (small seedy fruit), and *langka* (jackfruit) are favorites. Various sweet rice preparations are also found here.



Lanzones



Langka

Bicol

The Filipinos of this region prefer coconut-rich and spicy dishes. This is the region that has the *pili* nut that is similar to hazelnut.

- Visaya
The region is rich in fish, crabs, shells, and seaweeds which feature predominantly in the dishes. Drying and salting fish are common methods of preservation. In sugar-producing provinces, pastries and fruit preserves, peanut brittle, and rice cakes are usual snack foods. .
- Mindanao
This is primarily a Muslim region, and pork is restricted or limited. Food preparation and cooking are influenced by the neighboring Malaysian and Indonesian culture. Chili, curry, and pepper are the favored spices.

Religious Food Practices

Baptisms, weddings, birthdays, visits, or any function would include food. Although the lavishness of the table depends on the wealth of the host, those who are not economically well off also consider a festivity with food important.

Restaurants

Food can be obtained in the street at barbecue stands, pushcarts, and strolling vendors as well as restaurants. Some cooked foods are displayed in trays and customers point to their choices. Such eateries are called *turo-turo* (point-point.)

There are also specialty restaurants where customers are provided with fresh fish, crustaceans, and crabs. Exotic cuisines of the regions are also found in these restaurants. Chinese and Spanish restaurants offer dishes that are the best in the country. Also popular are restaurants offering Japanese, Thai, Vietnamese, and Korean food.

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Adaptation of Filipino Culture to the American Culture

Food Patterns

The food patterns of Filipinos in the United States are based on the cuisine “back home”. Many have retained traditional eating habits while adopting the Western way of eating.

Many of the Filipinos eat highly salted meals. The use of the ingredient *patis* (fish sauce) and *bagoong* (shrimp paste), both high in salt, is common. Fat intake is also high as most meat dishes include the fatty parts of meat. Rice, as the starch, is eaten in bigger quantities than the usual American helping. The following are some typical traits of the Filipino-American diet:

- As mentioned, Filipino diets contain a lot of salt.
- Filipino foods include ingredients from various cultures. Chinese ingredients as oyster sauce are used on a regular basis. Vinegar, coconut milk, lime, tamarind, garlic, onion, and pepper are also key ingredients. The availability of ethnic Filipino ingredients is great. The affordability and variety found in local markets in the US as compared to the markets in the Philippines has increased the use of these products.

- Traditional Filipino tasty food such as fried fish, roasted pork, *pancit* (noodles), *lumpia* (eggroll), *adobo* (chicken or pork dish), and desserts rich in sugar and starch are eaten on a regular basis.
- The traditional practice of *pasubong* (gift giving) with the use of food in social gatherings continues to this day among Filipinos.
- Traditional Filipino foods are used as comfort foods.
- Many Filipino immigrants who were poor in the Philippines prefer to eat the high-calorie, high salted “fast foods” because these were not affordable while in the Philippines.

Although many Filipinos are adapting to Western cuisines, families still cook according to the recipes of the homeland. In dining out, restaurants that prepare the traditional Filipino dishes (found especially in urban areas with Filipino communities) are more popular than non-Filipino restaurants. And because time is needed to prepare traditional Filipino meals, many working Filipino-Americans purchase their meals from the *turo-turo* (point-point) restaurants on their way home from work. During weekends or on special occasions, traditional Filipino meals are prepared.

The food patterns of the Filipino-Americans eating traditional Filipino meals may require needed changes in quantity and seasonings to improve nutrition. Likewise, exercise and fitness regimens are recommended since many Filipinos may not be physically active.

Meal Planning in this Native Culture

Registered dietitian nutritionists (RDNs) and dietetic technicians, registered (DTRs) should consider the socioeconomic status, literacy, and length of stay in the United States while helping the Filipino-Americans with meal planning. The use of My Plate should be emphasized.

Changes in planned meals should incorporate the usual ingredients (salt, sugar, fat, for example) as much as possible, although at a lesser amount. Alternative seasonings such as salt substitute could be used. Modification of the usual three heavy meals and snacks per day can easily be modified

Typical Filipino Meals and Some Recommendations for Healthy Modifications

Day One

<u>Meal</u>	<u>Traditional</u>	<u>Modified</u>
Breakfast	1 cup <i>Sinangag</i> (Garlic fried rice) 4 oz <i>Tapa</i> (marinated/cured beef) 2 Eggs (fried)	½ cup plain rice 2 oz <i>Tapa</i> 1 Egg (fried-oil)

	Coffee with cream/sugar	Coffee with milk
Snack (Merienda)	1 <i>Bibingka</i> (cake) 2 oz <i>Queso</i> (cheese) 8 oz Soda	½ <i>Bibingka</i> (cake) 8 oz Diet soda
Lunch	6 oz <i>Adobo</i> (marinated pork) 2 cups Steamed Rice 1 cup <i>ginisang gulay</i> (sautéed vegetables) 1 banana 12 oz Coca cola	3 oz <i>Adobo</i> (chicken) 2/3 cup Steamed Rice ½ cup steamed <i>gulay</i> 1 banana 12 oz Diet Coca cola
Merienda (Snack)	8 oz Halo-halo 2 oz Sweetened beans 2 oz Coconut Sport 2 oz <i>Kaong</i> ½ cup evaporated milk ½ cup shaved ice ½ ice cream	½ cup ice cream 1 small slice Angel food cake
Dinner	2 cups <i>Kare-kare</i> 4 oz Oxtail 4 oz Beef 2 oz Tripe 4 oz Long beans 2 oz Cabbage 2 oz Eggplant ¼ cup <i>Bagoong</i> (Salty shrimp paste) 2 cups Rice 6 oz <i>Leche flan</i> (custard) 12 oz Soda	1 cup <i>Kare-kare</i> 1 oz oxtail 2 oz beef None 2 oz Long beans 2 oz cabbage 2 oz Eggplant 1 t <i>Bagoong</i> 2/3 cup Rice 4 oz <i>Leche flan</i> 12 oz Diet Soda
Snack	1 <i>Siopao</i> Dumpling w/ 2 oz pork 1 cup <i>Tsa</i> (tea)	2/3 cup Watermelon

Day Two

<u>Meal</u>	<u>Traditional</u>	<u>Modified</u>
Breakfast	6 oz Guava juice 1 cup <i>Champorado</i> (chocolate rice) 2 T. Sugar 4 oz Evaporated milk	4 oz Guava juice ½ cup <i>Champorado</i> Sugar substitute 4 oz Skim milk

	2 oz <i>Tuyo</i> (dried salted fish)	1 oz <i>Tuyo</i>
Snack (Merienda)	1 Adobo sandwich 3 oz Pork 1 Bun 12 oz Soda	1 cup Assorted fruits
Lunch	2 cups Patcherero (mixed meat stew) 4 oz Beef 2 oz Chorizo de Bilbao 2 oz Pork cubes 1 Chicken leg 6 oz Yams 4 oz Bok choy 1 cup Rice 2 x 2 Carrot cake with cream cheese 12 oz lemonade	1 cup Patcherero 2 oz Beef ½ oz Chorizo 1 oz Pork 2 oz Chicken 3 oz Yams 4 oz Bok choy ½ cup Rice 2 x 2 Carrot cake 12 oz Diet lemonade
Snack (Merienda)	1 cup Avocado Cubes 4 oz Evaporated milk 2 T. Sugar	½ cup Avocado cubes 2 oz Skim milk Sugar substitute
Dinner	6 oz Chicken relleno (stuffed chicken) 1 cup Fried rice 1 cup Chop suey 1 cup Potato salad 1 Mango 12 oz Iced tea 2 T. Sugar	3 oz Chicken relleno 2/3 cup Steamed rice 4 oz Chop suey 2 oz potato salad ½ Mango 12 oz iced Tea Sugar substitute
Snack	6 oz Cassava cake 1 cup <i>Salabat</i> (ginger tea) 2 t. Sugar	3 oz Cassava cake 1 cup <i>Salabat</i> Sugar substitute

Table 1 Traditional Filipino Food*

Traditional Dish	Description
Pancit	Sautéed vegetables, shredded chicken, pork, beef, shrimp and rice noodles
Lumpia (fried egg roll)	Ground beef or pork, vegetables
Adobo	Garlic, pork or chicken, soy sauce, vinegar

Dinuguan (chocolate dish)	Pork blood, tripe, garlic, onions, pepper
Kare-kare	Ox tail, peanut butter, bokchoy, long green beans, salt, pepper, shrimp paste
Sinigang	Beef, milk fish or pork ribs, fresh tamarind, tomatoes, long green beans, onions, taro root, fish sauce
Lechon	Roasted pig with the crispy skin preferred
Crispy pata	Deep fried pork leg
Chicharon	Pork rinds served with vinegar and chili
Fried Chicken/fish	Chicken/fish deep fried in oil

*Adapted from: Cardiovascular Risk in the Filipino Community (2003). U.S.

Food Dictionary

A

Abitsuwela. Kidney beans or snap beans.

Achara. Pickled vegetables or fruits.

Achuete. Annatto seeds.

Adobado. An entrée similar to Adobo, but differs in that the meat with the spices are browned before simmering.

Adobo. A meat dish (pork, chicken, beef, fish) marinated in vinegar, soy sauce, garlic, and bay leaves (optional).

Alamang. Shrimp fry.

Alimango. Large crab, usually black-shelled.

Alimasag. Smaller crab, usually spotted.

Almondigas. Meatballs.

Ampalaya. Asian gourd or bittersweet squash characterized by its wrinkled, dark green skin and bitter taste.

Anis. Anise seeds.

Apulid. Water chestnuts.

Arroz caldo. A rice gruel usually with chicken or tripe.

Atis. Sugar apple fruit; light green in color.

B

Bacalao. Dried salted codfish sold at Portuguese and Spanish stores.
Bagoong. Shrimp or fish paste fermented in salt and used for seasoning or as dips.
Bangus. Milk fish similar to herring.
Bibingka. Rice cake with glutinous rice or rice flour and coconut milk.
Bigas. Rice.
Bihon. Thin rice noodles, also known as rice sticks.
Bistek. Thinly sliced beef, marinated in lemon or kalamansi (Filipino lemons) juice, salt, soy sauce, and pepper.
Bok Choy. Chinese chard cabbage or Chinese white cabbage, has thick white stalks and dark green leaves with white veins.
Buko. Fresh, young coconut with tender, gel-like meat.
Bulaklak. Flowers, buds, or blossoms such as squash blossoms and banana buds.
Bulanglang. A regional dish mainly of vegetables boiled with broiled or fried fish and seasoned with bagoong.

C

Caldereta. Dish made of goat meat sautéed in garlic, onion, potatoes, peas, bell pepper, and seasonings. Beef or lamb may be used in place of goat meat.
Callos. A meat dish consisting of hock, tripe or oxtail, lapay, chorizo de Bilbao. The dish is sautéed in garlic, onions, and tomatoes, then simmered.
Camaron. Shrimp.
Cardillo. A fish dish. Preparation is similar to *sarciado* except that beaten eggs are added a few minutes before removal from the stove.
Cassava. Root crop; sometimes called yucca or *kamoting kahoy*.
Cebolleta. Chives.
Chamorado. Chocolate flavored rice porridge usually eaten with fried *dilis* (dried anchovies) or *tapa* (dried beef).
Chayote. Vegetable pear, a tropical summer squash originally grown by the Aztecs and Mayans centuries ago; has deeply ridged surface and a single flat seed in the center.
Chicharo. Snow peas; an edible pod pea.
Chorizo de Bilbao. Spicy sausage from Bilbao, Spain. Maybe substituted with garlic sausage or pepperoni.
Clavo. Cloves.
Colantro. Coriander.

D

Dahong Sili. Sweet pepper or chili pepper leaves.
Daing. Dried fish. **Daing na bangus** is a favorite.
Dalag. Mudfish or fresh water murrel.
Dalagang bukid. Black-tailed caesio, a fleshy fish.

Dalanghita. Native orange.
Dayap. Lime.
Dila. Tongue or **lengua**.
Dilaw. Turmeric.
Dilis. A long-jawed anchovy.
Dinengdeng. A dish made of leafy vegetables with some fruit-vegetables and dried fish.
Seasoned with bagoong.

E

Embotido. Meat loaf wrapped in pork leaf fat.
Empanadas. Meat turnovers. Empanaditas are smaller turnovers.
Escabeche. Fried fish in sweet-sour, spicy sauce.
Eskarola. Curly endive.
Espasol. Sweet ice flour cakes made with coconut milk and sugar.
Estofado. Spanish for braised meat dishes with vegetables.

G

Gabi. Taro tubers.
Galapong. Dough made from powdered rice and water.
Garbanzos. Chick peas.
Gata. Coconut milk.
Gatas. Milk.
Gisantes. Green peas.
Goto. Tripe.
Guinataan. Food cooked in coconut milk; process of cooking with coconut milk.
Guisado. Sautéed or pan-fried.
Gulaman. Gelatin from seaweeds, agar-agar. Purchased unflavored and in dry bars.
Gurami. Crap, a fleshy fish.
Guyabano. Soursop, a white pulpy sour fruit.

H – I – J

Halaan. Clams.
Halo-halo. Literally meaning “a mixture”. Desserts, drinks, sweets, meats, cold cuts.
Has-hasa. Short-bodied mackerel.
Heko. A salty, pasty food seasoning.
Hipon. Shrimp.
Hito. Catfish.

Hopia. Mooncakes filled with sweet mung bean or black bean paste, sweetened minced pork.

Hugas-bigas. Rice washings.

Humba. Tagalog term for **estofado** or stew.

Inabrao. A typical dish from Ilocos region consisting of broiled pork boiled in rice water, seasoned with **bagoong**, with string beans and lima beans.

Ispinaka. New Zealand spinach.

Istroberi. Strawberry.

Itlog na maalat. Salted eggs, usually duck eggs pickled in saline and then boiled.

K

Kabibi. Large clams or seashells.

Kabuti. Mushroom.

Kadyos Bunga. Pigeon pea pod.

Kakang gata. Coconut cream.

Kakanin. Snack foods.

Kalamansi. Native lemons.

Kalamay. Glutinous rice cooked in coconut milk, molasses or brown sugar, anise seeds, and usually packed in coconut shells.

Kamatis. Tomatoes.

Kambing. Goat.

Kamote. Yams.

Kamoteng kahoy. Cassava or yucca.

Kandinga. A native dish popular in the Bicol region; consists of internal organs, "paminton", red and green peppers, and onions.

Kanduli. A white catfish.

Kanela. Cinnamon.

Kangkong. A water plant; swamp cabbage.

Kaong. Sugar plum; often served in syrup.

Kare-kare. Popular dish consisting of beef shank, oxtail and/or tripe. Pork hocks may be used. The dish is sautéed with garlic, bagoong, and vegetables. Ground toasted rice and peanuts are added to thicken the sauce. Achuete (annatto) is used for coloring.

Karot. Carrot.

Kastanyas. Chestnuts.

Kasubha. Saffron.

Kasuy. Cashew, pear-shaped is orange-yellow when ripe with a seed growing outside the fruit from which cashew nuts are taken.

Kenchi. Foreshank or hindshank.

Keso de bola. Edam cheese.

Kesong puti. Cottage cheese.

Kintsay. Chinese parsley.

Koliplawer. Cauliflower.

Kondol. Wax gourd.

Kuhol. Snail; escargot.

Kulitis. Philippine spinach.

Kutsay. Leek.

Kutsinta. Dessert made from powdered rice, sugar and lye; steamed until soft. The lye gives a light brown color to it.

L

Labong. Bamboo shoots.

Labuyo. Tiny hot pepper.

Langka. Jackfruit, the largest fruit in the world.

Lapulapu. Grouper.

Latik. Resulting precipitate when coconut milk is made into oil by boiling.

Laurel. Bay leaf.

Leche flan. Egg custard.

Lechon. Rosted pig.

Lechon sarsa. Liver sauce for lechon.

Lengua. Spanish for tongue. Ox or calf tongue commonly used in recipes.

Lihiya. Lye water.

Linga. Sesame seed.

Lomo. Tenderloin.

Longaniza. Sausage.

Lumpia. Egg roll.

Luya. Ginger root.

M

Mais. Corn.

Maja blanca. Blanc mange. Sweet molded jellylike dessert made of a starchy substance and milk.

Makapuno. Mutant coconut fruit characterized by soft, slightly sticky meat.

Malgkit. Glutinous, sticky or sweet rice.

Malunggay. Horeradish tree.

Mangga. Mango.

Manok. Chicken.

Maruya. Fritters.

Matmis na bao. Coconut jam.

Maya-maya. Red snapper, a fleshy fish.

Mechado. Pork or beef dish. Pieces of fat are inserted in the center, and simmered in tomato sauce.

Miki. Round fresh wheat noodles.

Miso. Soy bean products.

Miswa. White, fine wheat noodles.

Morcon. Stuffed meat roll.

Mungo. Mung beans.

Morisqueta tostada. Fried rice.
Mustasang buro. Salty, fermented green mustard.

N – O

Nangka. Jackfruit, also called langka.
Nilaga. Boiled meat or chicken dish with vegetables.
Niyog. Coconut.
Niyog ubod. Coconut shoot or coconut heart.

P

Paayap. Cow pea.
Pabo. Turkey.
Paella. Spanish dish made with a combination of rice, vegetables, chicken, meats, seafood; flavored with saffron and peppers.
Pako. Fern.
Paksiw. Process of pickling fish or meat in vinegar, water, and spices.
Pakwan. Watermelon.
Palabok. Garnishing.
Palaka. Frog.
Palitaw. ‘To float’. Snack dumplings made with glutinous rice dough.
Paminta. Pepper.
Pamintang buo. Peppercorns.
Paminton. Red pepper.
Pompano. Cavella, pompano fish.
Pandan. Screw pine, Aromatic leaves.
Pancit. Wheat, rice, or egg noodles pan fried with variety of vegetables, meats, seafood, seasoned with soy sauce, pepper, onion, garlic, sesame oil.
Pasas. Raisins.
Pata. Hock.
Patani. Lima beans.
Patatas. Potatoes.
Patis. Salty fish sauce.
Pato. Duck.
Patola. Sponge gourd.
Paypay. Pig’s shoulder or Boston butt.
Penoy. Boiled duck egg.
Peras. Pears.
Pechay. Chinese cabbage.
Pierna corta. Beef round.
Pigi. Fresh ham leg.
Pinakbet. Common dish in northern Luzon made with the blending of ampalaya, eggplant, and sometimes okra.

Pinipig. Harvested un-matured rice, pounded and roasted . Served as a snack.
Pinya. Pineapple.
Pipino. Cucumber.
Pitso. Chicken breast or white meat.
Pollo. Spanish for chicken.
Putchero. Beef or chicken stewed with Spanish sausage, ham bones and vegetables.
Pugo. Quail.
Pusit. Squid.
Puso ng saging. Banana heart or blossom.
Puto. Glutinous rice cake.
Pulutan. Appetizers.

R

Relleno. Deboned poultry or fish with stuffing.
Remolatsa. Beets.
Repolyo. Cabbage.

S

Saba. Variety of banana, usually for cooking.
Saging. Banana.
Salabat. Fresh ginger root tea.
Salitre. Saltpeter, niter or potassium nitrate.
Saluyot. Jute.
Sampalok. Tamarind.
Sarciado. A dish similar to fritata except that there are no potatoes and sweet pepper;
has thick tomato gravy.
Sawsawan. Dips, sauces.
Sibuyas. Onions.
Sili. Pepper.
Sinangag. Fried rice.
Sinkamas. Jicama.
Sinigang. Meat or fish sour stew.
Sitsaro. Sweet pea pod.
Sitsaron. Pork crackling.
Solomillo. Tenderloin.
Sotanghon. Soybean noodles.
Sugpo. Prawns.
Suman. Dessert made from glutinous rice with a little salt added; wrapped in banana
leaves and steamed.
Suso. Snail; escargot.

T

Taba sa likod. Back fat.

Taho. Soybean curd; soft tofu eaten with syrup.

Tahong. Salt water mussel.

Tangang daga. Black wood mushroom, forest mushroom.

Talaba. Oyster.

Talinum. Philippine spinach.

Talong. Eggplant.

Tanglad. Lemon grass.

Tanguigue. Spanish mackerel.

Tapa. Thinly sliced or pounded meat, salted and dried. May be cured.

Tapdera. Rump.

Tawre. Fermented soybean paste.

Tawsi. Soybean product with fermented black beans.

Tawas. Alum, a double salt of aluminum and potassium.

Tinapa. Smoked fish.

Tinola. Meat or fish prepared by sautéing garlic, onion, and ginger with the meat or fish.

Tofu. Smooth custard-like bean curd.

Toge. Mung bean sprout

Tokwa. Soybean curd, firmer than tofu.

Torsilyo. Barracuda.

Torta. Omelet.

Tortilla. Small omelet.

Tuba. Alcoholic drink made from fermented coconut.

Toyo. Soy sauce.

Tuyo. Dried fish, usually young herring.

U

Ube. Purple yams.

Ubod. Heart of coconut tree.

Ukoy. A dish consisting of shredded vegetables dipped in a thick batter and deep-fried.

Ulang. Fresh water shrimp.

Upo. Bottle gourd.

Usa. Deer.

Utaw. Soybean.

*Paminton: Spice, like pepper

Achuete: Deep orange seeds, used for coloring

Tawas: Alum. crystalline powder of aluminum and potassium sulfate.

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