

EFNEP Hmong Foods Substitution Guide

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



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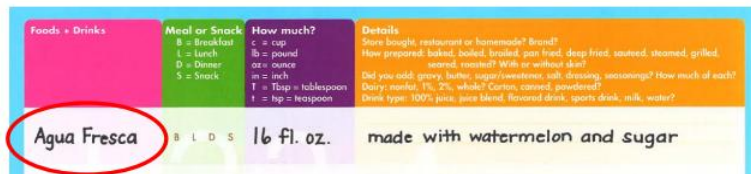
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Information for Educators (This guide contains only Hmong foods)

The *Hmong 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 *Hmong Foods Substitution Guide* matches Hmong 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 Hmong 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
- 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 (Hmong foods only at this time)

Food Not Found in NEERS	Category	Page #
Beef Jerky Salad	Mixed Dishes	15
Beef Laap	Mixed Dishes	13
Beef Laap Healthy Alternative (without pork skins)	Mixed Dishes	13
Beef w/ Ginger	Mixed Dishes	14
Beef w/ Tomatoes Stir Fry	Mixed Dishes	14
Bitter Greens : Bitter Mustard Greens	Fruits, Vegetables, Beans & Nuts	4
Bitter Greens Drink	Drinks	1
Boiled Pork and Mustard Greens	Mixed Dishes	15
Boiled pork Soup	Mixed Dishes	16
Broiled Pork w/ Spicy Pepper Sauce	Meats, Poultry & Seafood	8
Cabbage Drink	Drinks	1
Chicken Bamboo Soup	Mixed Dishes	20
Chicken Drumsticks w/ Hmong-style BBQ sauce	Meats, Poultry & Seafood	8
Chicken Stir Fry	Mixed Dishes	19
Chicken Tomato Stir Fry	Mixed Dishes	20
Chicken w/ Bitter Melon	Mixed Dishes	16
Chicken w/ Cabbage	Mixed Dishes	17
Chicken w/ Cucumber	Mixed Dishes	17
Chicken, Coconut, Whole Roasted	Mixed Dishes	18
Chicken, Coconut, Whole Roasted, Healthy Alternative #1 (skin not eaten)	Mixed Dishes	18
Chicken, Coconut, Whole Roasted, Healthy Alternative #2 (low-fat coconut milk)	Mixed Dishes	19
Cucuzzi Squash (Bottle gourd)	Fruits, Vegetables, Beans & Nuts	4
Fish Larb	Meats, Poultry & Seafood	10
Fish-Oven Broiled Fish w/Herbs	Meats, Poultry & Seafood	9
Fish-Steamer Fish	Meats, Poultry & Seafood	9
Galapao	Mixed Dishes	21

Food Not Found in NEERS	Category	Page #
Goat-Chinese Szechuan Ginger Goat	Mixed Dishes	21
Green Bean Drink	Drinks	2
Hmong Meatball	Meats, Poultry & Seafood	10
Hmong Noodles and Meat	Mixed Dishes	22
Hmong Pork Sausage	Meats, Poultry & Seafood	11
Hot Dipping Sauce (Kua txob)	Additions	30
Khob Poob -Kow Poon	Mixed Dishes	22
Khob Poob -Kow Poon, Healthy Alternative (low-fat coconut milk)	Mixed Dishes	23
Lav Nqaij Qos	Mixed Dishes	23
Meat Rolls (egg rolls)	Mixed Dishes	24
Mustard Green Juice-Chinese Mustard Green Soup	Drinks	2
Noodle Soup	Mixed Dishes	24
Pak Choi (cooked)	Fruits, Vegetables, Beans & Nuts	5
Pak Choi (raw)	Fruits, Vegetables, Beans & Nuts	5
Pork w/ Cucumber	Mixed Dishes	25
Pork, Sweet/Sour, w/ Eggs	Mixed Dishes	25
Pumpkin Soup/Drink	Drinks	3
Purple Sticky Rice	Grains	6
Quail w/ Bamboo Shoots (w/ skin)	Meats, Poultry & Seafood	11
Quail w/ Bamboo Shoots (without skin)	Meats, Poultry & Seafood	12
Rice Cake	Grains	7
Rice Porridge	Grains	7
Rice, Calrose	Grains	6
Spicy Pepper Sambal	Mixed Dishes	26
Stir-Fried Baby Bok Choy w/ Pork (lean pork)	Mixed Dishes	27
Stir-Fried Baby Bok Choy w/ Pork (pork belly)	Mixed Dishes	26
Sweet Pork	Mixed Dishes	27



Sample

Food Not Found in NEERS	Category	Page #
Tofu and Chicken Soup	Mixed Dishes	28
Tofu Juice	Drinks	3
Tofu, Stir-Fried, w/ Mustard Greens	Mixed Dishes	28
Txiv Lwm Suav Kua Txob	Mixed Dishes	29
Zaub Xav Lav	Mixed Dishes	29

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Bitter Greens Drink	Spinach, cooked, no fat added Code: 72125210	1 cup	4 fl. Oz	0.1
			8 fl. Oz	0.1
			10 fl. Oz	0.1
			12 fl. Oz	0.2
			14 fl. Oz	0.2
			16 fl. Oz	0.2
			21 fl. Oz	0.3
			24 fl. Oz	0.3
			32 fl. Oz	0.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Cabbage Drink	Cabbage, Chinese, cooked, no fat added Code: 75210020	1 cup	4 fl. Oz	0.1
			8 fl. Oz	0.2
			10 fl. Oz	0.3
			12 fl. Oz	0.3
			14 fl. Oz	0.4
			16 fl. Oz	0.4
			21 fl. Oz	0.6
			24 fl. Oz	0.7
			32 fl. Oz	0.9

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Green Bean Drink	Mung Beans, no fat added Code: 41108000	1 cup	4 fl. Oz	0.1
			8 fl. Oz	0.2
			10 fl. Oz	0.3
			12 fl. Oz	0.4
			14 fl. Oz	0.4
			16 fl. Oz	0.5
			21 fl. Oz	0.6
			24 fl. Oz	0.7
			32 fl. Oz	1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Mustard Greens Juice- Chinese Mustard Green Soup	Cabbage Soup Code: 75601200	1 cup	4 fl. Oz	0.5
			8 fl. Oz	1
			10 fl. Oz	1.3
			12 fl. Oz	1.5
			14 fl. Oz	1.8
			16 fl. Oz	2
			21 fl. Oz	2.7
			24 fl. Oz	3.1
			32 fl. Oz	4.1

The Cultural Foods Substitution Guide

Sample

For Hmong 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
Pumpkin Soup/Drink	Pumpkin, cooked from fresh, no fat added Code: 73201011	1 cup	4 fl. Oz	0.3
			8 fl. Oz	0.5
			10 fl. Oz	0.7
			12 fl. Oz	0.8
			14 fl. Oz	0.9
			16 fl. Oz	1.1
			21 fl. Oz	1.4
			24 fl. Oz	1.6
			32 fl. Oz	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
Tofu Juice	Tofu Code: 41420010	1 cup (1/2 " cubes)	4 fl. Oz	0.2
			8 fl. Oz	0.3
			10 fl. Oz	0.4
			12 fl. Oz	0.5
			14 fl. Oz	0.6
			16 fl. Oz	0.7
			21 fl. Oz	0.9
			24 fl. Oz	1
			32 fl. Oz	1.3

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Bitter Greens: Bitter Mustard Greens	Mustard Greens, cooked, no fat added Code: 72122210	1 cup	1/4 cup	0.3
			1/2 cup	0.5
			3/4 cup	0.8
			1 cup (8 oz-wt.)	1
			3 oz-wt.	0.4
			10 oz-wt.	1.3
			12 oz-wt.	1.5
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Cucuzzi Squash (Bottle Gourd)	Squash, summer, cooked, no fat added Code: 75233010	1 cup, diced	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.7
			12 oz-wt.	0.8

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Pak Choi (cooked)	Cabbage, Chinese, cooked, no fat added Code: 75210010	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.9
			3 oz-wt.	0.3
			10 oz-wt.	1.1
			12 oz-wt.	1.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pak Choi (raw)	Cabbage, Chinese, raw Code: 75104000	1 cup	1/4 cup	0.3
			1/2 cup	0.5
			3/4 cup	0.8
			1 cup (8 oz-wt.)	1
			3 oz-wt.	0.4
			10 oz-wt.	1.3
			12 oz-wt.	1.5

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Purple Sticky Rice	Rice, white, glutinous, cooked Code: 56205190	1 cup	1/4 cup	0.5
			1/2 cup	1
			3/4 cup	1.5
			1 cup (8 oz-wt.)	2
			3 oz-wt.	0.8
			10 oz-wt.	2.6
			12 oz-wt.	3.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Rice, Calrose	Rice, white, regular, cooked, fat not added Code: 56205010	1 cup	1/4 cup	0.3
			1/2 cup	0.6
			3/4 cup	0.9
			1 cup (8 oz-wt.)	1.2
			3 oz-wt.	0.4
			10 oz-wt.	1.5
			12 oz-wt.	1.8

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Rice Cake	Rice cake, cracker type Code: 54318500	1 mini round (1 3/4" diameter)	1/2 rice ball	3.7
			1 rice ball	7.5
			2 rice balls	14.9
			3 rice balls	22.4
			4 rice balls	29.8
			5 rice balls	37.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Rice Porridge	Chicken and Rice w/ soy sauce Code: 27243600	1 cup	1/4 cup	0.3
			1/2 cup	0.7
			3/4 cup	1
			1 cup (8 oz-wt.)	1.3
			3 oz-wt.	0.5
			10 oz-wt.	1.7
			12 oz-wt.	2

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Broiled Pork w/ Spicy Pepper Sauce	Pork Steak or Cutlet, broiled/baked Code: 22201300	1 oz, boneless, cooked	1/4 cup	1.5
			1/2 cup	3.1
			3/4 cup	4.6
			1 cup (8 oz-wt.)	6.2
			3 oz-wt.	2.3
			10 oz-wt.	7.7
			12 oz-wt.	9.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chicken Drumsticks w/ Hmong-Style BBQ Sauce	Chicken or turkey w/ BBQ sauce, skin eaten Code: 27146000	1 chicken drumstick w/ sauce	1/4 cup	0.9
			1/2 cup	1.8
			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

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Fish- Oven Broiled Fish w/ Herbs	Trout, Breaded or Battered, Baked Code: 26151130	1 oz. w/ bone, cooked	1/4 cup	1.5
			1/2 cup	3.1
			3/4 cup	4.6
			1 cup (8 oz-wt.)	6.1
			3 oz-wt.	2.3
			10 oz-wt.	7.6
			12 oz-wt.	9.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Fish - Steamed Fish	Cod, breaded or battered, baked Code: 26109130	1 oz. boneless, cooked	1/4 cup	1.8
			1/2 cup	3.6
			3/4 cup	5.4
			1 cup (8 oz-wt.)	7.1
			3 oz-wt.	2.7
			10 oz-wt.	8.9
			12 oz-wt.	10.7

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Fish Larb	Fish & Vegetables, soy sauce Code: 27450750	1 cup	1/4 cup	0.4
			1/2 cup	0.8
			3/4 cup	1.2
			1 cup (8 oz-wt.)	1.6
			3 oz-wt.	0.6
			10 oz-wt.	2
			12 oz-wt.	2.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Hmong Meatball	Meatballs w/ breading, gravy Code: 27260050	1 cup	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1.1
			1 cup (8 oz-wt.)	1.4
			3 oz-wt.	0.5
			10 oz-wt.	1.8
			12 oz-wt.	2.1

The Cultural Foods Substitution Guide

Sample


For Hmong 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
Hmong Pork Sausage	Smoked Link Sausage, pork Code: 25221650	1 link (4" long x 1-1/8" diameter)	1/4 cup	0.5
			1/2 cup	1
			3/4 cup	1.5
			1 cup (8 oz-wt.)	2
			3 oz-wt.	0.75
			10 oz-wt.	2.5
			12 oz-wt.	3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Quail w/ Bamboo Shoots (w/ Skin)	Chicken & Vegetables, w/ Soy Sauce Code: 27445120	1 cup	1/4 cup	0.1
			1/2 cup	0.1
			3/4 cup	0.2
			1 cup (8 oz-wt.)	0.3
			3 oz-wt.	0.1
			10 oz-wt.	0.3
			12 oz-wt.	0.4

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Quail w/ Bamboo Shoots (without skin)	Chicken or turkey w/ vegetables (no carrots or dark green leafy), no sauce Code: 27440120	1 cup	1/4 cup	0.1
			1/2 cup	0.2
			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

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Beef Laap	Beef w/ tomato sauce Code: 27111000	1 cup	1/4 cup	0.3
			1/2 cup	0.5
			3/4 cup	0.8
			1 cup (8 oz-wt.)	1
			3 oz-wt.	0.4
			10 oz-wt.	1.3
			12 oz-wt.	1.5
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Beef Laap Healthy Alternative (w/out pork skins)	Beef w/ tomato sauce Code: 27111000	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.8
			3 oz-wt.	0.3
			10 oz-wt.	1
			12 oz-wt.	1.2

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Beef w/ Ginger	Beef Brisket Code: 21417100	1 oz, boneless, cooked	1/4 cup	1.8
			1/2 cup	3.5
			3/4 cup	5.3
			1 cup (8 oz-wt.)	7.1
			3 oz-wt.	2.7
			10 oz-wt.	8.9
			12 oz-wt.	10.6
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Beef w/ Tomatoes Stir Fry	Beef w/ Vegetables, tomato sauce Code: 27411200	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.8
			3 oz-wt.	0.3
			10 oz-wt.	1
			12 oz-wt.	1.2

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Beef Jerky Salad	Beef Salad Code: 27416250	1 cup	1/4 cup	0.3
			1/2 cup	0.7
			3/4 cup	0.1
			1 cup (8 oz-wt.)	1.3
			3 oz-wt.	0.5
			10 oz-wt.	1.2
			12 oz-wt.	2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Boiled Pork and Mustard Greens	Ham or Pork Salad Code: 27420020	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.9
			3 oz-wt.	0.3
			10 oz-wt.	1.1
			12 oz-wt.	1.3

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Boiled Pork Soup	Pork and onions w/ soy sauce Code: 27420170	1 cup	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.4
			3 oz-wt.	0.2
			10 oz-wt.	0.5
			12 oz-wt.	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
Chicken with Bitter Melon	Chicken or Turkey Teriyaki Code: 27145000	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.7
			3 oz-wt.	0.3
			10 oz-wt.	0.9
			12 oz-wt.	1.1

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Chicken w/ Cabbage	Chicken, Breast, Roasted, Skin Eaten Code: 24122110	1 oz, boneless, cooked	1/4 cup	1.3
			1/2 cup	2.6
			3/4 cup	3.8
			1 cup (8 oz-wt.)	5.1
			3 oz-wt.	1.9
			10 oz-wt.	6.4
			12 oz-wt.	7.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chicken w/ Cucumber	Chicken w/ BBQ sauce Code: 27146000	1 cup	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.7
			12 oz-wt.	0.8

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Chicken, Coconut, Whole, Roasted (w/ skin)	Chicken or Turkey and Vegetables, no Potatoes, Cheese sauce Code: 27446400	1 cup	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1.1
			1 cup (8 oz-wt.)	1.5
			3 oz-wt.	0.5
			10 oz-wt.	1.8
			12 oz-wt.	2.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chicken, Coconut, Whole, Roasted Healthy Alternative #1 (Skin not eaten)	Chicken or Turkey Fricassee Code: 27420170	1 cup	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1.1
			1 cup (8 oz-wt.)	1.5
			3 oz-wt.	0.5
			10 oz-wt.	1.8
			12 oz-wt.	2.2

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Chicken, Coconut, Whole, Roasted Healthy Alternative #2 (low-fat coconut milk)	Chicken or Turkey Fricassee Code: 27420170	1 cup	1/4 cup	0.4
			1/2 cup	0.8
			3/4 cup	1.2
			1 cup (8 oz-wt.)	1.6
			3 oz-wt.	0.6
			10 oz-wt.	2
			12 oz-wt.	2.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chicken Stir Fry	Chicken or Turkey Teriyaki Code: 27145000	1 cup	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.7
			12 oz-wt.	0.8

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Chicken Bamboo Soup	Chicken Noodle Soup, canned, reduced sodium, ready to serve Code: 58403060	1 Campbell's can (16 oz)	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.4
			3 oz-wt.	0.1
			10 oz-wt.	0.5
			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
Chicken Tomato Stir-Fry	Chicken, noodles, carrots or dark green vegetables, tomato sauce Code: 27343510	1 cup	1/4 cup	0.3
			1/2 cup	0.6
			3/4 cup	0.9
			1 cup (8 oz-wt.)	1.2
			3 oz-wt.	0.5
			10 oz-wt.	1.5
			12 oz-wt.	1.8

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Galapao	Pork and rice w/ tomato sauce Code: 27220110	1 cup	1/2 bun	0.4
			1 bun	0.7
			2 buns	1.5
			3 buns	2.2
			4 buns	3
			5 buns	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
Goat- Chinese Szechuan Ginger Goat	Lamb stew w/ carrots or dark green vegetables, no potatoes, gravy Code: 27430400	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.7
			1 cup (8 oz-wt.)	0.9
			3 oz-wt.	0.3
			10 oz-wt.	1
			12 oz-wt.	1.3

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Hmong Noodles and Meat	Lo Mein w/ meat Code: 58136110	1 cup	1/4 cup	0.5
			1/2 cup	0.9
			3/4 cup	1.4
			1 cup (8 oz-wt.)	1.9
			3 oz-wt.	0.7
			10 oz-wt.	2.3
			12 oz-wt.	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
Khob Poob -Kow Poon	Chicken Noodle Soup, Cream of Code: 58403050	1 cup	1/4 cup	0.5
			1/2 cup	0.9
			3/4 cup	1.4
			1 cup (8 oz-wt.)	1.8
			3 oz-wt.	0.7
			10 oz-wt.	2.3
			12 oz-wt.	2.7

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Khob Poob -Kow Poon Healthy Alternative (low-fat coconut milk)	Noodle Soup Code: 58400100	1 cup	1/4 cup	0.7
			1/2 cup	1.5
			3/4 cup	2.2
			1 cup (8 oz-wt.)	3
			3 oz-wt.	1.1
			10 oz-wt.	3.7
			12 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
Lav Nqaij Qos	Chicken or Turkey w/ BBQ Sauce Code: 27146000	1 cup	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.6
			12 oz-wt.	0.7

The Cultural Foods Substitution Guide

Sample


For Hmong 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
Meat Rolls (Egg Rolls)	Egg Roll w/ Beef/Pork Code: 58110130	1 egg roll	1/2 roll	0.5
			1 roll	1
			2 rolls	1.9
			3 rolls	2.9
			4 rolls	3.9
			5 rolls	4.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Noodle Soup	Beef w/ carrots or dark green leafy vegetables, no potatoes, mushrooms, soup Code: 27414100	1 cup	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.4
			3 oz-wt.	0.2
			10 oz-wt.	0.5
			12 oz-wt.	0.6

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Pork w/ cucumber	Ham or pork w/ tomato sauce Code: 27120100	1 cup	1/4 cup	0.2
			1/2 cup	0.5
			3/4 cup	0.7
			1 cup (8 oz-wt.)	1
			3 oz-wt.	0.4
			10 oz-wt.	1.2
			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
Pork, Sweet and Sour, w/ Eggs	Pork w/ carrots or dark green leafy vegetables, no potatoes, tomato sauce Code: 27420400	1 cup	1/4 cup	0.4
			1/2 cup	0.8
			3/4 cup	1.2
			1 cup (8 oz-wt.)	1.6
			3 oz-wt.	0.6
			10 oz-wt.	2
			12 oz-wt.	2.4

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Spicy Pepper Sambal	Eggplant, cooked, fat not added Code: 75217010	1 cup, cubes	1/4 cup	0.5
			1/2 cup	1
			3/4 cup	1.5
			1 cup (8 oz-wt.)	2
			3 oz-wt.	0.8
			10 oz-wt.	2.5
			12 oz-wt.	3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Stir-Fried Baby Bok Choy w/ Pork (pork belly)	Frankfurter or hot dog, beef or pork Code: 25210220	1 oz, cooked	1/4 cup	1.4
			1/2 cup	2.7
			3/4 cup	4.1
			1 cup (8 oz-wt.)	5.5
			3 oz-wt.	2
			10 oz-wt.	6.8
			12 oz-wt.	8.2

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Stir-Fried Baby Bok Choy w/ Pork Healthy Alternative (lean pork)	Pork Chow Mein or Chop Suey, no noodles Code: 27420390	1 cup	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
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Sweet Pork	Sweet and Sour Pork Code: 27120060	1 cup	1/4 cup	0.4
			1/2 cup	0.8
			3/4 cup	1.2
			1 cup (8 oz-wt.)	1.6
			3 oz-wt.	0.6
			10 oz-wt.	2.1
			12 oz-wt.	2.5

The Cultural Foods Substitution Guide

Sample



For Hmong 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
Tofu, Stir-Fried, w/ Mustard Greens	Pork, Tofu and carrots or dark green vegetables, no potatoes, soy sauce Code: 27420100		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
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tofu and Chicken Soup	Cabbage w/ meat soup Code: 75601210	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.	1.2
			12 oz-wt.	1.4

The Cultural Foods Substitution Guide

Sample


For Hmong 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
Txiv Lwm Suav Kua Txob	Stewed Tomatoes Code: 74204010	1 cup	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.4
			3 oz-wt.	0.2
			10 oz-wt.	0.6
			12 oz-wt.	0.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Zaub Xav Lav	Seven Layer Salad (made w/ lettuce, mayo, cheese, eggs, peas) Code: 75145000	1 cup	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.6
			12 oz-wt.	0.7

The Cultural Foods Substitution Guide

Sample

For Hmong 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
Hot Dipping Sauce (Kua txob)	Tabasco Sauce Code: 75511010	1 packet	1/2 tsp	0.5
			1 tsp	0.9
			2 tsp	1.9
			1 tbsp	2.8
			2 tbsp	5.6
			1/4 cup	11.2