

EFNEP Hispanic Foods Substitution Guide

- Assists educators with entering Hispanic foods into Web-NEERs
- Use with the *Food Tracker...What I ate yesterday* form



Schneider C, Donohue S, McMurdo T, Fetter D, Hudson S, Podell M. ***EFNEP Hispanic Foods Substitution Guide***. University of California Cooperative Extension.
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Information for Educators (This guide contains only Hispanic foods)

The *Hispanic Foods Substitution Guide* will be used when entering *Food Tracker* recall data into WebNEERS. Many of our participants come from diverse cultural backgrounds. When collecting dietary recalls, many of the cultural foods listed on participants' *Food Trackers* are not found in the WebNEERS database. The *Hispanic Foods Substitution Guide* matches Hispanic foods that are not found in WebNEERS to foods with similar nutritional value that are found in WebNEERS. This guide will make entering participants' *Food Tracker* data into WebNEERS easier for you, the EFNEP nutrition educator.

How Was the Guide Developed?

A list of common, traditional Cultural foods not found in WebNEERS was developed based on educator interviews. Nutritional analysis was performed for one portion of each item using a nutrition database called ESHA Food Processor. Traditional Cultural foods were matched to nutritionally comparable foods that are found in WebNEERS.



For example, let's say your participant wrote in their *Food Tracker* that they had 16 fl oz of *Agua Fresca*.

When you look up **Agua Fresca** in the *Guide* it is matched to **Strawberry Flavored Drink**, a WebNEERS food substitution with a similar nutrient profile. In this case, *Strawberry Flavored Drink* has approximately double the nutrients of *Agua Fresca*. So that they have similar nutrient profiles, the *Guide* provides the number of WebNEERS portions that adjusts serving sizes from the original food to the food substitute.

Food Not in NEERS	NEERS Food Substitution	Select this... NEERS Portion Size	Find this... Qty on Food Tracker	Enter this... NEERS # of Portions
Agua Fresca	Strawberry Flavored Drink Code: 92511510	1 fl. Oz	4 fl. Oz	2
			8 fl. Oz	4
			10 fl. Oz	5
			12 fl. Oz	6
			14 fl. Oz	7
			16 fl. Oz	8
			21 fl. Oz	10.5
			24 fl. Oz	12
			32 fl. Oz	16

For example, if your participant consumes a 16 oz serving of *Agua Fresca*, the *Guide* shows 8 oz of *Strawberry Flavored Drink* is nutritionally comparable. Since *Agua Fresca* is not found in WebNEERS, the *Strawberry Flavored Drink* is entered into WebNEERS along with 8 ounces into the "NEERS # Of Portions".



NOTE: The NEERS Portion size is only relevant to you as an educator when entering *Food Tracker* data into WebNEERS. This portion does not affect the portion sizes used to gather *Food Tracker* data from participants.

Guide Organization

This guide contains a list of common, traditional Hispanic foods that are frequently listed on EFNEP participant's *Food Trackers in California* and on 24 hour recall forms from other states. The food items listed in this guide are not found in the WebNEERS database. The food items in this guide are listed by category and color coded along the bottom edge of the page. The food categories are as follows:

- Drinks
- Fruit, Vegetables, Beans & Nuts
- Grains
- Meats, Poultry & Seafood
- Mixed Dishes
- Desserts & Snacks
- Additions

A food item index is included with this guide. The index contains food items found in this guide and are organized alphabetically with food category listed. Use this index to look up food items that are not found in WebNEERS. It will direct you to the page number where the food and its substitution can be found.

When To Use This Guide

This guide should be used with foods that do not show up in WebNEERS. Before using this guide, try these tips to find the food:

- Double-check spelling
- Translate the food or dish title
- Try alternate words or word order when entering the data

If these tips do not help and the food still does not show up in WebNEERS, ***use this guide.***

For Foods Not Found in *The Guide*

If the food item you are looking for is not in this guide, see if your advisor or other educators are familiar with the food. You can also contact the participant to see if they can provide more information about the food. If you speak with the participant, ask the following questions about the food item:

- Does the food item have another name?
- What are the ingredients?
- How much of each ingredient?
- How was it prepared?

Other Recommended Supplies

This guide will be used along with the *How to Use the Cultural Foods Substitution Guide*. This document provides directions on using the *Cultural Foods Substitution Guide* to locate substitutions for cultural foods that can be entered into the participant's dietary recall in WebNEERs.

Food Item Index (Hispanic foods only at this time)

Food not found in NEERS	Category	Page #
Agua de Cebada	Drinks	1
Agua de Jamaica (sweetened)	Drinks	1
Agua Fresca	Drinks	2
Aloe Vera	Drinks	2
Bistec Ranchero	Mixed Dishes	12
Breakfast Taco #1	Mixed Dishes	12
Breakfast Taco #1 Filling	Mixed Dishes	12
Breakfast Taco #1 Filling Healthy Alternative (egg, black beans)	Mixed Dishes	13
Breakfast Taco #1 Filling Healthy Alternative (egg, pinto beans)	Mixed Dishes	13
Breakfast Taco #2	Mixed Dishes	13
Breakfast Taco #2 Filling	Mixed Dishes	14
Breakfast Taco #2 Filling Healthy Alternative	Mixed Dishes	15
Breakfast Taco #3	Mixed Dishes	15
Breakfast Taco #3 Filling	Mixed Dishes	16
Breakfast Taco #3 Filling Healthy Alternative	Mixed Dishes	17
Breakfast Taco #4	Mixed Dishes	17
Breakfast Taco #4 Filling	Mixed Dishes	18
Breakfast Taco #4 Filling Healthy Alternative	Mixed Dishes	18
Breakfast Taco #5	Mixed Dishes	19
Breakfast Taco #5 Filling	Mixed Dishes	19
Breakfast Taco #5 Filling Healthy Alternative (egg, black beans, low-fat cheese, salsa)	Mixed Dishes	20
Breakfast Taco #5 Filling Healthy Alternative (egg, pinto beans, low fat cheese, salsa)	Mixed Dishes	21



Food not found in NEERS	Category	Page #
Cajeta Candies	Desserts & Snacks	28
Caldo de pescado con verduras	Mixed Dishes	21
Carne al Pastor	Meats, Poultry & Seafood	10
Carne Asada	Meats, Poultry & Seafood	10
Carnitas	Meats, Poultry & Seafood	11
Cemas	Grains	5
Chile atole	Drinks	3
Colombia Soda	Drinks	3
Crema Mexican	Additions	29
Enfrijoladas	Mixed Dishes	22
Epazote	Fruits, Vegetables, Beans & Nuts	6
Espinazo	Mixed Dishes	22
Flavored atole with fresh fruit	Drinks	4
Frijoles Guisado	Fruits, Vegetables, Beans & Nuts	6
Galletas Marias	Desserts & Snacks	28
Gelatina de leche	Desserts & Snacks	28
Higo Chumbo	Fruits, Vegetables, Beans & Nuts	7
Leches Almendras	Drinks	4
Machacado con huevo	Mixed Dishes	23
Mollejas	Meats, Poultry & Seafood	11
Nopales w/ eggs and meat	Mixed Dishes	23
Pollo con chile	Mixed Dishes	24
Potato Tacos	Mixed Dishes	24
Purslane (cooked)	Fruits, Vegetables, Beans & Nuts	7
Purslane (raw)	Fruits, Vegetables, Beans & Nuts	8

Food not found in NEERS	Category	Page #
Queso Flameado	Mixed Dishes	24
Sopes	Mixed Dishes	25
Tacos de lengua	Mixed Dishes	25
Tamales w/ cream cheese and jalapenos	Mixed Dishes	25
Tamarindo	Fruits, Vegetables, Beans & Nuts	8
Tinga	Mixed Dishes	26
Tlacollos	Mixed Dishes	26
Torta (Carne Asada)	Mixed Dishes	26
Torta (Chicken)	Mixed Dishes	27
Torta Cubana	Mixed Dishes	27
Verdolagas	Fruits, Vegetables, Beans & Nuts	9

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Agua de Cebada	Oatmeal Beverage w/ milk Code: 92611100	1 cup	4 fl. Oz	0.2
			8 fl. Oz	0.4
			10 fl. Oz	0.5
			12 fl. Oz	0.6
			14 fl. Oz	0.7
			16 fl. Oz	0.8
			21 fl. Oz	1.1
			24 fl. Oz	1.2
			32 fl. Oz	1.5
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Agua de Jamaica (sweetened)	Tea leaf presweetened w/ sugar Code: 92302200	1 fl. Oz	4 fl. Oz	4
			8 fl. Oz	8
			10 fl. Oz	10
			12 fl. Oz	12
			14 fl. Oz	14
			16 fl. Oz	16
			21 fl. Oz	21
			24 fl. Oz	24
			32 fl. Oz	32

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Agua Fresca	Strawberry Flavored Drink Code: 92511510	1 fl. Oz	4 fl. Oz	2
			8 fl. Oz	4
			10 fl. Oz	5
			12 fl. Oz	6
			14 fl. Oz	7
			16 fl. Oz	8
			21 fl. Oz	10.5
			24 fl. Oz	12
			32 fl. Oz	16
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Aloe Vera	Orange - Grape - Banana Juice Drink Code: 92511280	1 cup	4 fl. Oz	0.5
			8 fl. Oz	0.9
			10 fl. Oz	1.1
			12 fl. Oz	1.4
			14 fl. Oz	1.6
			16 fl. Oz	1.8
			21 fl. Oz	2.4
			24 fl. Oz	2.7
			32 fl. Oz	3.6

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chile Atole	Atole (cornmeal beverage) Code: 92613010	1 cup	1/4 cup	0.3
			1/2 cup	0.5
			3/4 cup	0.9
			1 cup (8 oz-wt.)	1
			3 oz-wt.	3.6
			10 oz-wt.	12
			12 oz-wt.	14.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Columbia Soda	Coca Cola Code: 92410310	1 can (12 fl. Oz)	4 fl. Oz	0.4
			8 fl. Oz	0.7
			10 fl. Oz	0.9
			12 fl. Oz	1.1
			14 fl. Oz	1.3
			16 fl. Oz	1.5
			21 fl. Oz	1.9
			24 fl. Oz	2.2
			32 fl. Oz	2.9

The Cultural Foods Substitution Guide

For Hispanic Foods *NOT* Found in NEERS


Sample

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Flavored Atole w/ Fresh Fruit	Oatmeal beverage w/ milk Code: 92611100	1 cup	1/4 cup	0.2
			1/2 cup	0.5
			3/4 cup	0.7
			1 cup (8 oz-wt.)	0.9
			3 oz-wt.	0.3
			10 oz-wt.	1.1
			12 oz-wt.	1.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Leches Almendras	Milk, Soy, ready-to-drink, not baby's, chocolate Code: 11310000	1 cup	4 fl. Oz	0.2
			8 fl. Oz	0.4
			10 fl. Oz	0.5
			12 fl. Oz	0.6
			14 fl. Oz	0.7
			16 fl. Oz	0.8
			21 fl. Oz	1.05
			24 fl. Oz	1.2
			32 fl. Oz	1.6

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Cemas	White Bread Roll Code: 51150000	1 roll	1/2 of one	0.7
			1 each	1.4
			1 1/2 each	2.1
			2 each	2.8
			2 1/2 each	3.6

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Sample



For Hispanic Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Epazote	Mustard Greens Raw Code: 72122100	1 cup	1/4 tsp	0.003
			1/2 tsp	0.005
			1 tsp	0.01
			1 tbs	0.03
			1 1/2 tbs	0.05
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Frijoles Guisado	Frankfurters hot dogs w/ tomato sauce Code: 27120250	1 frankfurter w/ sauce	1/4 cup	1.5
			1/2 cup	2.9
			3/4 cup	4.4
			1 cup (8 oz-wt.)	5.9
			3 oz-wt.	2.2
			10 oz-wt.	7.4
			12 oz-wt.	8.9

The Cultural Foods Substitution Guide

For Hispanic Foods *NOT* Found in NEERS



Sample

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Higo Chumbo	Guava, raw Code: 63125010	1 fruit	1/4 of one	0.1
			1/2 of one	0.3
			1 each	0.5
			1 1/2 each	0.8
			2 each	1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Purslane (cooked)	Dandelion greens cooked fat not added Code: 72113210	1 cup chopped	1/4 cup	0.2
			1/2 cup	0.3
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.8
			12 oz-wt.	0.9

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For Hispanic Foods *NOT* Found in NEERS


Sample

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Purslane (raw)	Dandelion greens raw Code: 72113100	1 cup	1/4 cup	0.07
			1/2 cup	0.15
			3/4 cup	0.2
			1 cup (8 oz-wt.)	0.3
			3 oz-wt.	0.1
			10 oz-wt.	0.4
			12 oz-wt.	0.5
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tamarindo	Fig, raw Code: 63119010	1 small	1 each	0.2
			2 each	0.3
			3 each	0.5
			4 each	0.6
			5 each	0.8

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
		NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Verdolagas	Spinach Raw Code: 72125100	1 cup	1 tsp	0.02
			1 tbs	0.06
			1/4 cup	0.3
			1/2 cup	0.5
			1 cup	1

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Carne Asada	Beef Steak Braised Lean and Fat Code: 21105120	1 oz-wt.	1 oz-wt.	0.8
			2 oz-wt.	1.6
			3 oz-wt.	2.3
			4 oz-wt.	3
			5 oz-wt.	3.8
			6 oz-wt.	4.5
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Carne al Pastor	Chili con carne w/ beans made w/ pork Code: 27121410	1 cup	1/4 cup	0.3
			1/2 cup	0.7
			1 cup (8 oz-wt.)	1.3
			3 oz-wt.	0.5
			10 oz-wt.	1.6
			12 oz-wt.	2

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Carnitas	Pork roast shoulder Code: 22411000	1 oz-wt.	1 oz-wt.	1
			2 oz-wt.	2
			3 oz-wt.	3
			4 oz-wt.	4
			5 oz-wt.	5
			6 oz-wt.	6
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Mollejas	Kidney Code: 25130000	1 cup, diced	1 oz-wt.	0.17
			2 oz-wt.	0.3
			3 oz-wt.	0.5
			4 oz-wt.	0.7
			5 oz-wt.	0.8
			6 oz-wt.	0.1

The Cultural Foods Substitution Guide

For Hispanic Foods *NOT* Found in NEERS




Sample

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Bistec Ranchero	Beef steak braised Code: 21105110	1 med. Steak	1 oz-wt.	0.1
			2 oz-wt.	0.3
			3 oz-wt.	0.4
			4 oz-wt.	0.5
			5 oz-wt.	0.7
			6 oz-wt.	0.8
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #1 (tortilla, egg, refried beans)	Burrito w/ Eggs, Sausage, Cheese and Vegetables Code: 58100340	1 burrito	1/2 taco	0.4
			1 taco	0.8
			1 1/2 tacos	1.1
			2 tacos	1.5
			2 1/2 tacos	1.9
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #1 w/ no tortilla, just the filling (egg, refried beans)	Huevos Rancheros Code: 32105180	1 cup	1 egg, 1/5 cup beans	0.8
			2 eggs, 2/5 cup beans	1.6
			3 eggs, 3/5 cup beans	2.4
			4 eggs, 4/5 cup beans	3.2
			5 eggs, 1 cup beans	4

The Cultural Foods Substitution Guide

For Hispanic Foods *NOT* Found in NEERS


Sample

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco Filling #1 Healthy Alternative (egg, black beans)	Huevos Rancheros Code: 32105180	1 cup	1 egg, 1/5 cup beans	0.6
			2 eggs, 2/5 cup beans	1.3
			3 eggs, 3/5 cup beans	1.9
			4 eggs, 4/5 cup beans	2.6
			5 eggs, 1 cup beans	3.2
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco Filling #1 Healthy Alternative (egg, pinto beans)	Huevos Rancheros Code: 32105180	1 cup	1 egg, 1/5 cup beans	0.6
			2 eggs, 2/5 cup beans	1.2
			3 eggs, 3/5 cup beans	1.9
			4 eggs, 4/5 cup beans	2.5
			5 eggs, 1 cup beans	3.1
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #2 (tortilla, egg, chorizo, cheese, salsa)	Egg omelet or scrambled egg w/ cheese, ham or bacon, and tomato Code: 32105085	1 large egg	1/2 taco	1.1
			1 taco	2.1
			1 1/2 tacos	3.2
			2 tacos	4.2
			2 1/2 tacos	5.3

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
		NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #2 w/ no tortilla, just the filling (egg, chorizo, cheese, salsa)	Egg omelet or scrambled egg w/ cheese ham or bacon and tomato Code: 32105080	1 cup	1 egg, 1/5 cup chorizo, 1/5 cup cheese, 1 tbsp salsa	0.9
			2 eggs, 2/5 cup chorizo, 2/5 cup cheese, 2 tbsp salsa	1.7
			3 eggs, 3/5 cup chorizo, 3/5 cup cheese, 3 tbsp salsa	2.6
			4 eggs, 4/5 cup chorizo, 4/5 cup cheese, 4 tbsp salsa	3.4
			5 eggs, 1 cup chorizo, 1 cup cheese, 5 tbsp salsa	4.3

The Cultural Foods Substitution Guide

Sample


For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco Filling #2 Healthy Alternative (egg, low-fat sausage, low-fat cheese, salsa)	Egg omelet or scrambled egg w/ fish Code: 32105020	1 large egg	1 egg, 1/5 cup sausage, 1/5 cup cheese, 1 tbsp salsa	1.8
			2 eggs, 2/5 cup sausage, 2/5 cup cheese, 2 tbsp salsa	3.6
			3 eggs, 3/5 cup sausage, 3/5 cup cheese, 3 tbsp salsa	5.4
			4 eggs, 4/5 cup sausage, 4/5 cup cheese, 4 tbsp salsa	7.2
			5 eggs, 1 cup sausage, 1 cup cheese, 5 tbsp salsa	9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #3 (tortilla, egg, chorizo, potatoes, cheese, salsa)	Chiles Rellenos Filled w/ Meat and Cheese Code: 75410530	1 cup	1/2 taco	0.7
			1 taco	1.5
			1 1/2 tacos	2.2
			2 tacos	2.9
			2 1/2 tacos	3.6

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For Hispanic Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this...  NEERS Portion Size	Find this... Qty on Food Tracker	Enter this... NEERS # of Portions
Breakfast Taco #3 w/ no tortilla, just the filling (egg, chorizo, potatoes, cheese, salsa)	Egg omelet w/ chili cheese tomatoes and beans Code: 32105150	1 cup	1 egg, 1/5 cup chorizo, 1/5 cup potatoes, 1/5 cup cheese, 1 tbsp salsa	1.2
			2 eggs, 2/5 cup chorizo, 2/5 cup potatoes, 2/5 cup cheese, 2 tbsp salsa	2.5
			3 eggs, 3/5 cup chorizo, 3/5 cup potatoes, 3/5 cup cheese, 3 tbsp salsa	3.7
			4 eggs, 4/5 cup chorizo, 4/5 cup potatoes, 4/5 cup cheese, 4 tbsp salsa	5
			5 eggs, 1 cup chorizo, 1 cup potatoes, 1 cup cheese, 5 tbsp salsa	6.2

The Cultural Foods Substitution Guide

For Hispanic Foods *NOT* Found in NEERS



Sample

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco Filling #3 Healthy Alternative (egg, low-fat sausage, potatoes, low-fat cheese, salsa)	Burrito w/ Eggs and Cheese, no Beans Code: 58100350	1 medium burrito	1 egg, 1/5 cup sausage, 1/5 cup potatoes, 1/5 cup cheese, 1 tbsp salsa	0.8
			2 eggs, 2/5 cup sausage, 2/5 cup potatoes, 2/5 cup cheese, 2 tbsp salsa	1.6
			3 eggs, 3/5 cup sausage, 3/5 cup potatoes, 3/5 cup cheese, 3 tbsp salsa	2.4
			4 eggs, 4/5 cup sausage, 4/5 cup potatoes, 4/5 cup cheese, 4 tbsp salsa	3.2
			5 eggs, 1 cup sausage, 1 cup potatoes, 1 cup cheese, 5 tbsp salsa	4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #4 (tortilla, egg, cheese, salsa)	Egg omelet or scrambled egg w/ cheese, ham or bacon, and tomato Code: 32105085	1 cup	1/2 taco	0.4
			1 taco	0.8
			1 1/2 tacos	1.2
			2 tacos	1.5
			2 1/2 tacos	1.9

The Cultural Foods Substitution Guide

Sample



For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #4 w/ no tortilla, just the filling (egg, cheese, salsa)	Egg omelet or scrambled egg w/ cheese Code: 32105010	1 cup	1 egg, 1/4 cup cheese, 1 tbsp salsa	0.6
			2 eggs, 1/2 cup cheese, 2 tbsp salsa	1.1
			3 eggs, 3/4 cup cheese, 3 tbsp salsa	1.7
			4 eggs, 1 cup cheese, 4 tbsp salsa	2.2
			5 eggs, 1 1/4 cups cheese, 5 tbsp salsa	2.8
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco Filling #4 Healthy Alternative (egg, low-fat cheese, salsa)	Egg omelet or scrambled egg w/ ham or bacon Code: 32105080	1 large egg	1 egg, 1/4 cup cheese, 1 tbsp salsa	1.4
			2 eggs, 1/2 cup cheese, 2 tbsp salsa	2.8
			3 eggs, 3/4 cup cheese, 3 tbsp salsa	4.2
			4 eggs, 1 cup cheese, 4 tbsp salsa	5.6
			5 eggs, 1 1/4 cups cheese, 5 tbsp salsa	7

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Sample


For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #5 (tortilla, egg, refried beans, cheese, salsa)	Burrito w/ Eggs and Cheese, no Beans Code: 58100350	1 medium burrito	1/2 taco	0.5
			1 taco	0.9
			1 1/2 taco	1.4
			2 taco	1.8
			2 1/2 taco	2.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco #5 w/ no tortilla, just the filling (egg, refried beans, cheese, salsa)	Egg Casserole w/ Bread, Cheese, Milk and Meat Code: 32105190	1 cup	1 egg, 1/5 cup beans, 1/5 cup cheese, 1 tbsp salsa	0.7
			2 eggs, 2/5 cup beans, 2/5 cup cheese, 2 tbsp salsa	1.4
			3 eggs, 3/5 cup beans, 3/5 cup cheese, 3 tbsp salsa	2.1
			4 eggs, 4/5 cup beans, 4/5 cup cheese, 4 tbsp salsa	2.8
			5 eggs, 1 cup beans, 1 cup cheese, 5 tbsp salsa	3.5

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For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco Filling #5 Healthy Alternative (egg, black beans, low-fat cheese, salsa)	Burrito w/ chicken and cheese Code: 58100230	1 medium burrito	1 egg, 1/5 cup beans, 1/5 cup cheese, 1 tbsp salsa	0.6
			2 eggs, 2/5 cup beans, 2/5 cup cheese, 2 tbsp salsa	1.1
			3 eggs, 3/5 cup beans, 3/5 cup cheese, 3 tbsp salsa	1.7
			4 eggs, 4/5 cup beans, 4/5 cup cheese, 4 tbsp salsa	2.2
			5 eggs, 1 cup beans, 1 cup cheese, 5 tbsp salsa	2.8

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For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Breakfast Taco Filling #5 Healthy Alternative (egg, pinto beans, low-fat cheese, salsa)	Burrito w/ chicken and cheese Code: 58100230	1 medium burrito	1 egg, 1/5 cup beans, 1/5 cup cheese, 1 tbsp salsa	0.5
			2 eggs, 2/5 cup beans, 2/5 cup cheese, 2 tbsp salsa	1.1
			3 eggs, 3/5 cup beans, 3/5 cup cheese, 3 tbsp salsa	1.6
			4 eggs, 4/5 cup beans, 4/5 cup cheese, 4 tbsp salsa	2.2
			5 eggs, 1 cup beans, 1 cup cheese, 5 tbsp salsa	2.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Caldo de Pescado con Verduras	Seafood Soup w/ Vegetables Code: 28355480	1 cup	1/2 cup	0.6
			3/4 cup	0.9
			1 cup (8 oz-wt.)	1.3
			3 oz-wt.	0.5
			10 oz-wt.	1.6
			12 oz-wt.	2

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For Hispanic Foods *NOT* Found in NEERS



Sample

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Enfrijoladas	Enchilada w/ beans and cheese meatless Code: 58100720	1 enchilada	1/2 of one	0.9
			1 each	1.7
			1 1/2 each	2.6
			2 each	3.5
			2 1/2 each	4.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Espinazo	Beef Vegetable Soup Mexican Style (sopa/caldo de res) Code: 28315140	1 cup	1/4 cup	0.06
			1/2 cup	0.1
			3/4 cup	0.17
			1 cup (8 oz-wt.)	0.2
			3 oz-wt.	0.08
			10 oz-wt.	0.25
			12 oz-wt.	0.3

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For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Machacado con Heuvo	Egg omelet or scrambled egg w/ cheese ham or bacon & tomato Code: 32105085	1 cup	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1
			1 cup (8 oz-wt.)	1.4
			3 oz-wt.	0.5
			10 oz-wt.	1.8
			12 oz-wt.	2.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Nopales w/ Eggs and Meat	Egg omelet or scrambled eggs w/ beef and onion Code: 32105110	1 cup	1 egg, 1/8 cup nopales, 1 oz-wt beef	0.6
			2 eggs, 1/4 cup nopales, 2 oz-wt beef	1.2
			3 eggs, 3/8 cup nopales, 3 oz-wt beef	1.7
			4 eggs, 1/2 cup nopales, 4 oz-wt beef	2.3
			5 eggs, 5/8 cup nopales, 5 oz-wt beef	2.9

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For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pollo con Chile	Chili con carne w/ chicken and beans Code: 27141500	1 cup	1/4 cup	0.3
			1/2 cup	0.6
			3/4 cup	0.8
			1 cup (8 oz-wt.)	1.1
			3 oz-wt.	0.4
			10 oz-wt.	1.4
			12 oz-wt.	1.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Potato Tacos	Tamale Casserole Puerto Rican Style Code: 58115110	1 cup	1/2 of one	0.3
			1 each	0.7
			1 1/2 each	1
			2 each	1.3
			2 1/2 each	1.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Queso Flameado	Cheese dip Code: 14620200	1 cup	1 tsp	0.01
			1 tbs	0.04
			2 tbs	0.09
			1/4 cup	0.2
			1/2 cup	0.4

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For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Sopes (1 sope is about the amount in 1 cup)	Taco/tostada w/ beef cheese lettuce tomato salsa Code: 58101320	1 cup	1/2 of one	0.7
			1 each	1.5
			1 1/2 each	2.2
			2 each	2.9
			2 1/2 each	3.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tacos de Lengua	Taco or tostada w/ beef lettuce tomato and salsa Code: 58101310	1 taco/tostada	1/2 taco	0.8
			1 taco	1.6
			1 1/2 tacos	2.4
			2 tacos	3.2
			2 1/2 tacos	4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tamales w/ Cream Cheese and Jalapenos	Enchilada w/ Cheese Meatless No Beans Code: 58100800	1 enchilada	1/2 of one	0.6
			1 each	1.1
			1 1/2 each	1.7
			2 each	2.2
			2 1/2 each	2.8

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For Hispanic Foods *NOT* Found in NEERS



Sample

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tinga (includes tostada shell)	Chicken, back Code: 24170200	1 small back	1/2 of one	0.17
			1 each	0.3
			1 1/2 each	0.5
			2 each	0.7
			2 1/2 each	0.8
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tlacollos	Nachos w/ chili Code: 58104160	1 order	1/4 of one	0.1
			1/2 of one	0.2
			3/4 of one	0.3
			1 each	0.4
			1 1/2 each	0.6
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Torta, Carne Asada	Roast beef submarine sandwich Code: 27513040	1 sandwich	1/2 of one	0.5
			1 each	0.9
			1 1/2 each	1.4
			2 each	1.8
			2 1/2 each	2.3

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For Hispanic Foods *NOT* Found in NEERS




Sample

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Torta, Chicken	Chicken and noodles tomato sauce Code: 27242400	1 cup	1/2 sandwich	1.1
			1 sandwich	2.2
			1 1/2 sandwiches	3.2
			2 sandwiches	4.3
			2 1/2 sandwiches	5.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Torta Cubana	Chicken and noodles tomato sauce Code: 27242400	1 cup	1/2 sandwich	1.1
			1 sandwich	2.2
			1 1/2 sandwiches	3.2
			2 sandwiches	4.3
			2 1/2 sandwiches	5.4

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Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Cajeta Candies	Caramel, flavor other than chocolate Code: 91703020	1 piece	1 piece	1
			2 pieces	2
			3 pieces	3
			4 pieces	4
			5 pieces	5
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Galletas Marias	Cracker, Water Biscuit Code: 54336000	1 cracker	1/2 of one	0.6
			1 each	1.1
			3 each	3.4
			5 each	5.7
			7 each	8
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Gelatina de Leche	Pudding Code: 13200110	1 cup	1/4 cup	0.9
			1/2 cup	1.7
			3/4 cup	2.6
			1 cup (8 oz-wt.)	3.5
			3 oz-wt.	1.3
			10 oz-wt.	4.4
			12 oz-wt.	5.3

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For Hispanic Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Crema Mexican	Heavy Cream Code: 12130100	1 oz-wt.	1/2 tsp	0.08
			1 tsp	0.2
			1 tbs	0.5
			1 1/2 tbs	0.8
			2 tbs	1