

Good Grinding for Wise Dining  
Glossary

Adobo	Adobo is a Filipino dish that is usually made with chicken or pork and cooked slowly in a sauce made of vinegar, soy sauce (see soy sauce or shoyu), garlic, bay leaves, and black peppercorns.
Almond float	Almond float is a Chinese dessert made of almond flavored gelatin with canned fruits such as lychee and/or fruit cocktail.
Almond milk	Almond milk is an alternative to milk (from animals, i.e. cow's milk). It is a milky like liquid made from almonds.
Andagi	Andagi is an Okinawan donut, a deep fried ball of dough.
Arare	Arare are Japanese rice crackers flavored with soy sauce and other ingredients. Also known as mochi crunch and kaki mochi.
Azuki beans	Azuki beans are Asian red beans commonly sweetened and used as a filling or topping in desserts and baked goods.
Bacteria	Bacteria is a type of microorganism that is found naturally in the environment. It may cause food-borne illness if food is not handled properly.
Bagel	Bagel is a firm, doughnut-shaped roll made from yeast dough that is first boiled then baked.
Bagoong	Bagoong is a salty Filipino paste usually made from fermented fish or shrimp.
Baked beans	Baked beans is any dish similar in preparation to Boston Baked Beans which are beans baked slowly with salt pork or bacon, seasonings, and molasses or brown sugar.

Bamboo	Bamboo eaten is the edible portion of young bamboo shoots. It is a brown or dull yellow vegetable.
Bean sprouts	Bean sprouts are sprouted mung beans but could also be the sprouts grown from seeds of any bean plant that is eaten as food.
Bento	Bento or lunch box is a type of take out container that usually consists of rice or noodles, a protein (i.e. fish, chicken, meat, seafoods), and pickled vegetables or cooked vegetables.
Bingo	Bingo is a game matching randomly selected numbers with the numbers on a BINGO game card.
Black beans	Black beans are small and oval shaped, typically used in Latin dishes. It is also known as turtle beans.
Black-eyed peas	Black-eyed peas are small, pale beige colored beans with a black "eye". The "eye" may also be brown, red, or yellow.
Bran	Bran is part of the whole grain. It is the outer shell of a grain, with B vitamins, trace minerals and rich in fiber.
Brown rice	Brown rice is rice with its husks removed, but hull intact. It is higher in protein, vitamins, and minerals than white rice.
Buckwheat	Buckwheat are seeds from a beech tree (not a grass) that is used like wheat. The seed is ground into a flour and used in pancake mixes and a Japanese noodle called soba. See soba.
Budget-friendly	Budget-friendly means not expensive, affordable.
Bulgur (cracked wheat)	Bulgur is a whole grain food also known as cracked wheat.

Bulk purchasing	Bulk purchasing is buying foods in larger amounts for a lower price.
Burritos	Burritos are flour tortillas rolled or folded around a filling.
Buy one get one free	Buy one get one free is purchasing one item at regular price and getting the second item for free.
Calcium	Calcium is the most abundant mineral in our bodies, important to keep our bones and teeth strong. Calcium containing food items include dairy products (i.e. milk, cheese yogurt), some vegetables (i.e. spinach, broccoli) and some fortified products (see fortified) (i.e. soy milk, certain orange juices, certain cold cereals).
Carbohydrate	Carbohydrates are the body's main source of energy. It includes sugars, starches, and dietary fiber.
Chinese Cabbage	Chinese cabbage is also called Napa cabbage or Bok Choy in Chinese. It can be eaten raw, steamed, boiled, braised, stuffed, or stir-fried.
Chinese parsley	Chinese parsley is the coriander plant whose pungent leaves are used in Asian, Mexican, and other cuisines. Also known as cilantro.
Chop Chae	Chop Chae is a Korean cellophane/clear noodle dish with stir-fried vegetables which may include mushrooms, celery, carrots, onions, snow peas, egg, meat (i.e. chicken, beef) and flavoring such as soy sauce.
Chop Suey Mix	Chop Suey Mix is a mixture of vegetables that may include bean sprouts, carrots, cabbage, and watercress.
Chow Mein	Chow Mein are thin Chinese noodles that are stir-fried with vegetables (i.e. bean sprouts, onions, cabbage) and protein such as meat, chicken, tofu or seafood.

Cilantro	See Chinese parsley
Club soda	See sparkling water
Coconut milk	Coconut milk is the creamy liquid extracted from fresh coconut meat with water added.
Cold cuts	Cold Cuts are precooked, precut and cured meats such as salami, bologna, ham and other meats, usually served cold in sandwiches. They are also known as deli meat.
Combo meal	Combo meal is a combination of a main meal (i.e. sandwich) with a side dish (i.e. French fries) and a drink.
Condensed cream of mushroom soup	See Cream of Mushroom Soup
Cottage cheese	Cottage cheese is a white, soft cheese that has its whey drained. As a result, it has lower levels of lactose than milk. It can be used with fruits, salads, desserts, in dressings and dips.
Cream cheese	Cream cheese is a white, smooth, creamy cheese, with a mild/bland taste. It is made from milk and/or cream.
Cream of Mushroom Soup	Cream of mushroom soup is a smooth thick soup made with mushrooms and usually with cream. Condensed cream of mushroom soup is a concentrated canned soup that is used as a base in many sauces and recipes.
Cuttlefish	Cuttlefish is a squid-like ocean creature commonly used as food in Asia and the Mediterranean. Cuttlefish is a popular snack when flavored and dried.
Dairy foods	Dairy foods are milk or milk-based foods/items such as milk, cheese, yogurt, butter, ice cream, etc.

Dehydrated	Dehydrated is the removal of water or moisture.
Early Bird Special	Early Bird Special are discounted prices or special lower prices on food or services provided before a certain time of day.
Egg substitute	Egg substitute is an egg product that can take the place of regular whole eggs, but has replaced the yolks to lower the cholesterol or fat content.
Endosperm	Endosperm is part of the whole grain. It is the inner portion of the grain containing carbohydrate and some vitamins. It is the portion that is usually eaten.
English muffin	English muffin is a small round rather flattened bread product that is halved and toasted.
Environmentally friendly	Environmentally friendly is to be a "friend of the environment"; attempting to do the least amount of harm to the natural world.
Evaporated milk	Evaporated milk is canned milk with over half of its water removed, leaving a more dense liquid.
Family pack	Family pack is usually a bigger portion of a food or a meal that can feed a family at a cheaper price.
Fiber	Fiber is found in plant-based food items such as fruits, vegetables, legumes and grains. It is not fully digested and regulates bowel movements.
Fish paste	Fish paste is a concentrated paste made from fish. It is used for sauces or flavoring in dishes.
Fish sauce	Fish sauce is a clear, yellow-brown sauce made from fish that is fermented. It is also called patis (Filipino), nam pla (Thai), harm har (Chinese), and nuoc mam (Vietnamese).

Fishcake or Fish cake	Fishcake is the general name for cooked and raw fish paste mixtures. Kamaboko is processed Japanese fishcake that typically is pink or red on the outside, white on the inside, and is very decorative when sliced.
Food poisoning	Food poisoning is an illness due to eating contaminated foods and could include abdominal pain, nausea, vomiting, high fever, and diarrhea.
Fortified	Fortification is the process by which vitamins and/or minerals are added to food items in addition to naturally occurring nutrients.
Frozen yogurt	Frozen yogurt is a lower fat alternative to ice cream, usually made from yogurt.
Fruit breads	Fruit breads are loaf-shaped baked goods made from a sweet dough or batter using one or more kinds of fruit.
Fruit cocktail	Fruit cocktail is a colorful fruit salad of diced and sliced fruit; typically a canned product unless specified as fresh.
Furikake	Furikake is a Japanese seasoning mix with a base of dried seaweed, sesame seeds, and salt.
Garbanzo bean	Garbanzo beans are also small, irregular shaped beans usually a pale beige color. It can also be yellow, brown, black or green and is also known as chickpeas. It is best known to be used in hummus, but can also be used in salads, main dishes, soups, dips.
Gelatin	Gelatin is a powder made from animal protein that produces a clear, colorless, tasteless and odorless, substance with gel forming properties when mixed with hot water. It can be added to sugar and other items to make fruit flavored gelatin desserts such as jello.
Germ	Germ is part of the whole grain. It is the inside or embryo of the grain. It has the highest concentration B vitamins, trace minerals and protein in the whole grain.

Good hygiene practices	Good hygiene practices include thoroughly washing hands with soap and warm water before, during and after handling and preparing foods; making sure that towels, utensils, and surfaces are clean for preparing foods.
Granola	Granola is a baked crunchy mixture of oats, nuts, dried fruits, and possibly other ingredients; consumed as a breakfast cereal and snack food.
Halohalo	Halohalo is a Filipino dessert drink of milk, sugar, fruits, and ice or shaved ice.
Heavy syrup	Heavy syrup is a thick, sugary liquid used in packing canned fruits. See also light syrup.
Ice packs or coolants	Ice packs or coolants are ice substitutes that are frozen ahead of usage to keep foods cold.
Jalapeno poppers	Jalapeno poppers is a breaded jalapeno (a small/medium chile pepper) that is stuffed with either cheese and/or cream cheese and deep fried.
Jerky	Jerky are flavored strips of meat or fish that have become preserved through drying and do not require refrigeration. This makes it ideal for camping and the outdoors, as well as a snack anytime at home.
Jook	Jook is a thick Chinese rice soup containing bits of chicken, turkey, or pork.
Kabobs	Kabobs are skewers of cubed meat and vegetables, or seafood and vegetables that are grilled; or can be any skewered foods such as cut up fresh fruit for fruit kabobs.
Kaki mochi	See arare
Kamaboko	See fishcake
Katsu	Katsu is a Japanese breaded, deep fried cutlet (i.e. chicken, pork, fish, and beef).

Kernel	Kernel is the name for the entire whole grain consisting of the bran, endosperm, and germ. The outer husk is removed and not consumed in the whole grain product.
Kidney bean	Kidney bean is a type of bean that is named for its shape (a kidney). It can be used in chili, salads, soups, with rice dishes.
Legumes	Legumes are members of the pea family that include beans, peas, peanuts, and lentils. Legumes are rich in protein, fiber and other nutrients.
Lentils	Lentils are members of the legume family and their nutritious flat round seeds have been very important for the diets of the people of India, Africa, and the Middle East.
Light syrup	Light syrup is a sugary liquid used in packing canned fruits. See heavy syrup.
Limu	Limu is a Hawaiian word referring to seaweed. There are many types of limu eaten in Hawaii. See also Ogo.
Long Rice	Long rice is a clear dried bean curd noodle, usually made from mung beans.
Luau	Luau is a Hawaiian feast.
Lumpia	Lumpia is a Filipino spring roll (see spring roll).
Luncheon meat	Luncheon meat is a processed, precooked, prepackaged meat usually made from pork.
Malasadas	Malasadas are Portuguese donuts that are deep fried and usually covered with sugar.



Manapua	Manapua are Chinese buns either steamed white or baked golden brown filled with slightly sweetened pork and other savory and sweet fillings.
Mandoo	Mandoo are Korean dumplings usually filled with meat (pork, shrimp, beef or chicken) with vegetables (bean sprouts, carrots, cabbage, etc). They can be prepared by pan frying, steamed or simmered.
Marinade	Marinade is a flavorful sauce in which food is soaked to enhance flavor and/or to be tenderized.
Marinara sauce	Marinara sauce is a robust tomato sauce made with onions, garlic, and spices.
Marinate	Marinate is to allow meat, fish, or vegetables to soak in a marinade.
Microwavable container	Microwavable container is a dish or vessel that is safe to use to heat food in the microwave.
Minerals	Minerals are needed for growth and regulation of body functioning and processes.
Mini plate lunch	Mini plate lunch is a smaller version of a regular plate lunch. See plate lunch
Mochi crunch	See arare
Mustard greens	Mustard greens or cabbage is also referred to as Kai Choy or Gai Choy in Chinese. It can be eaten raw, steamed, boiled, braised, stuffed, or stir-fried.
Musubi	Musubi is a Japanese rice ball.
Namul	Namul is blanched vegetables in a Korean dressing
Navy bean	Navy bean is a type of white bean found in canned pork and bean products.

Non-dairy calcium foods	Non-dairy calcium foods are usually used when people cannot consume dairy or dairy products such as milk, yogurt, cheese, etc. Examples of non-dairy calcium foods include fortified soy, rice or almond milk, almonds, beans, canned salmon and/or sardines with bones.
Nonperishable foods	Nonperishable foods are foods that do not need refrigeration or freezing and can be stored for long periods of time such as dried beans, canned goods, and stable jarred items.
Nuoc mam	Nuoc mam is a Vietnamese fish sauce. It is used as a dipping sauce or to flavor dishes.
Nutrients	Nutrients are substances in food that the body can use for energy, for growth and repair, regulate function, and to maintain health.
100% juice	100% juice is a beverage made entirely of fruit juice with nothing else added as filler.
Ogo	Ogo is the Japanese word for certain types of seaweed. See limu.
Oyster sauce	Oyster sauce is a thick, brown sauce that is used for flavoring/seasoning Asian dishes. It is typically made from fermented oysters.
Pancit	Pancit is a stir-fried Filipino noodle dish with rice and/or egg noodles, vegetables and meat (chicken or seafood).
Parfait	Parfait is a cold dessert made of layers of fruit, syrup, ice cream, and whipped cream. A lower calorie version may have layers of fruit, yogurt, and low-fat whipped topping.
Patis	Patis is a Filipino fish sauce used to flavor dishes.
Perishable foods	Perishable foods are foods that require refrigeration or freezing to prevent spoilage.

Pinto bean	Pinto bean is a small pink or beige bean with reddish brown spots. It is commonly used in American Southwest and Mexican dishes.
Pita bread	Pita bread is a thin flat bread. When it can be opened into two layers to form a pocket it is known as pocket bread.
Pita chips	Pita chips are crispy wedges for snacking or dipping made by slicing and baking pita bread.
Plate lunch	Plate lunch is a general term used for a take out menu item, usually consisting of two scoops of white rice, meat, and macaroni salad. It is part of Hawaii's local culture integrating different ethnic foods.
Plate method	Plate method is a way of eating food proportionally which simplifies eating healthfully. Veggies and fruits fill half the plate; a starch fills a fourth of the plate and a protein food filling the remaining fourth. Veggies and fruits may be piled high while starches and protein foods must be no more than half an inch high.
Pocket bread	See pita bread
Poi	Poi is mashed taro root mixed with water.
Poke	Poke is a cubed raw fish salad, which usually consists of raw fish, limu or ogo (seaweed), green onion, sesame seed oil, salt, soy sauce, and chili peppers.
Potluck	Potluck is a get-together of people in which everyone brings a dish, food, or other items related to the gathering (i.e. paper goods, utensils, beverages, games). Each dish, food, or item are shared among participants.
Powdered milk	Powdered milk is a dried milk made from dried milk solids. It can be used as a substitute for liquid fresh milk and does not have to be refrigerated.

Protein	Protein is important to build muscle, process nutrients, and health. Sources of protein include animal sources such as meat, eggs, and dairy products and non-animal sources such as legumes.
Pull date	Pull date is the date on a food product by which the item must be sold or it must be pulled from the shelf.
Rain check	Rain check is a claim issued by a store that allows a customer to purchase an item at the sale price when the sold out item is again in-stock.
Rice milk	Rice milk is a milky-like beverage made from rice. It is an alternative to milk (from animals).
Rotisserie chicken	Rotisserie chicken is a whole chicken that is roasted while spinning on a metal rod in an oven or over a fire.
Russet potato	Russet potato is a type of potato that has brown skin and white inner flesh. It is commonly used for baking.
Saimin	Saimin is an Asian noodle soup dish that is distinctive to Hawaii (Japanese/Chinese origin). It is usually garnished with egg, char siu (Chinese barbeque pork) and/or luncheon meat, kamaboko (steamed fish cake), and green onions.
Salsa	Salsa is a sauce that is made from fruit and vegetables. It is usually tomato-based and spiced with chilies. It is commonly used as a condiment.
Sell by date	Sell by date is the last day in which products should be sold at the grocery store.
Seltzer or seltzer water	See sparkling water
Senior discount	Senior discount is a discount given to older adults (age varies) that is usually designated on certain days of the week or time of day.

Shave ice or Shaved ice	Shave ice or shaved ice is a local treat made of a mound of finely shaven ice compacted into a paper cone then sweetened with colorful fruit-flavored syrups.
Shelf life	Shelf life is the period of time during which a food may be stored and remain suitable for use.
Shoyu	Shoyu, see soy sauce
Shoyu chicken	Shoyu chicken is chicken soaked and simmered in a sauce often consisting of soy sauce, garlic, ginger, sugar, and pepper.
Shrimp paste	Shrimp paste is a paste made from fermented shrimp.
Slow cooker	Slow cooker is a heavy ceramic pot with an electric heating element designed to simmer foods over many hours.
Smoothie	Smoothie is a creamy beverage made of fruit blended with juice, milk, or yogurt.
Soba	Soba is Japanese buckwheat noodles
Soda water	See sparkling water
Somen	Somen are white Japanese noodles.
Sour cream	Sour cream is a cream that is fermented by certain bacteria cultures which makes the cream sour. Other additives give the cream a thick and smooth texture.
Soy milk	Soy milk is an alternative to milk (from animals). It is a milky like liquid made from soybeans.
Soy sauce	Soy sauce is a salty dark brown sauce made from fermented soy beans. It is called shoyu in Japanese and is commonly used in Asian cooking.

Sparkling water	Sparkling water is plain carbonated water, also called soda water, seltzer water, and club soda.
Spring rolls	Spring rolls are deep fried pastry rolls. It is made from a rice or flour wrapper and filled with thinly sliced vegetables and meat.
Standing time	Standing time is the period of time after cooking when the food must be left alone before it is to be eaten.
Starch	Starch is a type of carbohydrate and provides energy. It is found in grains, some fruits and vegetables, legumes, nuts and seeds
Stir-fry	Stir-fry is a method of cooking food, constantly stirring over high heat in a pan or wok.
Tako	Tako is Japanese for octopus.
Tapioca pudding	Tapioca pudding is a pudding that is made from tapioca pearls (small translucent balls). Tapioca comes from the root of the Cassava plant.
Tempura	Tempura is a Japanese dish in which food (i.e. shrimp, vegetables, etc) is battered and deep fried.
Tofu	Tofu is a bean curd that is made from coagulated soy milk and pressed together to make tofu blocks.
Tortilla	Tortillas are Mexican flat breads that are round and are most commonly made from corn or wheat.
Tortilla chips	Tortilla chips are deep fried or baked chips made from tortillas. Tortillas are Mexican flat breads that are round and are most commonly made from corn or wheat.
Trail mix	Trail mix is a mixture of nuts, dried fruits, and other items originally intended for snacking on hikes.

Turkey pepperoni	Turkey pepperoni are thin slices of spicy Italian sausage that uses ground turkey instead of pork and beef for a lower fat content.
Use by date	Use by date tells the consumer the date at which food items should be consumed.
Value meal	Value meals are items that are offered at a lower price if purchased as a group, compared to the cost of the items if individually purchased.
Veggie burger	Veggie burger is a non-meat or vegetarian sandwich patty that resembles a beef hamburger.
Veggie sticks	Veggie sticks are vegetables such as celery and carrots that are cut into stick-like pieces to eat with your fingers.
Vitamins	Vitamins are needed for reproduction, growth and maintenance (i.e. Vitamin C, B's, A, D, E, K, etc.).
Water chestnut	Water chestnut is a small white-fleshed, crispy plant (not a nut) often used in Asian cooking.
Watercress	Watercress is a green vegetable with small leaves and bitter taste that is grown partially in water.
White beans	White beans are white colored beans with varieties such as Navy or Great Northern; used in soups, salads, main dishes, or dips.
Whole grain barley	Whole grain barley is a whole grain with its husk removed, but hull in tact. Barley is used to make bread, beer, as animal feed, or eaten by itself in soups, salads and other entrees.
Whole grain cornmeal	Whole grain cornmeal is made from ground corn. It is commonly used to make cornbread, grits, corn tortillas, polenta.

Whole rye	Whole rye is a whole grain. It has similar characteristics to wheat, but with a more distinctive taste (i.e. rye bread).
Whole wheat bread	Whole wheat bread is bread made from whole wheat flour (see whole wheat flour).
Whole wheat crackers	Whole wheat crackers are crackers made from whole wheat flour (see whole wheat flour).
Whole wheat flour	Whole wheat flour is made from the whole grain kernel including the bran, germ and endosperm.
Whole wheat pasta	Whole wheat pasta is pasta made from whole wheat flour (see whole wheat flour).
Whole wheat sandwich buns	Whole wheat sandwich buns is a type of whole wheat bread, (i.e. hamburger or hotdog bun).
Whole wheat tortilla	Whole wheat tortilla is made from whole wheat flour (see whole wheat flour)
Wild rice	Wild rice is a whole grain from aquatic grass. It is high in protein and fiber and low in fat.
Won ton or wonton	Wonton is a Chinese dumpling that is wrapped with a flour wrapper with filling of meat, vegetable and flavoring (i.e. minced pork, shrimp, onion, ginger, sesame oil and soy sauce, etc). It can be fried, steamed or served in hot soup with rice or noodles.
Wraps	Wraps are thin, sheets of bread-like material that are rolled around fillings (as in meat, fish, or vegetables).
Yogurt	Yogurt is a sour/tart dairy product made of fermented milk, mixed with a bacteria culture.
Zest	Zest is the outer-most skin of citrus fruits that is grated or cut into thin strips for flavoring.



Wonton	Wontons are a Chinese dumpling that is wrapped with a flour wrapper with filling of meat, vegetable and flavoring (i.e. minced pork, shrimp, onion, ginger, sesame oil and soy sauce, etc). It can be fried, steamed or served in hot soup with rice or noodles.
Wraps	Wraps are thin, sheets of bread-like material that are rolled around fillings (as in meat, fish, or vegetables).
Yogurt	Yogurt is a sour/tart dairy product made of fermented milk, mixed with a <i>bacteria</i> culture.
Zest	Zest is the outer-most skin of citrus fruits that is grated or cut into thin strips for flavoring