

+ Southeast Asia/Filipino Cuisine

- In July 2015, the population of the Philippines was 100,998,376.
- In 1960, 1.1% (105,000) of all immigrants in the U.S. were Filipino.
- In 2013, this number rose to 4.5% (1,844,000)
- From 2009-2013, 0.8% (80,000 immigrants) of the metropolitan population in Chicago-Naperville, Elgin, IL-IN-WI



Traditional Food Habits

- Basic daily diet consists of rice, fish or meat, vegetables and fruits, with freshness being of utmost importance
- Steamed, white rice is a central part of the daily diet, being eaten a breakfast, lunch and dinner
 - Rice is an accompaniment to both sweet and savory foods
- Meals occur 5-6 times a day: heavy breakfast of rice and meat, small snack, lunch, small snack, then dinner which involves communal food preparation and time to visit with family, then an after dinner snack including fruit or dessert.
- Food is major component of social gatherings, including lechón, adobo, leche flan, bibingka, lumpia and pancit
- Filipino foods traditionally combine sweet, sour, bitter and salty tastes
- Dishes high in salt, sugar and starch are common (soy sauce, shrimp paste, and pancit, lumpia, adobo, etc)

Chinese New Year

- Celebrated in countries and territories with significant Chinese Populations
- First day of the Chinese New Year falls on some day between Jan. 21 and Feb 20.
 - This year (2016) the first day is Feb. 8th
- Festivities/Celebrations last 15 days
- Celebrations include: Lion Dance Competition, Parades with colorful floats and a wide variety of cultural performances.

1st day of the new year:
Some countries abstain from eating meat on the first day of the New Year as they think this will ensure longevity
Some consider lighting fires and using knives to be bad luck



Health Concerns

- High cholesterol, hypertension and diabetes are top three health concerns
- Studies have shown that Filipinos have the highest BMI among Asian groups with the exception of non-Hawaiian pacific islanders
 - 25% of Filipinos in the Philippines over the age of 24 are overweight
- For first-generation Filipino immigrants, length of stay in the US correlates with weight gain
- For U.S.-born Filipinos, high BMI has been linked to unhealthy eating habits developed as they assimilate into American culture
- Based on the Filipino Advocacy and Organizing Health project



Pre/Post Questions

1. Which of the following statements is true?

Traditionally, Filipinos eat 3 meals a day.

Rice is a central part of the filipino diet.

When it comes to fruits and vegetables, freshness is not important in Filipino cuisine.

Traditional filipino dishes are low in sodium.

2. Which disease is a major health concern for Filipinos?

Hypertension

Kidney disease

Asthma

Crohn's disease

