

EFNEP Puerto Rican Foods Substitution Guide

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



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Information for Educators (This guide contains only Puerto Rican foods)

The *Puerto Rican 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 *Puerto Rican Foods Substitution Guide* matches Puerto Rican 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.

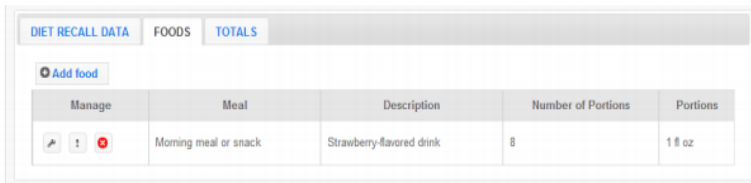


For example, let's say your participant wrote in their *Food Tracker* that they had 16 fl oz of *Agua Fresca*.

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 Puerto Rican 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 (Puerto Rican foods only at this time)

Food Not Found in NEERS	Category	Page #
Arepas de Yuca	Grains	11
Arroz con Chorizo y Garbanzos	Mixed Dishes	18
Arroz con Gandules	Mixed Dishes	18
Arroz con Maiz	Mixed Dishes	19
Arroz con Maiz Healthy Alternative (brown rice)	Mixed Dishes	19
Asopao con Gandules y Bolitas de Platanos	Mixed Dishes	20
Asopao de Camarones	Mixed Dishes	20
Batidos de Trigo	Drinks	1
Batidos de Trigo Healthy Alternative (low-fat milk, half the sugar)	Drinks	1
Batidos, Banana	Drinks	2
Batidos, Banana Healthy Alternative (low-fat milk, half the sugar)	Drinks	2
Batidos, Pineapple Orange	Drinks	3
Batidos, Pineapple Orange Healthy Alternative (low-fat milk, half the sugar)	Drinks	3
Bistec en Salsa	Mixed Dishes	21
Bistec en Salsa Healthy Alternative (lean meat)	Mixed Dishes	21
Boudin de Pasas con Coco	Desserts & Snacks	30
Brazo Gitano	Desserts & Snacks	30
Camarones en Cerveza	Meats, Poultry & Seafood	12
Can Can	Meats, Poultry & Seafood	12
Champola de Guayaba	Drinks	4
Chicharron De Camarones	Meats, Poultry & Seafood	13
Chillo Entero	Meats, Poultry & Seafood	13
Chuleta con Arroz y Habichuelas	Mixed Dishes	22
Churrasco	Meats, Poultry & Seafood	13
Coco Rico	Drinks	4
Congrí	Mixed Dishes	22

Food Not Found in NEERS	Category	Page #
Congrí Healthy Alternative (lean pork)	Mixed Dishes	23
Coquito Ponche de Malta	Drinks	5
Corazones	Fruits, Vegetables, Beans & Nuts	10
Dulce de Coco	Desserts & Snacks	31
Dulce de Mamey	Desserts & Snacks	31
El Jibarito w/ Mojo Sauce	Mixed Dishes	23
El Jibarito without Mojo Sauce	Mixed Dishes	24
Empanadas de Carne	Mixed Dishes	24
Escabeche	Additions	33
Habichuelas y Maduras	Fruits, Vegetables, Beans & Nuts	10
Kola Champagne	Drinks	5
Lechón	Meats, Poultry & Seafood	14
Longaniza	Meats, Poultry & Seafood	14
Mabi Champola de Guanabana	Drinks	6
Mofongo con Camarone	Mixed Dishes	25
Mojo	Additions	33
Mojo Isleño	Mixed Dishes	25
Mollejas	Meats, Poultry & Seafood	14
Morcillas	Meats, Poultry & Seafood	15
Nisperos de Batata	Desserts & Snacks	32
Pasteles de Cerdo	Mixed Dishes	26
Pear Passion Juice	Drinks	6
Pegao	Grains	11
Pernil	Meats, Poultry & Seafood	15
Picadillo Salmorejo	Mixed Dishes	26
Pineapple Guava Juice	Drinks	7
Pineapple Soda	Drinks	7
Piragua	Desserts & Snacks	32



Sample

Food Not Found in NEERS	Category	Page #
Pluma Rosas	Fruits, Vegetables, Beans & Nuts	10
Pollitos Asados a la Parrilla, w/ skin	Meats, Poultry & Seafood	15
Pollitos Asados a la Parrilla , no skin	Meats, Poultry & Seafood	16
Pollo Agridulce	Mixed Dishes	27
Pollo al Jerez	Mixed Dishes	27
Pollo Asado, w/skin	Meats, Poultry & Seafood	16
Pollo Asado, no skin	Meats, Poultry & Seafood	16
Pollo Asado Relleno con Mofongo	Mixed Dishes	28
Pollo Asado Relleno con Mofongo Healthy Alternative (skin removed)	Mixed Dishes	28
Pollo Empanado	Meats, Poultry & Seafood	17
Pollo Frito	Meats, Poultry & Seafood	17
Strawberry Banana Juice	Drinks	8
Sugar Cane Juice	Drinks	8
Tamarind Nectar	Drinks	9
Tripleta Sandwich	Mixed Dishes	29
Tropical Fruit Punch	Drinks	9
Yuca con Aceite y Cebolla	Mixed Dishes	29

The Cultural Foods Substitution Guide

Sample

For Puerto Rican 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
Batidos de Trigo	Oatmeal beverage w/ milk (atole de avena) Code: 92611100	1 cup		4 fl. Oz	0.8
				8 fl. Oz	1.7
				10 fl. Oz	2.1
				12 fl. Oz	2.5
				14 fl. Oz	3
				16 fl. Oz	3.4
				21 fl. Oz	4.4
				24 fl. Oz	5.1
				32 fl. Oz	6.8
			Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size		Qty on Food Tracker	NEERS # of Portions
Batidos de Trigo Healthy Alternative (low fat milk, reduced sugar)	Rice, cooked, w/milk Code: 56205060	1 cup, cooked		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
				32 fl. Oz	4

The Cultural Foods Substitution Guide

Sample



For Puerto Rican 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
Batidos, Banana	Pudding w/ fruit and vanilla wafers Code: 13241000	1 cup	4 fl. Oz	0.5
			8 fl. Oz	1
			10 fl. Oz	1.3
			12 fl. Oz	1.6
			14 fl. Oz	1.8
			16 fl. Oz	2.1
			21 fl. Oz	2.7
			24 fl. Oz	3.1
			32 fl. Oz	4.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Batidos, Banana Healthy Alternative (low fat milk, reduced sugar)	Fruit smoothie drink, w/ fruit or fruit juice and dairy Code: 11553000	1 cup	4 fl. Oz	0.5
			8 fl. Oz	1
			10 fl. Oz	1.3
			12 fl. Oz	1.6
			14 fl. Oz	1.8
			16 fl. Oz	2.1
			21 fl. Oz	2.7
			24 fl. Oz	3.1
			32 fl. Oz	4.2

The Cultural Foods Substitution Guide

Sample



For Puerto Rican 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
Batidos, Pineapple Orange	Fruit smoothie drink, w/ fruit or fruit juice and dairy Code: 11553000	1 cup	4 fl. Oz	0.4
			8 fl. Oz	0.8
			10 fl. Oz	1
			12 fl. Oz	1.2
			14 fl. Oz	1.4
			16 fl. Oz	1.6
			21 fl. Oz	2
			24 fl. Oz	2.3
			32 fl. Oz	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
Batidos, Pineapple Orange Healthy Alternative (low fat milk, reduced sugar)	Fruit smoothie drink, w/ fruit or fruit juice and dairy Code: 11553000	1 fl. Oz	4 fl. Oz	2.6
			8 fl. Oz	5.1
			10 fl. Oz	6.4
			12 fl. Oz	7.7
			14 fl. Oz	8.9
			16 fl. Oz	10.2
			21 fl. Oz	13.4
			24 fl. Oz	15.3
			32 fl. Oz	20.4

The Cultural Foods Substitution Guide

Sample



For Puerto Rican 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
Champola de Guayaba	Yogurt, fruit variety, whole milk Code: 11431000	1 cup (8 fl. Oz)	4 fl. Oz	0.4
			8 fl. Oz	0.9
			10 fl. Oz	1.1
			12 fl. Oz	1.3
			14 fl. Oz	1.5
			16 fl. Oz	1.7
			21 fl. Oz	2.3
			24 fl. Oz	2.6
			32 fl. Oz	3.5
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Coco Rico	Coconut water, canned or bottled Code: 42404010	1 cup	4 fl. Oz	0.6
			8 fl. Oz	1.2
			10 fl. Oz	1.5
			12 fl. Oz	1.8
			14 fl. Oz	2.1
			16 fl. Oz	2.4
			21 fl. Oz	3.1
			24 fl. Oz	3.6
			32 fl. Oz	4.7

The Cultural Foods Substitution Guide

Sample



For Puerto Rican 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
Coquito Ponche de Malta	Caramel, chocolate flavored roll Code: 91703010	1 piece	4 fl. Oz	6.2
			8 fl. Oz	12.4
			10 fl. Oz	15.4
			12 fl. Oz	18.5
			14 fl. Oz	21.6
			16 fl. Oz	24.7
			21 fl. Oz	32.4
			24 fl. Oz	37.1
			32 fl. Oz	49.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Kola Champagne	Soft drink, fruit-flavored, caffeine free Code: 92410510	1 can (12 fl. Oz)	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	2.1
			21 fl. Oz	2.7
			24 fl. Oz	3.1
			32 fl. Oz	4.1

The Cultural Foods Substitution Guide

Sample



For Puerto Rican 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
Mabi Champola de Guanabana	Fruit smoothie drink, w/ fruit or fruit juice and dairy Code: 11553000	1 cup	4 fl. Oz	0.4
			8 fl. Oz	0.8
			10 fl. Oz	1.1
			12 fl. Oz	1.3
			14 fl. Oz	1.5
			16 fl. Oz	1.7
			21 fl. Oz	2.2
			24 fl. Oz	2.5
			32 fl. Oz	3.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pear Passion Juice	Banana nectar Code: 64201500	1 fl. Oz	4 fl. Oz	3.5
			8 fl. Oz	7.1
			10 fl. Oz	8.8
			12 fl. Oz	10.6
			14 fl. Oz	12.4
			16 fl. Oz	14.1
			21 fl. Oz	18.6
			24 fl. Oz	21.2
			32 fl. Oz	28.3

The Cultural Foods Substitution Guide

Sample



For Puerto Rican 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
Pineapple Guava Juice	Orange and banana juice Code: 61219000	1 fl. Oz	4 fl. Oz	4.4
			8 fl. Oz	8.8
			10 fl. Oz	11
			12 fl. Oz	13.2
			14 fl. Oz	15.4
			16 fl. Oz	17.6
			21 fl. Oz	23.1
			24 fl. Oz	26.4
			32 fl. Oz	35.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pineapple Soda	Soft drink, fruit-flavored, caffeine free Code: 92410510	1 fl. Oz	4 fl. Oz	4.6
			8 fl. Oz	9.1
			10 fl. Oz	11.4
			12 fl. Oz	13.7
			14 fl. Oz	16
			16 fl. Oz	18.3
			21 fl. Oz	24
			24 fl. Oz	27.4
			32 fl. Oz	36.5

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Sample



For Puerto Rican 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
Strawberry Banana Juice	Strawberry banana orange juice Code: 61226000	1 fl. Oz	4 fl. Oz	5.7
			8 fl. Oz	11.3
			10 fl. Oz	14.2
			12 fl. Oz	17
			14 fl. Oz	19.8
			16 fl. Oz	22.7
			21 fl. Oz	29.8
			24 fl. Oz	34
			32 fl. Oz	45.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Sugar Cane Juice	Soft drink, fruit-flavored, caffeine free Code: 92410510	1 fl. Oz	4 fl. Oz	5.4
			8 fl. Oz	10.8
			10 fl. Oz	13.6
			12 fl. Oz	16.3
			14 fl. Oz	19
			16 fl. Oz	21.7
			21 fl. Oz	28.5
			24 fl. Oz	32.5
			32 fl. Oz	43.4

The Cultural Foods Substitution Guide

Sample




For Puerto Rican 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
Tamarind Nectar	Tamarind drink, Puerto Rican (Refresco de Tamarindo) Code: 92510650	1 fl. Oz	4 fl. Oz	2.4
			8 fl. Oz	4.8
			10 fl. Oz	6
			12 fl. Oz	7.22
			14 fl. Oz	8.4
			16 fl. Oz	9.6
			21 fl. Oz	12.6
			24 fl. Oz	14.4
			32 fl. Oz	19.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tropical Fruit Punch	Orange-carrot juice, baby food Code: 67230500	1 fl. Oz	4 fl. Oz	6
			8 fl. Oz	12
			10 fl. Oz	15
			12 fl. Oz	18
			14 fl. Oz	21
			16 fl. Oz	24
			21 fl. Oz	31.5
			24 fl. Oz	36
			32 fl. Oz	48

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Sample


For Puerto Rican 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
Corazones	Kiwi fruit, raw Code: 63126500	1 fruit	1/4 each	1
			1/2 each	1.9
			1 each	3.8
			2 each	7.6
			3 each	11.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Habichuelas y Maduras	Stewed dry red beans, Puerto Rican style (habichuelas coloradas guisadas) Code: 41210100	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
Pluma Rosas	Passion fruit, raw	1 fruit	1/4 each	0.5
			1/2 each	1
			1 each	2
			2 each	4
			3 each	6

The Cultural Foods Substitution Guide

Sample


For Puerto Rican 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
Arepas de Yuca	Tamale, sweet Code: 53430700	1 tamale	1/4 each	0.7
			1/2 each	1.4
			1 each	2.8
			1 1/2 each	4.2
			2 each	5.6
			2 1/2 each	7.1
			3 each	8.5
Pegao	Doughnut, custard-filled Code: 53521210	1 doughnut	1/4 cup	0.7
			1/2 cup	1.4
			3/4 cup	2.1
			1 cup (8 oz-wt.)	2.8
			3 oz-wt.	1.1
			10 oz-wt.	3.5
			12 oz-wt.	4.2

The Cultural Foods Substitution Guide

Sample




For Puerto Rican 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
Camarones en Cerveza	Shrimp creole, no rice Code: 27450450	1 cup	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.7
			12 oz-wt.	0.9
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Can Can	Pork, cracklings, cooked Code: 22704010	1 cup	1/4 cup	0.3
			1/2 cup	0.7
			3/4 cup	1
			1 cup (8 oz-wt.)	1.4
			3 oz-wt.	0.5
			10 oz-wt.	1.7
			12 oz-wt.	2.1

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Sample

For Puerto Rican 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
Chicharron de Camarones	Rice, fried, w/shrimp Code 58150510	1 cup	1 shrimp	0.1
			2 shrimp	0.3
			3 shrimp	0.4
			4 shrimp	0.5
			5 shrimp	0.7
			6 shrimp	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
Chillo Entero	Codfish salad, Puerto Rican style Code: 27351050	1 cup	1 oz-wt.	0.2
			2 oz-wt.	0.4
			3 oz-wt.	0.6
			4 oz-wt.	0.9
			5 oz-wt.	1.1
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
Churrasco	Stewed, seasoned ground beef and pork , Mexican style (picadillo de carne rez y puerco) Code: 27162500	1 cup	1 oz-wt.	0.2
			2 oz-wt.	0.4
			3 oz-wt.	0.6
			4 oz-wt.	0.7
			5 oz-wt.	0.9

The Cultural Foods Substitution Guide

Sample


For Puerto Rican 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
Lechon	Pork roast, shoulder, cooked, lean and fat eaten Code: 22411010	1 oz, boneless, cooked	1 oz-wt.	0.9
			2 oz-wt.	1.8
			3 oz-wt.	2.8
			4 oz-wt.	3.7
			5 oz-wt.	5.6
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Longaniza	Sausage gravy Code: 27120120	1 cup	1 link	0.2
			2 links	0.5
			3 links	0.7
			4 links	0.9
			5 links	1.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Mollejas	Sweetbreads Code: 25140110	1 oz, cooked	1 oz-wt.	0.9
			2 oz-wt.	1.7
			3 oz-wt.	2.6
			4 oz-wt.	3.5
			5 oz-wt.	4.3

The Cultural Foods Substitution Guide

Sample




For Puerto Rican 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
Morcillas	Bean and rice soup Code: 41601170	1 cup	1 oz-wt.	0.2
			2 oz-wt.	0.4
			3 oz-wt.	0.6
			4 oz-wt.	0.9
			5 oz-wt.	1.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pernil	Pork, fresh, shoulder, blade, Boston (roasts), seperable lean only, cooked, roasted Code: 10087	3 oz	1 oz-wt.	0.3
			2 oz-wt.	0.7
			3 oz-wt.	1
			4 oz-wt.	1.4
			5 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
Pollitos Asados a la Parrilla, w/skin	Bacon or side pork, fresh, cooked Code: 22601040	1 medium slice (yield after cooking)	1/2 thigh	5.7
			1 thigh	11.4
			1 1/2 thighs	17.2
			2 thighs	22.9
			2 1/2 thighs	28.6
			3 thighs	34.3

The Cultural Foods Substitution Guide

Sample



For Puerto Rican 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
Pollitos Asados a la Parrilla, no skin	Chicken, wing, fried, no coating, skin eaten Code: 24164110	1 small wing (yield after cooking, bone removed)	1/2 thigh	2.2
			1 thigh	4.4
			1 1/2 thighs	6.6
			2 thighs	8.8
			2 1/2 thighs	11
			3 thighs	13.2
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
Pollo Asado, w/ skin	Chicken or turkey cacciatore Code: 27141000	1 cup	1 oz-wt.	0.2
			2 oz-wt.	0.3
			3 oz-wt.	0.5
			4 oz-wt.	0.6
			5 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
Pollo Asado, no skin	Chicken or turkey fricassee Code: 27142100	1 cup	1 oz-wt.	0.1
			2 oz-wt.	0.4
			3 oz-wt.	0.6
			4 oz-wt.	0.7
			5 oz-wt.	0.9

The Cultural Foods Substitution Guide

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For Puerto Rican 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 Empanado	Chicken, drumstick, coated, baked or fried, skinless Code: 24147250	1 oz, boneless, cooked	1 oz-wt.	1
			2 oz-wt.	2.1
			3 oz-wt.	3.1
			4 oz-wt.	4.1
			5 oz-wt.	5.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pollo Frito	Bacon or side pork, fresh, cooked Code: 22601040	1 medium slice (yield after cooking)	1/2 thigh	5.27
			1 thigh	10.5
			1 1/2 thighs	15.8
			2 thighs	21.1
			2 1/2 thighs	26.4
			3 thighs	31.6

The Cultural Foods Substitution Guide

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For Puerto Rican 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
Arroz con Chorizo y Garbanzos	Bean soup, w/ macaroni and meat Code: 41601060	1 cup	1/4 cup	0.3
			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.	1.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Arroz con Gandules	Rice w/ peas Code: 58160300	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

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For Puerto Rican 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
Arroz con Maiz	Corn bread, made from homemade Code: 52202060	1 piece	1/4 cup	0.4
			1/2 cup	0.8
			3/4 cup	1.2
			1 cup (8 oz-wt.)	1.7
			3 oz-wt.	0.6
			10 oz-wt.	2.1
			12 oz-wt.	2.5
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
Arroz con Maiz Healthy Alternative (brown rice)	White potato, stuffed, baked, peel eaten, stuffed w/cheese Code: 71508020	1 small	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

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For Puerto Rican 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
Asopao con Gandules y Bolitas de Platanos	Split pea soup Code: 41602050	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
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Asopao de Camarones	Shrimp Creole, w/ rice Code: 27350060	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

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For Puerto Rican 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
Bistec en Salsa	Beef steak w/ onions, Puerto Rican Style (mixture) (Biftec Encebollado) Code: 27418410	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
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Bistec en Salsa Healthy Alternative Lean Beef	Beef w/ tomato sauce Code: 27111000	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.	0.4
			10 oz-wt.	1.2
			12 oz-wt.	1.4

The Cultural Foods Substitution Guide

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For Puerto Rican 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
Chuleta con Arroz y Habichuelas	Bean soup w/ vegetables, rice and pork Code: 41601120	1 cup	1/4 cup	0.3
			1/2 cup	0.6
			3/4 cup	1
			1 cup (8 oz-wt.)	1.3
			3 oz-wt.	0.5
			10 oz-wt.	1.6
			12 oz-wt.	1.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Congrí	Dumpling, fried, Puerto Rican style Code: 55610200	1 large dumpling	1/4 cup	0.8
			1/2 cup	1.6
			3/4 cup	2.3
			1 cup (8 oz-wt.)	3.1
			3 oz-wt.	1.2
			10 oz-wt.	3.9
			12 oz-wt.	4.7

The Cultural Foods Substitution Guide

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For Puerto Rican 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
Congrí Healthy Alternative (lean pork)	Chili con carne w/ beans and rice Code: 27213150	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
El Jibarito w/ Mojo Sauce	Ripe plantain meat pie, Puerto Rican style; olive oil Code: 77205610; 82104000	1 piece (4" x 2" x 2"); 1 tbsp.	1/4 cup	0.2 piece; 0.8 tbsp.
			1/2 cup	0.3 piece; 1.68 tbsp.
			3/4 cup	0.5 piece; 2.5 tbsp.
			1 cup (8 oz-wt.)	0.6 piece; 3.4 tbsp.
			3 oz-wt.	0.2 piece; 1.3 tbsp.
			10 oz-wt.	0.8 piece; 4.2 tbsp.
			12 oz-wt.	0.9 piece; 5 tbsp.

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For Puerto Rican 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
El Jibarito without Mojo Sauce	Ripe plantain meat pie, Puerto Rican style Code: 77205610	1 piece (4" x 2" x 2")	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
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Empanadas de Carne	Empanada, Mexican Turnover, filled w/ meat and vegetables Code: 58116120	1 small/ appetizer	1/2 empanada	0.4
			1 empanada	0.8
			1 1/2 empanadas	1.2
			2 empanadas	1.7
			3 empanadas	2.5

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For Puerto Rican 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
Mofongo con Camarone	Shrimp Gumbo Code: 28355440	1 cup	1/4 cup	0.4
			1/2 cup	0.79
			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
Mojo Isleño	Fish stick/patty/fillet, NS as to type, battered fried Code: 26100250	1 stick	1/4 cup	2.4
			1/2 cup	4.9
			3/4 cup	7.3
			1 cup (8 oz-wt.)	9.8
			3 oz-wt.	3.7
			10 oz-wt.	12.2
			12 oz-wt.	14.7

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For Puerto Rican 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
Pasteles de Cerdo	Tamal in a leaf, Puerto Rican Style Code: 58115150	1 tamal (6" x 2" x 1/2")	1/4 cup	1.3
			1/2 cup	2.7
			3/4 cup	4
			1 cup (8 oz-wt.)	5.3
			3 oz-wt.	2
			10 oz-wt.	6.7
			12 oz-wt.	8
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Picadillo Salmorejo	Shrimp Creole, no rice Code: 27450450	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.	1.5

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For Puerto Rican 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 Agridulce	Chicken, wing, coated, baked or fried, prep w/ skin, skin/coating eaten Code: 24167110	1 small wing (yield after cooking, bone removed)	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.	4.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pollo al Jerez	Chicken w/ gravy Code: 27142000	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

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For Puerto Rican 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 Asado Relleno con Mofongo	Chicken patty w/ cheese, breaded, cooked Code: 24198710	1 patty (2.6 oz. ea)	1/4 cup	0.7
			1/2 cup	1.4
			3/4 cup	2.1
			1 cup (8 oz-wt.)	2.8
			3 oz-wt.	1
			10 oz-wt.	3.5
			12 oz-wt.	4.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pollo Asado Relleno con Mofongo Healthy Alternative (no skin)	Chicken patty w/ cheese, breaded, cooked Code: 24198710	1 patty (2.6 oz. ea)	1/4 cup	0.6
			1/2 cup	1.3
			3/4 cup	1.9
			1 cup (8 oz-wt.)	2.6
			3 oz-wt.	1
			10 oz-wt.	3.2
			12 oz-wt.	3.9

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For Puerto Rican 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
Tripleta Sandwich	Egg, cheese and steak on bagel Code: 32202045	1 cup	1" sandwich	0.5
			2" sandwich	1
			3" sandwich	1.5
			4" sandwich	2
			5" sandwich	2.5
			6" sandwich	2.9
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
Yuca con Aceite y Cebolla	Dumpling, fried, Puerto Rican Style Code: 55610200	1 small dumpling	1/4 cup	2.8
			1/2 cup	5.6
			3/4 cup	8.4
			1 cup (8 oz-wt.)	11.2
			3 oz-wt.	4.2
			10 oz-wt.	14
			12 oz-wt.	16.8

The Cultural Foods Substitution Guide

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For Puerto Rican 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
Boudin de Pasas con Coco	Coconut custard, Puerto Rican style Code: 13252100	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.7
			3 oz-wt.	0.3
			10 oz-wt.	0.9
			12 oz-wt.	1.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Brazo Gitano	Light ice cream, bar or stick, chocolate covered, w/ nuts Code: 13140110	1 Buster bar	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

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For Puerto Rican 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
Dulce de Coco	Rice pudding made w/ coconut milk, Puerto Rican style Code: 58157210	1 cup	1/4 cup	0.3
			1/2 cup	0.5
			3/4 cup	0.8
			1 cup (8 oz-wt.)	1.1
			3 oz-wt.	0.4
			10 oz-wt.	1.3
			12 oz-wt.	1.6
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
Dulce de Mamey	Mango, dried Code: 62114050	1 cup	2 tsp.	0.1
			1 tbsp.	0.1
			2 tbsp. (1 oz-wt.)	0.2
			1/4 cup (2 oz-wt.)	0.4
			3 oz-wt.	0.5
			1/2 cup	0.7

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For Puerto Rican 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
Nisperos de Batata	Cassava (yuca blanca), cooked, fat added Code: 71930120	1 cup, diced	1/4 cup	0.5
			1/2 cup	1.1
			3/4 cup	1.6
			1 cup (8 oz-wt.)	2.1
			3 oz-wt.	0.8
			10 oz-wt.	2.7
			12 oz-wt.	3.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Piragua	Snow cone, slurps Code: 91621000	1 cup	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.7
			12 oz-wt.	0.9

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For Puerto Rican 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
Escabeche	Italian dressing, made w/ vinegar and oil Code: 83106000	1 tbsp.	1 tsp.	0.5
			2 tsp.	1
			1 tbsp.	1.5
			2 tbsp. (1 oz-wt.)	3
			1/4 cup (2 oz-wt.)	5.9
			1/2 cup	11.8
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Mojo	Olive Oil Code: 82104000	1 tbsp.	1 tsp.	0.3
			2 tsp.	0.5
			1 tbsp.	0.8
			2 tbsp. (1 oz-wt.)	1.5
			1/4 cup (2 oz-wt.)	3
			1/2 cup	6