

Food Group: Ethnic Foods

Here you can find links to MedRat NutriArchives (one of the world's largest collections of food composition Web pages!) food composition Web pages, based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20). There are 150 food items (arranged in alphabetical order) for food group, "Ethnic Foods", in SR20. However, there are 7519 food items in all food groups included in SR20. **NDB#** is the 5-digit Nutrient Databank number that uniquely identifies a food item.

Other Groups

- [\[Baby Foods\]](#) [\[Baked Products\]](#) [\[Beef Products\]](#) [\[Beverages\]](#) [\[Breakfast Cereals\]](#)
- [\[Cereal Grains and Pasta\]](#) [\[Dairy & Egg Products\]](#) [\[Ethnic Foods\]](#) [\[Fast Foods\]](#)
- [\[Fats & Oils\]](#) [\[Finfish & Shellfish Products\]](#) [\[Fruits and Fruit Juices\]](#)
- [\[Lamb, Veal, and Game Products\]](#) [\[Legumes and Legume Products\]](#)
- [\[Meals, Entrees, and Sidedishes\]](#) [\[Nut and Seed Products\]](#)
- [\[Pork Products\]](#) [\[Poultry Products\]](#) [\[Sausages & Luncheon Meats\]](#)
- [\[Snacks\]](#) [\[Soups, Sauces, and Gravies\]](#) [\[Spices & Herbs\]](#)
- [\[Sweets\]](#) [\[Vegetables & Vegetable Products\]](#)

Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

1. [Acorn stew \(Apache\) \(NDB#: 35182\)](#)
2. [Agave, cooked \(Southwest\) \(NDB#: 35193\)](#)
3. [Agave, dried \(Southwest\) \(NDB#: 35194\)](#)
4. [Agave, raw \(Southwest\) \(NDB#: 35192\)](#)
5. [Agutuk, fish with shortening \(Alaskan ice cream\) \(Alaska Native\) \(NDB#: 35225\)](#)
6. [Agutuk, fish with shortening \(Alaskan ice cream\) \(Alaska Native\) \(NDB#: 35002\)](#)
7. [Agutuk, fish/berry with seal oil \(Alaskan ice cream\) \(Alaska Native\) \(NDB#: 35001\)](#)
8. [Agutuk, meat-caribou \(Alaskan ice cream\) \(Alaska Native\) \(NDB#: 35003\)](#)
9. [Ascidians \(tunughnak\) \(Alaska Native\) \(NDB#: 35004\)](#)
10. [Bear, black, meat \(Alaska Native\) \(NDB#: 35007\)](#)
11. [Bear, polar, meat, raw \(Alaska Native\) \(NDB#: 35008\)](#)
12. [Blackberries, wild, raw \(Alaska Native\) \(NDB#: 35015\)](#)
13. [Blueberries, wild, frozen \(Alaska Native\) \(NDB#: 35017\)](#)
14. [Blueberries, wild, raw \(Alaska Native\) \(NDB#: 35155\)](#)
15. [Bread, kneel down \(Navajo\) \(NDB#: 35140\)](#)
16. [Buffalo, free range, top round steak, cooked \(Shoshone Bannock\) \(NDB#: 35176\)](#)
17. [Buffalo, free range, top round steak, raw \(Shoshone Bannock\) \(NDB#: 35174\)](#)
18. [Caribou, bone marrow, raw \(Alaska Native\) \(NDB#: 35021\)](#)
19. [Caribou, eye, raw \(Alaska Native\) \(NDB#: 35022\)](#)
20. [Caribou, hind quarter meat, raw \(Alaska Native\) \(NDB#: 35162\)](#)
21. [Caribou, liver, raw \(Alaska Native\) \(NDB#: 35023\)](#)
22. [Caribou, rump meat, half dried \(Alaska Native\) \(NDB#: 35160\)](#)
23. [Caribou, shoulder meat, dried \(Alaska Native\) - CY040CF \(NDB#: 35161\)](#)
24. [Caribou, tongue, raw \(Alaska Native\) \(NDB#: 35025\)](#)

25. [Cattail, Narrow Leaf Shoots \(Northern Plains Indians\) \(NDB#: 35195\)](#)
26. [Chilchen \(Red Berry Beverage\) \(Navajo\) \(NDB#: 35133\)](#)
27. [Chiton, leathery, gumboots \(Alaska Native\) \(NDB#: 35026\)](#)
28. [Chokecherries, raw, pitted \(Northern Plains Indians\) \(NDB#: 35204\)](#)
29. [Chokecherries, raw, pitted \(Shoshone Bannock\) \(NDB#: 35179\)](#)
30. [Cloudberries, raw \(Alaska Native\) \(NDB#: 35027\)](#)
31. [Cockles, raw \(Alaska Native\) \(NDB#: 35028\)](#)
32. [Corn, dried \(Navajo\) \(NDB#: 35134\)](#)
33. [Corn, dried, yellow \(Northern Plains Indians\) \(NDB#: 35183\)](#)
34. [Corn, white, steamed \(Navajo\) \(NDB#: 35135\)](#)
35. [Corned beef and potatoes in tortilla \(Apache\) \(NDB#: 35186\)](#)
36. [Cornmeal, blue \(Navajo\) \(NDB#: 35131\)](#)
37. [Cornmeal, white \(Navajo\) \(NDB#: 35136\)](#)
38. [Cornmeal, yellow \(Navajo\) \(NDB#: 35137\)](#)
39. [Cranberries, wild, bush, raw \(Alaska Native\) \(NDB#: 35029\)](#)
40. [Cranberry, low bush or lingenberry, raw \(Alaska Native\) \(NDB#: 35030\)](#)
41. [Deer \(venison\), sitka, raw \(Alaska Native\) \(NDB#: 35080\)](#)
42. [Duck, scoter, white-winged, meat \(Alaska Native\) \(NDB#: 35069\)](#)
43. [Elk, free range, ground, cooked patties \(Shoshone Bannock\) \(NDB#: 35172\)](#)
44. [Elk, free range, ground, raw \(Shoshone Bannock\) \(NDB#: 35173\)](#)
45. [Elk, free range, roast, eye of round, cooked \(Shoshone Bannock\) \(NDB#: 35178\)](#)
46. [Elk, free range, roast, eye of round, raw \(Shoshone Bannock\) \(NDB#: 35177\)](#)
47. [Fireweed, young leaves, raw \(Alaska Native\) \(NDB#: 35038\)](#)
48. [Fish, blackfish, whole \(Alaska Native\) \(NDB#: 35016\)](#)
49. [Fish, devilfish, meat \(Alaska Native\) \(NDB#: 35034\)](#)
50. [Fish, halibut, cooked, with skin \(Alaska Native\) \(NDB#: 35188\)](#)
51. [Fish, halibut, raw, with skin \(Alaska Native\) \(NDB#: 35149\)](#)
52. [Fish, herring eggs on giant kelp, Pacific \(Alaska Native\) \(NDB#: 35039\)](#)
53. [Fish, herring eggs, Pacific, dry \(Alaska Native\) \(NDB#: 35040\)](#)
54. [Fish, herring eggs, Pacific, plain \(Alaska Native\) \(NDB#: 35041\)](#)
55. [Fish, herring, Pacific, flesh, air-dried, packed in oil \(Alaska Native\) \(NDB#: 35042\)](#)
56. [Fish, lingcod, liver \(Alaska Native\) \(NDB#: 35047\)](#)
57. [Fish, lingcod, meat, raw \(Alaska Native\) \(NDB#: 35046\)](#)
58. [Fish, pike, northern, liver \(Alaska Native\) \(NDB#: 35060\)](#)
59. [Fish, salmon, chum, dried \(Alaska Native\) \(NDB#: 35171\)](#)
60. [Fish, Salmon, Chum, raw \(Alaska Native\) \(NDB#: 35152\)](#)
61. [Fish, salmon, coho \(silver\), raw \(Alaska Native\) \(NDB#: 35150\)](#)
62. [Fish, salmon, king \(chinook\), raw \(Alaska Native\) \(NDB#: 35153\)](#)
63. [Fish, salmon, king, chinook, kippered, canned \(Alaska Native\) \(NDB#: 35065\)](#)
64. [Fish, salmon, king, chinook, liver \(Alaska Native\) \(NDB#: 35068\)](#)
65. [Fish, salmon, king, chinook, smoked and canned \(Alaska Native\) \(NDB#: 35066\)](#)
66. [Fish, salmon, king, chinook, smoked, brined \(Alaska Native\) \(NDB#: 35067\)](#)
67. [Fish, salmon, king, with skin, kippered, \(Alaska Native\) - CY040CJ \(NDB#: 35168\)](#)
68. [Fish, salmon, red, \(sockeye\), canned, smoked \(Alaska Native\) \(NDB#: 35166\)](#)
69. [Fish, salmon, red, \(sockeye\), kippered \(Alaska Native\) \(NDB#: 35167\)](#)
70. [Fish, salmon, red, canned, bones removed \(Alaska Native\) \(NDB#: 35157\)](#)
71. [Fish, salmon, sockeye \(red\), raw \(Alaska Native\) \(NDB#: 35151\)](#)
72. [Fish, salmon, tipnuk, fermented \(Alaska Native\) \(NDB#: 35064\)](#)
73. [Fish, sheefish, raw \(Alaska Native\) \(NDB#: 35169\)](#)
74. [Fish, whitefish, broad, head, eyes, cheeks and soft bones \(Alaska Native\) \(NDB#: 35091\)](#)

75. [Fish, whitefish, broad, liver \(Alaska Native\) \(NDB#: 35088\)](#)
76. [Fish, whitefish, dried \(Alaska Native\) \(NDB#: 35165\)](#)
77. [Fish, whitefish, eggs \(Alaska Native\) \(NDB#: 35158\)](#)
78. [Fish, whitefish, mixed species, raw \(Alaska Native\) \(NDB#: 35089\)](#)
79. [Frybread, made with lard \(Apache\) \(NDB#: 35185\)](#)
80. [Frybread, made with lard \(Navajo\) \(NDB#: 35142\)](#)
81. [Huckleberries, raw \(Alaska Native\) \(NDB#: 35043\)](#)
82. [Lambsquarters, raw \(Northern Plains Indians\) \(NDB#: 35196\)](#)
83. [Lambsquarters, steamed \(Northern Plains Indians\) \(NDB#: 35197\)](#)
84. [Mashu roots, raw \(Alaska Native\) \(NDB#: 35050\)](#)
85. [Melon, banana \(Navajo\) \(NDB#: 35132\)](#)
86. [Moose, liver, braised \(Alaska Native\) \(NDB#: 35051\)](#)
87. [Moose, meat, raw \(Alaska Native\) \(NDB#: 35049\)](#)
88. [Mouse nuts, roots \(Alaska Native\) \(NDB#: 35052\)](#)
89. [Mouse nuts, seedlings \(Alaska Native\) \(NDB#: 35053\)](#)
90. [Mush, blue corn with ash \(Navajo\) \(NDB#: 35130\)](#)
91. [Mutton, cooked, roasted \(Navajo\) \(NDB#: 35141\)](#)
92. [Octopus \(Alaska Native\) \(NDB#: 35054\)](#)
93. [Oil, bearded seal \(Oogruk\) \(Alaska Native\) \(NDB#: 35057\)](#)
94. [Oil, beluga, whale \(Alaska Native\) \(NDB#: 35014\)](#)
95. [Oil, spotted seal \(Alaska Native\) \(NDB#: 35156\)](#)
96. [Oil, walrus \(Alaska Native\) \(NDB#: 35084\)](#)
97. [Oil, whale, bowhead \(Alaska Native\) \(NDB#: 35087\)](#)
98. [Oopah, whole animal \(Alaska Native\) \(NDB#: 35058\)](#)
99. [Owl, horned, flesh, raw \(Alaska Native\) \(NDB#: 35059\)](#)
100. [Pinon Nuts, roasted \(Navajo\) \(NDB#: 35207\)](#)
101. [Plains Pricklypear, broiled \(Northern Plains Indians\) \(NDB#: 35199\)](#)
102. [Plains Pricklypear, raw \(Northern Plains Indians\) \(NDB#: 35198\)](#)
103. [Plums, wild \(Northern Plains Indians\) \(NDB#: 35206\)](#)
104. [Prairie Turnips, boiled \(Northern Plains Indians\) \(NDB#: 35201\)](#)
105. [Prairie Turnips, raw \(Northern Plains Indians\) \(NDB#: 35200\)](#)
106. [Raspberries, wild \(Northern Plains Indians\) \(NDB#: 35202\)](#)
107. [Rhubarb, wild, leaves \(Alaska Native\) \(NDB#: 35063\)](#)
108. [Rose Hips, wild \(Northern Plains Indians\) \(NDB#: 35203\)](#)
109. [Salmon, red \(sockeye\), filets with skin, smoked \(Alaska Native\) \(NDB#: 35190\)](#)
110. [Salmonberries, raw \(Alaska Native\) \(NDB#: 35154\)](#)
111. [Sea cucumber, yane \(Alaska Native\) \(NDB#: 35070\)](#)
112. [Seal, bearded \(Oogruk\), meat, dried \(Alaska Native\) \(NDB#: 35055\)](#)
113. [Seal, bearded \(Oogruk\), meat, dried, in oil \(Alaska Native\) \(NDB#: 35164\)](#)
114. [Seal, bearded \(Oogruk\), meat, low quadrant, raw \(Alaska Native\) \(NDB#: 35170\)](#)
115. [Seal, bearded \(Oogruk\), meat, partially dried \(Alaska Native\) \(NDB#: 35175\)](#)
116. [Seal, bearded \(Oogruk\), meat, partially dried \(Alaska Native\) \(NDB#: 35163\)](#)
117. [Seal, bearded \(Oogruk\), meat, raw \(Alaska Native\) \(NDB#: 35056\)](#)
118. [Seal, ringed, \(Alaska Native\) \(NDB#: 35072\)](#)
119. [Seal, ringed, meat \(Alaska Native\) \(NDB#: 35071\)](#)
120. [Smelt, dried \(Alaska Native\) \(NDB#: 35184\)](#)
121. [Soup, fish, homemade \(Alaska Native\) \(NDB#: 35073\)](#)
122. [Sourdock, young leaves \(Alaska Native\) \(NDB#: 35074\)](#)
123. [Squash, Indian, cooked, boiled \(Navajo\) \(NDB#: 35139\)](#)
124. [Squash, Indian, raw \(Navajo\) \(NDB#: 35138\)](#)

125. [Squirrel, ground, meat \(Alaska Native\) \(NDB#: 35075\)](#)
126. [Steelhead trout, boiled, canned \(Alaska Native\) \(NDB#: 35181\)](#)
127. [Steelhead trout, dried, flesh \(Shoshone Bannock\) \(NDB#: 35180\)](#)
128. [Stew, dumpling with mutton \(Navajo\) \(NDB#: 35144\)](#)
129. [Stew, hominy with mutton \(Navajo\) \(NDB#: 35145\)](#)
130. [Stew, moose \(Alaska Native\) \(NDB#: 35048\)](#)
131. [Stew, mutton, corn, squash \(Navajo\) \(NDB#: 35146\)](#)
132. [Stew, steamed corn \(Navajo\) \(NDB#: 35148\)](#)
133. [Stew/soup, caribou \(Alaska Native\) \(NDB#: 35024\)](#)
134. [Tamales \(Navajo\) \(NDB#: 35147\)](#)
135. [Tea, tundra, herb and laborador combination \(Alaska Native\) \(NDB#: 35078\)](#)
136. [Tennis Bread, plain \(Apache\) \(NDB#: 35187\)](#)
137. [Tortilla, includes plain and from mutton sandwich \(Navajo\) \(NDB#: 35143\)](#)
138. [Walrus, liver, raw \(Alaska Native\) \(NDB#: 35083\)](#)
139. [Walrus, meat and subcutaneous fat raw \(Alaska Native\) \(NDB#: 35082\)](#)
140. [Walrus, meat, dried \(Alaska Native\) \(NDB#: 35079\)](#)
141. [Walrus, meat, raw \(Alaska Native\) \(NDB#: 35081\)](#)
142. [Whale, beluga, eyes \(Alaska Native\) \(NDB#: 35010\)](#)
143. [Whale, beluga, flipper, raw \(Alaska Native\) \(NDB#: 35012\)](#)
144. [Whale, beluga, liver, raw \(Alaska Native\) \(NDB#: 35013\)](#)
145. [Whale, beluga, meat, dried \(Alaska Native\) \(NDB#: 35009\)](#)
146. [Whale, beluga, meat, raw \(Alaska Native\) \(NDB#: 35011\)](#)
147. [Whale, bowhead, skin and subcutaneous fat \(muktuk\) \(Alaska Native\) \(NDB#: 35086\)](#)
148. [Whale, bowhead, subcutaneous fat \(blubber\) \(Alaska Native\) \(NDB#: 35085\)](#)
149. [Willow, leaves in oil \(Alaska Native\) \(NDB#: 35092\)](#)
150. [Willow, young leaves, chopped \(Alaska Native\) \(NDB#: 35093\)](#)

Other Groups

- [\[Baby Foods\]](#) [\[Baked Products\]](#) [\[Beef Products\]](#) [\[Beverages\]](#) [\[Breakfast Cereals\]](#)
- [\[Cereal Grains and Pasta\]](#) [\[Dairy & Egg Products\]](#) [\[Ethnic Foods\]](#) [\[Fast Foods\]](#)
- [\[Fats & Oils\]](#) [\[Finfish & Shellfish Products\]](#) [\[Fruits and Fruit Juices\]](#)
- [\[Lamb, Veal, and Game Products\]](#) [\[Legumes and Legume Products\]](#)
- [\[Meals, Entrees, and Sidedishes\]](#) [\[Nut and Seed Products\]](#)
- [\[Pork Products\]](#) [\[Poultry Products\]](#) [\[Sausages & Luncheon Meats\]](#)
- [\[Snacks\]](#) [\[Soups, Sauces, and Gravies\]](#) [\[Spices & Herbs\]](#)
- [\[Sweets\]](#) [\[Vegetables & Vegetable Products\]](#)

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