

Order Now:

Cultural Food Photos and Guide to Common Cultural Foods

The *Cultural Food Photos* (NP 167) is a 54-card set that can be used to teach lessons about foods in the Food Guide Pyramid and in counseling situations. The cards show color photos of 54 foods—one food per 5 x 5 inch card. The *Guide to Common Cultural Foods* (NP 168) provides the educator and counselor with 72 pages of additional information about the 54 foods shown on the cards.

The foods represented in the publications are all plant-based foods and are readily available in the United States. While these 54 foods are by no means an exhaustive list, they provide a representative sample of the wide variety of unique foods that are found in many cultural food patterns throughout the world and have found their way to the United States.

This project was developed in response to the need for more information about foods that are common to some of the diverse cultures of families that nutrition educators work with, primarily Latino, Southeast Asian, and African American. Based on the input from nutrition educators and research from other resources, the following 54 foods were selected.

<i>Bread, Cereal, Rice, and Pasta Group</i>	<i>Vegetable Group</i>		<i>Fruit Group</i>	<i>Dry Beans, Peas, and Lentils</i>
Buckwheat Noodles	Bamboo Shoots	Long Beans	Asian Pear	Black Beans
Cellophane Noodles	Bean Sprouts	Lotus Root	Coconut	Garbanzo Beans
Cornbread	Bitter Melon	Malanga	Litchi	Kidney Beans
Hominy	Bok Choy	Napa Cabbage	Mango	Lentils
Masa Harina	Cactus Pads	Okra	Papaya	Mung Beans
Pan Dulce	Cassava	Plantain	Plum	Pigeon Peas
Rice Noodles	Chayote	Sweet Potato	Prickly Pear	Pinto Beans
Rice Paper	Chili Peppers	Swiss Chard		Soybeans
Rice Vermicelli	Collards	Taro Root		
Sticky Rice	Daikon	Tomatillos		
Tapioca	Eggplant	Turnips		
Wheat Noodles	Jicama	Water Chestnuts		
	Kale	Yams		
	Leeks			

The *Cultural Food Photos* are shrink-wrapped and boxed—5 1/16 x 5 1/16 x 1/16. The *Guide to Common Cultural Foods* is 8 1/2 x 11, plastic comb-bound with soft cover.

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Stanley R. Johnson, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

IOWA STATE UNIVERSITY
University Extension

IOWA STATE UNIVERSITY

University Extension

Send your order to:
Iowa State University
Extension Distribution Center
119 Printing & Publications Bldg.
Ames, Iowa 50011-3171

Phone: (515) 294-5247
Fax: (515) 294-2945
E-mail: pubdist@iastate.edu

Order Form

Ship to:

Name _____
Company/Org. _____
Street _____
City _____
State _____ Zip Code _____
Telephone # _____
Fax # _____

Bill to:

Purchase Order # _____
Name _____
Company/Org. _____
Street _____
City _____
State _____ Zip Code _____
Telephone # _____
Fax # _____

Qty.	Ref. No.	Title	Price each	10% discount*	Total**
	NP 167	Cultural Food Photos (boxed 54-card set)	\$13.00		
	NP 168	Guide to Common Cultural Foods (74-pages)	\$ 7.00		
	NP 167 & NP 168 (set)	Order as set and save. Cultural Food Photos & Guide to Common Cultural Foods	\$15.00		

* If ordering 100 or more of one title
** First subtract discount if applicable

Product Total
Shipping

TOTAL

Shipping Charges Table (Ground)

Continental United States

Purchase	Shipping
\$ 6.01 – \$15.00	= \$ 4.69
\$ 15.01 – \$ 35.00	= \$ 6.85
\$ 35.01 – \$ 55.00	= \$ 7.98
\$ 55.01 – \$ 75.00	= \$ 9.10
\$ 75.01 – \$110.00	= \$10.29
\$110.01 – \$210.00	= \$11.36
\$210.01 – \$300.00	= \$12.55
\$300.01 – \$400.00	= \$22.20
\$400.01 and over	= Call, fax, or e-mail for estimates.

*Thank you
for your order!*

Make checks or purchase orders payable to Iowa State University. MasterCard and VISA accepted.

International Shipping

Applies to all areas outside the continental United States. Air service is 40 percent of the total order amount or a minimum of \$35.00 (U.S. funds drawn on a U.S. bank). Prepayment is required. Call, fax, or e-mail for estimates.



Card # _____



Expiration date _____

Signature _____