

What the World Eats

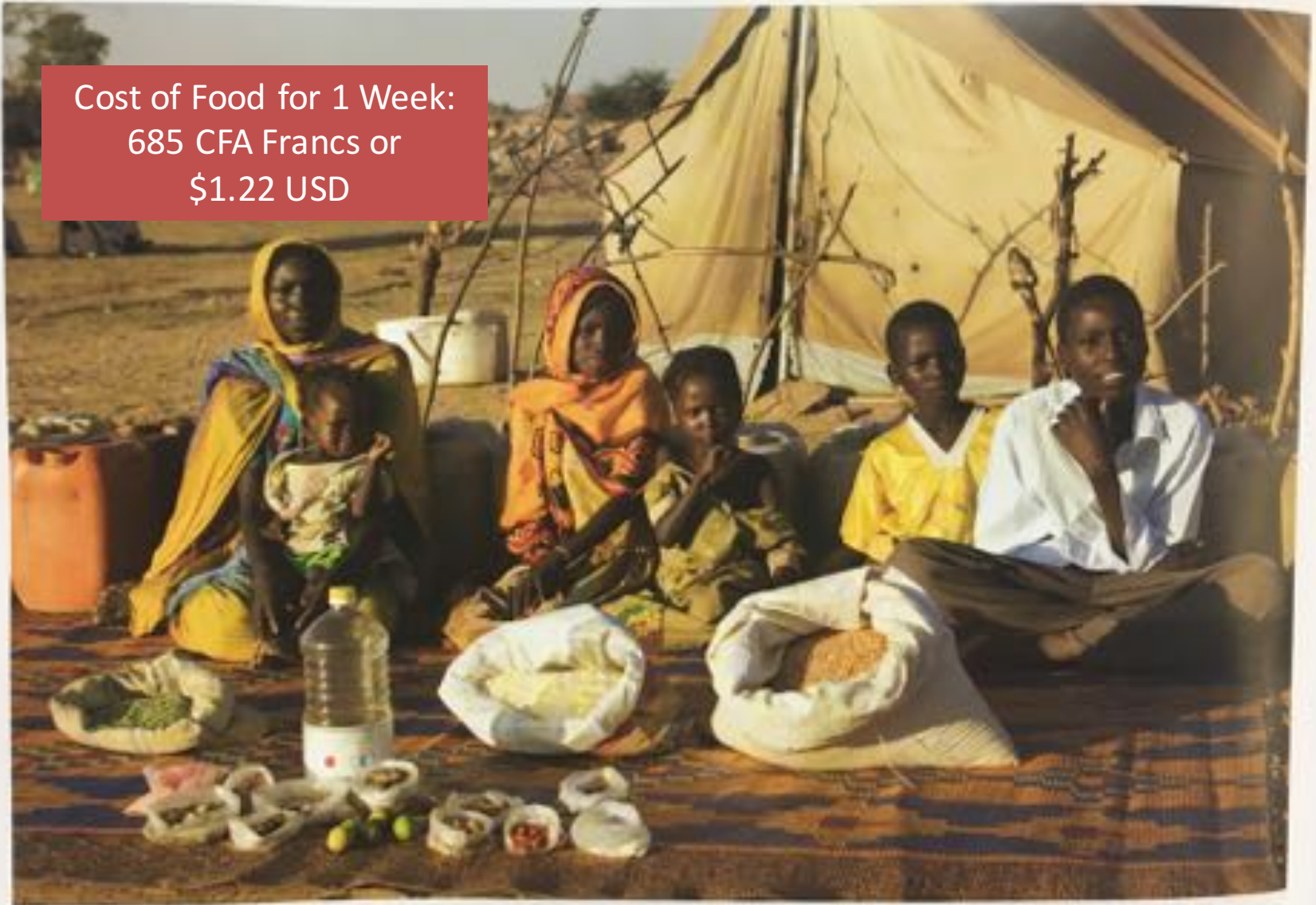
WHAT THE WORLD EATS



Photographed by PETER MENZEL. Written by EMILIE D'ALUISIO

Chad THE ABOUBAKARS OF BREIDJING REFUGEE CAMP

Cost of Food for 1 Week:
685 CFA Francs or
\$1.22 USD



The Aboubakar family of Darfur province, Sudan, in front of their tent in the Breidjing Refugee Camp, in eastern Chad, with a week's worth of food. D'jima (Shahk Soulymane, 40), holds her daughter Nees, 3; the other children are (left to right) Aika, 12; Mariam, 5; Youssouf, 8, and Abdel Kerim, 14. Cooking method: wood fire. Food preservation: natural drying. Favorite food—D'jima: soup with fresh sheep meat.

ONE WEEK'S FOOD IN NOVEMBER: 685 CFA FRANCS (COMMUNAUTÉ FINANCIÈRE AFRICAINE)/\$1.22 USD

Cereals and Other Starchy Foods**

sorghum ration, unmilled, 39.3 lb
corn-soy blend ration (CSB), 4.6 lb

Dairy

not available to them

Meat, Fish, and Eggs \$0.58**

goat meat, dried and on bone, 9 oz
fish, dried, 7 oz

Note: Periodically, such as at the end of Ramadan, several families collectively purchase a live animal to slaughter and share. Some of its meat is eaten fresh in soup and the rest is dried.

Fruits, Vegetables, and Nuts: \$0.51**

leaves, small, 5
pulses ration, 4.6 lb, the seeds of legumes such as peas, beans, lentils, chickpeas, and fava beans
red onions, 1 lb
garlic, 8 oz
okra, dried, 5 oz
red chili peppers, dried, 5 oz
tomatoes, dried, 5 oz

Condiments: \$0.13**

sunflower oil ration, 2.3 qt
white sugar ration, 1.4 lb
dried pepper, 12 oz
salt ration, 7.4 oz
ginger, 4 oz

Beverages:

water, 77.7 gal, provided by the international aid group Oxfam, and includes water for all purposes; rations organized by the United Nations with the World Food Programme

**Market value of food rations, if purchased locally: \$24.37



At the end of the month of Ramadan, the Muslim fasting period, some of the families in D'jima's block celebrated the festival of Eid al-Fitr by banding together to buy a goat, which they then slaughtered. While the meal simmered in a soup, many refugees went to services at an improvised mosque.

FACTS ABOUT THE DARFUR REGION, SUDAN

Darfur's population that is refugees within Darfur: 30%

Sudanese refugee population in Chad: 200,000

Population of Breiding Refugee Camp in Chad: 30,000+

U.S. government aid to Darfur region since 2004: \$2.7 billion

Number of refugee camps in eastern Chad: 11

Number of refugee camps in Darfur: 160+

Camels exported from Sudan to Egypt annually for meat: 168,050+



Ecuador THE AYMES OF TINGO

Cost of Food for 1 Week:
\$31.55 USD



The Ayms family in their kitchen house in Tingo, Ecuador, a village in the central Andes, with one week's worth of food. Emelinda Ayms Sotogallo, 27, and Orlando Ayms, 35, sit flanked by their children (left to right): Livia, 5; Natalia, 8; Moses, 11; Alvarito, 4; Jessica, 10; Orlando Ayms (Junior, held by Emelinda), 9 months; and Matucio, 30 months; Not in photograph: Laria, 5, who lives with her grandparents to help them out. Cooking method: wood fire. Food preservation: natural drying.

ONE WEEK'S FOOD IN SEPTEMBER: \$31.55 USD (ECUADOR ADOPTED THE U.S. DOLLAR AS ITS OFFICIAL CURRENCY IN 2000)

Grains and Other Starchy Foods: \$17.40**

white potatoes, 100 lb
white rice, broken, 50 lb, cheaper than whole rice
ground wheat,* 15 lb
corn flour, 10 lb
white flour, fine, 10 lb
green pea flour, 8 lb
white flour, coarse, 6 lb

Note: The Aymes normally grow their own potatoes and corn but have none to harvest at this time of year. They have eaten the last of their homegrown barley.

Dairy:**

milk, 1.8 gal, from family cows • Only part of the week's supply is shown in the photograph.

Meat, Fish, and Eggs: none.

Fruits, Vegetables, and Nuts: \$11.25

plantains, 13.4 lb
yellow bananas, 6.2 lb, purchased overripe as they are cheaper that way
oranges, 3.6 lb
lemons, 2.5 lb
Andean blackberries, 1 lb
lentils, 10 lb
carrots, 3.6 lb
red onions, 3 lb
leeks, 2 lb
lettuce, 1 head

Condiments: \$2.90

brown sugar, 11 lb, purchased as a cake, used for sweetening coffee and eaten as candy
salt, 1.5 lb
vegetable oil, 16.9 fl oz
cilantro, 1 bunch

Beverages:**

stinging nettle, 1 small bunch, gathered wild for tea
corn silk, 1 handful, boiled in water for both tea and medicine
water from a nearby spring, carried by hand, for drinking and cooking

*Homegrown

**Market value of homegrown foods, if purchased: \$3.20

FACTS ABOUT ECUADOR

Population of Tingo village: 80 (estimate)

Indigenous population: 25%

Undernourished population: 5%

Total annual health care expenditure per person: \$127

Number of volcanoes: 17

Consumption of sugar and sweeteners per person per year: 99 pounds

Population living on less than \$2 a day: 37%



Wearing a traditional Andean felt hat, Ermelinda spends part of her morning in the windowless cooking hut, cleaning barley in the light from the doorway. After she blows away the dust and chaff, the grain is ready to be ground for breakfast porridge.



Egypt THE AHMEDS OF CAIRO

Cost of Food for 1 Week:
387.85 Egyptian Pounds or
\$68.53 USD



The Ahmeds' extended family in the Cairo apartment of Mansour Ahmed, 35 (glasses), and Nadia Mohamed Ahmed, 26 (brown headscarf), with a week's worth of food. With them are their children, Donya, 14 (far left, holding baby Nancy, 8 months); Karim, 9 (behind bananas); Nadia's father (barbary); Nadia's nephew Islam, 8 (football shirt); Nadia's brother Khaled, 34 (gray-blue shirt); his wife, Aboufayz, 29; and their children, Hussam, 4; and Issa, 18 months (held by family friend).

ONE WEEK'S FOOD IN MAY: 387.85 EGYPTIAN POUNDS/\$68.53 USD

Grains and Other Starchy Foods: \$2.71

potatoes, 8.8 lb
white rice, 6.6 lb
belbeusa powder (semolina flour and ground nut mix),
2.2 lb, used to make a dense, Egyptian cake saturated
with syrup
macaroni, 2.2 lb
pita bread, 2.2 lb
gilah (paper-thin dough), 1.1 lb

Dairy: \$11.11

milk powder, 6.6 lb
butter, 4.4 lb
white cheese, salted, 2.2 lb
white cheese, unsalted, 2.2 lb
Italian cheese, sliced, 1.1 lb, not a weekly purchase
President cheese, 1 lb
yogurt, 8.8 oz

Meat, Fish, and Eggs: \$33.22

farm chickens, 16.5 lb
lamb meat, 8.8 lb • Meat and meals are often shared
with Nadia's brother, his wife, and their two small children—extended Egyptian families often live together,
or close by, and eat together frequently, especially during
holiday times.
eggs, 25
tuna, canned, 3 lb
beef burger patties, 1.5 lb
beef, hoazon, 1.1 lb
Borlon corned beef, canned, 14 oz
meat, pickled, 8.8 oz

Fruits, Vegetables, and More: \$10.53

watermelons, 30.9 lb
yellow bananas, 5.5 lb
peaches, 4.4 lb
white eggplants, 7.7 lb
red onions, 6.6 lb
tomatoes, 6.6 lb
green olives, mixed with lemons, 4.4 lb
green bell peppers, 4.4 lb
squash, 4.4 lb
black olives, 2.2 lb
cucumbers, 2.2 lb
gotic, 2.2 lb
grape leaves, 2.2 lb
Jaw's mallow (a traditional Egyptian vegetable used
in soup), 2.2 lb
okra, 2.2 lb
beans, 1.1 lb
pickled vegetables, 1 qt

Condiments: \$7.05

Yasmeena sunflower oil, 1.1 gal
sugar, 2.2 lb
Vigilar readymade filé spices, 1.8 lb
honey, 1.1 lb
coriander leaves (cilantro), 3 bunches
parsley, 3 bunches
black pepper, 7.9 oz
chile powder, 7.9 oz
coriander seed, 7.9 oz
cumin, 7.9 oz
mixed spices, powdered, 7.9 oz
salt, 7.1 oz, used as a seasoning, to salt pickles and to
clean meat

Snacks: \$1.33

halawa (rawit sesame cake), 2.2 lb

Prepared Food: \$0.09

beans, cooked, 1 dish

Beverages: \$2.47

Coca-Cola, 1.1 qt
Amirada orange soda, 1.1 qt
Sprite, 1.1 qt
Al Anissa tea, 1.1 lb
tap water for drinking and cooking

FACTS ABOUT EGYPT

Population of Cairo: 7,786,540

Population with access to electricity: 96%

Undernourished population: 1%

Total annual health care expenditure per
person in US: \$66

Population age 20 and older with diabetes: 7.2%

Consumption of sugar and sweeteners
per person per year: 66 pounds

Population living on less than \$2 a day: 37%

Camels imported into Egypt that are used for
food: 90%



France THE LE MOINES OF MONTREUIL.

Cost of Food for 1 Week:
315.17 Euros or
\$419.95 USD



The Le Moine family in the living room of their apartment in the Paris suburb of Montreuil, with a week's worth of food. Michel Le Moine, 50, and Eve Le Moine, 50, stand behind their daughters, Delphine, 20 (standing), and Laetitia, 16 (holding spaghetti and Coppelin the cat). Cooking methods: electric stove, microwave oven. Food preservation: refrigerator-freezer. Favorite foods—Eve: fresh vegetables; Delphine: Thai food. Laetitia: pizza carbonara.

ONE WEEK'S FOOD IN NOVEMBER: 315.17 EUROS/\$419.95 USD

Grains and Other Starchy Foods: \$23.41

bread, 3.9 lb
 English white bread, 1.8 lb
 Barilla spaghetti, 1.1 lb
 country bread, 1.1 lb
 potatoes, 1.1 lb
 cornflakes, with chocolate, 8.8 oz
 Kellogg's corn flakes, 7.9 oz
 cornstarch, 3.5 oz

Dairy: \$24.45

Auchan (store brand) milk, 2.1 qt
 Danone fruit yogurt, 2.2 lb
 Yoplait Perle de Lait natural (plain) yogurt, 2.2 lb
 chocolate yogurt, 1.3 lb
 Yoplait Perle de Lait coconut yogurt, 1.1 lb
 butter, 8.8 oz
 Saint Nectaire cheese, 8.1 oz
 goat cheese, 4.9 oz
 Auchan Swiss cheese, grated, 2.5 oz

Meat, Fish, and Eggs: \$90.29

beef, frozen, 2.2 lb
 grenadier fish, 1.7 lb
 salmon, 1.3 lb
 eggs, 8
 beef carpaccio, 1.2 lb
 shrimp, 14.5 oz
 chicken, 14.3 oz
 Auchan sausage, 14.1 oz
 Auchan ham, 12.7 oz
 lamb, 12.3 oz
 duck, 10.6 oz
 rib-eye steak, 7.4 oz
 Auchan ham, sliced, 7.1 oz
 tuna, 4.6 oz

Fruits, Vegetables, and Nuts: \$54.96

pineapple, 2.9 lb
 yellow bananas, 2.2 lb
 penne pasta, 2 lb
 Royal Gala apples, 1.8 lb
 pears, 1.1 lb
 kiwis, 14.1 oz
 oranges, 9.6 oz
 prunes, 8.8 oz
 green grapes, 7 oz
 langoustines, 6.4 oz

mixed vegetables, fresh, 5.3 lb
 mixed vegetables, frozen, 4.4 lb
 tomatoes, 3.5 lb
 parsnip, 1.9 lb
 hearts of palm, 1.8 lb
 green beans, 15.5 oz
 beetroot, 9.4 oz
 cabbage, 8.8 oz
 artichoke, 1
 artichokes, 6.9 oz
 soy germ, 6.4 oz
 walnuts, 3.2 oz
 Auchan chives, 1 bunch
 garlic, 0.4 oz
 walnuts, 1.1 lb

Condiments: \$32.22

Alaska vinegar, 1.2 qt
 black currant jam, 10.6 oz
 olive oil, 10.2 fl oz
 sunflower oil, 10.2 fl oz
 honey, 7.1 oz
 Nutella chocolate spread, 7.1 oz
 ketchup, 6.2 oz
 sugar, 5.3 oz
 cornichons (small tart pickles), 3.5 oz
 mayonnaise, 1.8 oz
 mustard, 1.8 oz
 parsley, 1 small bunch
 basil,* 1 bunch
 salt, 0.7 oz
 celery salt, 0.5 oz
 black basil, dried, 0.4 oz
 black pepper, 0.1 oz

Snacks and Desserts: \$17.90

apple compote (a dessert of stewed or baked fruit), 1.7 lb
 Nestlé chocolate mousse, 12.7 oz
 Gerblé orange soya biscuits, 9.9 oz
 Nestlé raisin, hazelnut, almond dark chocolate, 8.8 oz
 Baltha cereal bars, 7.1 oz
 biscuits, 5.3 oz
 Lindt dark chocolate, 3.5 oz
 Nestlé caramel dark chocolate, 3.5 oz

Prepared Food: \$81.66

tomato tabbouleh, 1.2 lb
 ham and mozzarella pie, 15.9 oz
 stuffed wine leaves, 14.1 oz

Auchan salad, 11.5 oz

surimi Japanese frozen marinated fish mixed with sugar and other additives, 7.1 oz
 California food, 30 meals, with meat, vegetables, fruit, and bread

Fast Food: \$12.51

Shanghai Express: sushi, 1 order
 Chinese food, 1 order
 McDonald's: 1 McChicken sandwich, French fries, Evian water

Beverages: \$44.76

Wattwiller mineral water, 2 gal
 Verrillier mineral water, 2 gal
 Vittel mineral water, 3.2 qt
 orange juice, 2 1.1-qt cartons
 Smasur soy milk, 2 1.1-qt cartons
 Auchan tomato juice, 1.1 qt
 Jolif carrot juice, 1.1 qt
 Tropicana fruit juice, 1.1 qt
 cider, 25.4 fl oz
 red wine, 25.4 fl oz
 William Grant's whiskey, 1 fl oz
 Auchan coffee, 2.5 oz
 Twinings of London Earl Grey tea, 25 teabags

Miscellaneous: \$12.50

Auchan assorted cat food, 3.5 lb
 Friskies cat food, 15.9 oz

*Homegrown
 † Not in photo



Guatemala THE MENDOZAS OF TODOS SANTOS

Cost of Food for 1 Week:
573 Quetzales or
\$75.70 USD



The Mendoza family and a servant in their courtyard in Todos Santos, Guatemala, with a week's worth of food. Between: Fabrice Pello Mendoza, 30, and Susana Mendoza, 47, stand (left to right) Ignacio, 15, Cristalina, 19, and a family friend (standing in for daughter Marcelina, 9, who ran off to play). Far right: Sandra Ramos, 11, live-in helper. Not present: stilt, 17, and beer, 12. Cooking methods: gas stove, 13, wood stove, 14. Food preservation: refrigerator, 15.

ONE WEEK'S FOOD IN NOVEMBER: 573 QUETZALES/\$75.70 USD

Grains and Other Starchy Foods: \$11.49**

corn (yellow and white mixed),* 48 lb
potatoes, 20 lb
masa (corn tortilla dough), 8 lb
red pasta, 4.4 lb
corn tortillas, 4 lb
Quaker Avena Mosh (oat breakfast cereal), 1.1 lb
rice, 1 lb

Dairy: \$2.25

milk, powdered, 14.1 oz

Meat, Fish, and Eggs: \$7.93

chickens, 4.4 lb • Two other chickens in the photograph are for the All Saints Day celebration.
eggs, 30

Fruits, Vegetables, and Nuts: \$34.75

yellow bananas, 7.4 lb
pineapples, 6.4 lb
tapioca (brown-colored fruit), 5 lb
pomegranate fruit, 3.9 lb
stone (crustard apples), 3.2 lb
oranges, 2.6 lb
lemons, 2.2 lb
black beans, dried, 11.2 lb
green squash, 1.2 lb
tomatoes, 10 lb
carrots, 7.8 lb
avocados, 5 lb
white onions, 5 lb
cauliflower, 3 heads
green beans, 4.4 lb
cucumbers, 3.5 lb
chayote squash, 3.2 lb
green onions, 3 lb
cabbage, 1 head
red chile peppers, 1.5 lb
green chile peppers, 8.8 oz

Condiments: \$8.85

oil, 3.2 qt
herbs, assorted, fresh, 1 bunch
white sugar, 5 oz
Molitor black pepper, 3 oz
Molitor garlic salt, 3 oz
Molitor onion salt, 3 oz
Molitor salt, 3 oz
cinnamon, 2 sticks

Snacks: \$2.96

chocolate, hand-pressed, 1 lb
Azteca tortilla chips, 5 bags

Prepared Food: \$0.79

Molitor chicken bouillon, 3 oz

Beverages: \$5.68

bottled water, 5 gal, for drinking only
Corona de Trigo (wheat drink), 1.1 lb
locasa coffee, 8 oz

*Homegrown

**Not in photo

**Market value of homegrown foods, if purchased locally: \$4.12



The Mendoza kitchen is the center of family life. "I am happiest," Fortunado says. "when I'm eating Susana's rice and beans, her homemade tortillas, and her turkey soup."

FACTS ABOUT GUATEMALA

Population of Todos Santos Cuchumatán: 26,000

Indigenous population: 39%

Rural households with access to electricity: 56%

Greater life expectancy for nonindigenous versus indigenous population: 13%

Total annual health care expenditure per person in USD: \$127

Undernourished population: 33%

Population age 20 and older with diabetes: 2.7%

Population living on less than \$2 a day: 32%



India THE PATKARS OF UJJAIN

Cost of Food for 1 Week:
1636.25 Rupees or
\$39.27 USD



The Patkar family—Jayant, 48, Sangeta, 42, daughter Neha, 19, and son Akshay, 15—in the living room of their home in Ujjain, Madhya Pradesh, India, with one week's worth of food. Cooking method: gas stove. Food preservation: refrigerator frozen.

Grains and Other Starchy Foods: \$5.39

chapatis (flat bread), 13.2 lb
wheat flour, 8.8 lb
potatoes, 3.3 lb
white rice, 3.3 lb
poha (flattened white rice), 2.2 lb
Modern Special white bread, sliced, 1 loaf
wheat pomige, 1.1 lb
chickpea flour, 1.1 lb

Dairy: \$9.70

milk, 2 1.9 gal
yogurt curd, 4.4 lb
Nestlé Everyday Dairy Whitener milk powder, 1.1 lb
ice cream, assorted flavors, 15.9 oz
ghee (clarified butter), 8.8 oz

Meat, Fish, and Eggs:

Like most Hindus, the Patkar family does not eat meat or fish.

Fruit, Vegetables, and Nuts: \$7.79

watermelon, 6.6 lb
oranges, 4.4 lb
green grapes, 2.2 lb
limes, 12.8 oz
coconut, one-half
red onions, 5.5 lb
pumpkin, 3.3 lb
bitter melon, 2.2 lb
cabbage, 2 heads
Cauliflower, 1 head
tomatoes, 2.2 lb
yellow lentils, 2.2 lb
eggplant, 1.7 lb
chickpeas, 1.1 lb
cucumber, 1.1 lb
green lentils, 1.1 lb
okra (also called lady fingers), 1.1 lb
red beans, 1.1 lb
black-eyed beans, 8.8 oz
tomatoes, 8.8 oz
green bell pepper, 8.8 oz
green chile peppers, 3.5 oz
ground nuts, 1.1 lb

Condiments: \$4.47

soybean oil, 1.1 qt
salt, 1.1 lb
falon's pickles, 8.8 oz
white sugar, 8.8 oz
Maggi tomato ketchup, 7.1 oz
cumin seed, 3.5 oz
fenugreek seed, 3.5 oz
mint, 3.5 oz
mustard seed, 3.5 oz
black pepper, 1.8 oz
garlic chutney, 1.8 oz
mango, dried and powdered, 1.8 oz
parsley, 1.8 oz
red chile powder, 1.8 oz
aniseed, 0.9 oz
turmeric powder, 0.9 oz
asafoetida (powdered gum resin), 0.4 oz
cloves, 0.4 oz

Snacks and Desserts: \$2.39

gulab jaman (deep-fried dumplings), 1.1 lb, served
soaked in cardamom-flavored syrup
upma rava (savory semolina dish), 1.1 lb
papad (thin, crisp, sun-dried wafers of dal flour), 8.8 oz,
eaten as a snack or served sprinkled on soup
biscuits, 3.5 oz
corn-flour crackers, 3.5 oz
extruded noodles, 3.5 oz
rice-flour crackers, 1.8 oz
wheat-starch crackers, 1.8 oz

Prepared Food: \$1.94

khaman (sweet, steam-baked chickpea cakes), 1.1 lb
Maggi 2-minute noodles, 7 oz
Everest (whole masala (chickpea masala), 3.3 oz
poori (fried wheat flour flat bread), 3 pieces

Sweet Food: \$3.87

chhole bhature (spicy chickpea curry with flat bread)
idli (steamed rice cakes)
pav bhaji (bread rolls with spicy mashed vegetables)
pizza, 1 small
uttapan (thick and crispy flat bread made with coconut
milk), served with spicy vegetables
dosa (crispy savory pancake), 5, served with chutney or
other spicy relishes

shel pool (savory puffed rice with chutney)
tomato, cucumber, and onion sandwich, 1 small

Restaurants: \$2.88

Three Ganga Restaurant: dinner for four, including mala
kofta (mashed potato dumplings in vegetable gravy)
navratan korma (fruit and vegetables cooked in a creamy
sauce and flavored with herbs, spices, and cashews)
wara (fried rice (fried with cumin seeds))
tandoori roti (flat bread) cooked in a tandoor, or clay oven
fried dahi (lentil flour flat bread)
papad
green salad
pickles
dessert

Beverages: \$1.80

ThumsUp (pop), 2.1 qt
Godrej chai house tea, 3.3 oz
Nestlé Sunrise instant coffee, 0.5 oz
well water, for drinking and cooking

Not in photo



Japan THE UKITAS OF KODAIRA CITY

Cost of Food for 1 Week:
37,699 Yen or
\$317.25 USD



The Ukita family—Sayo Ukita, 51, and her husband, Kazuo Ukita, 51, with children Mayu, 14 (holding chips) and Seta, 11—in their living room in Kodaira City, Japan, with one week's worth of food. Cooking methods: gas stove, rice cooker. Food preservation: small refrigerator, freezer. Favorite foods—Kazuo: yakitori; Sayo: fruit. Also: sake; Miso; potato chips.

ONE WEEK'S FOOD IN MAY: 37,699 YEN/\$317.25 USD

Grains and Other Starchy Foods: \$31.55

ishikikari rice, 5.5 lb
 potatoes, 5.3 lb
 Danish white bread, sliced, 1 loaf
 white flour, 1.3 lb
 uzo imo (Japanese yam), peeled, 1.1 lb
 udon noodles, 1.1 lb
 shimen noodles, 14.1 oz
 white sandwich bread, 12.4 oz
 Nippon macaroni, 10.6 oz
 soba noodles, 10.6 oz
 FryStar7 bread crumbs, 8.1 oz

Dairy: \$2.26

whole milk, 25.4 fl oz
 Haruna yogurt, 12 oz
 butter, 1 8.8 oz

Meat, Fish, and Eggs: \$99.80

rainbow trout, 2.6 lb
 ham, 2.2 lb
 eggs, 10
 sardines, large, 1.3 lb
 clams, 1.1 lb
 octopus, 1.1 lb
 Spanish mackerel, 1.1 lb
 pork loin, 1 lb
 tuna, sashimi, 15.5 oz
 horse mackerel, 14.8 oz
 trout (fish), 13.5 oz
 Japanese smelt (fish), 13.1 oz
 eel, 12.7 oz
 allacore, sashimi, 11.9 oz
 Hagiroma tuna, canned, 11.3 oz
 pork, cubed, 11.3 oz
 beef, 10.8 oz
 pork, minced, 10.6 oz
 pork, sliced, 10.6 oz
 pork, thin sliced, 10.3 oz
 bacon, 7.8 oz
 beef korokke (beef and potato patties), frozen, 7.4 oz,
 used for children's lunch
 tra breast, sashimi, 3.6 oz
 Nisaki's new combed beef (mix of horse and beef meat),
 canned, 3.5 oz

Fruits, Vegetables, and Nuts: \$81.43

watermelon, 9.9 lb
 cantaloupe, 4.4 lb
 yellow bananas, 2.8 lb
 red apples, 2.4 lb
 white grapefruit, 2.2 lb
 strawberries, 1.7 lb
 cherries, canned, 7 oz
 yellow onions, 4.8 lb
 green bell pepper, 4 lb
 cucumbers, 3.5 lb
 daikon, 3.3 lb
 bitter melon, 1 2.8 lb
 soft tofu, 2.2 lb
 tomatoes, 2 lb
 carrots, 1.2 lb
 green peas, in pods, 1.1 lb
 broccol, 1 lb
 lettuce, 1 head
 spinach, fresh, 1 lb
 edamame, frozen, 14.1 oz
 asparagus, 10.6 oz
 green beans, frozen, 10.6 oz
 mixed vegetables, frozen, 10.6 oz
 bamboo shoots, 8.8 oz
 white asparagus, canned, 8.8 oz
 scallions, 8 oz
 daikon sprouts, 6 oz
 shiitake mushrooms, 6 oz
 wakame (seaweed), fresh, 5.6 oz
 bean (dried), 1.8 oz
 nori (seaweed), dried, 1.8 oz
 wakame, 1 dried, 1.8 oz

Condiments: \$28.28

white sugar, 15.6 oz
 Ibara BPC sake, 9.9 oz
 white miso, 9.9 oz
 margarine, 8 8.8 oz
 Honen salad oil, 8.5 fl oz
 sesame oil, 7.1 oz
 bean sauce, 4 fl oz
 ginger, 6 oz
 Ten Ten Mate sugar, 28 0.2 oz packs
 Kyupi mayonnaise, 5.6 oz
 Honde cooking sake, 4.7 fl oz
 Honde main (low-alcohol rice wine for cooking), 4.7 fl oz
 soy sauce, 4.7 fl oz

Sudo orange marmalade, 4.7 fl oz
 Sudo strawberry jam, 4.7 fl oz
 vinegar, 4.7 fl oz
 Fuji oyster sauce, 4.2 oz
 Bull Dog tonkatsu sauce, 3.4 fl oz
 Captain Cook coffee creamer, 20 0.2-oz packs
 salt, 3.5 oz
 Chinese spicy sauce, 2.9 oz, used on tofu
 Kagome ketohuj, 2.7 fl oz
 sesame seed, 1 whole, 2.6 oz
 honey, 2.5 oz
 Pokka Shokutaku lemon juice, 2.4 fl oz
 Atsumiya kimchi paste, 2.2 fl oz
 soy sauce salad dressing, 2 fl oz
 Ajinomoto olive oil, 1.8 fl oz
 S&B hot mustard, 1.5 oz
 S&B wasabi, 1.5 oz
 white sesame seed, ground, 1.4 oz
 black pepper, 1 0.7 oz

Snacks and Desserts: \$15.21

small cakes, 4
 coffee break cookies, 1 lb
 cream buns, 10-oz
 Kikkya potato chips, 8.8 oz
 Pacio cream rings, 8.8 oz
 chifon chocolate cake, 5.3 oz

Prepared Food: \$21.78

Nissin cup of noodles, instant, 1.5 lb
 Soyuzo tohban noodles, instant, 1.1 lb
 Showa pancake mix, 12.4 oz
 Mama pasta meat sauce, canned, 10.4 oz
 Oh lily pasta meat sauce, canned, 10.4 oz
 seaweed salad, dehydrated, 8.8 oz, add water to
 reconstitute
 S&B golden hayashi sauce mix (Japanese-style beef
 broth), 8.8 oz
 Chinese dumplings, 1 frozen, 8.5 oz, used for the
 children's lunches
 Ajinomoto hondashi soup base, Sento (fish) flavor, 5.2 oz
 soup, instant, 2.7 oz
 Haki fu (dried ribs of wheat gluten, wheat powder, and
 rice powder), 2.7 oz, eaten in soup
 vegetable and smoked rice ball mix, 1.3 oz
 Kikori seaweed rice ball mix, 1.2 oz
 Kyowa egg drop soup, instant, 0.9 oz

(continued)

Mexico THE CASALESES OF CUERNAVACA

Cost of Food for 1 Week:
1862.78 Mexican Pesos
or \$189.09 USD



The Casales family in the open-air living room of their home in Cuernavaca, Mexico, with a week's worth of food. Marco Antonio, 29, and Alma Casales Gutierrez, 36, stand with baby Azul, 1, between them. At the table are their elder children, left to right: Bryan, 5, and Emmanuel, 7. Cooking method: gas stove. Food preservation: refrigerator-freezer. Favorite foods—Marco Antonio: pizza; Alma: crab; Emmanuel: pasta; Bryan: crab and candy; Azul: chicken.

ONE WEEK'S FOOD IN MAY: 1,862.78 MEXICAN PESOS/\$189.09 USD

Grains and Other Starchy Foods: \$15.76

corn tortillas, 22.1 lb
bread rolls, 3.1 lb
Morelos white rice, 2.2 lb
potatoes, 2.2 lb
Jimbo white bread, sliced, 1 loaf
Kellogg's Special K cereal, 1.1 lb
Morelos pasta, 1.1 lb
La Moderna pasta, 14.1 oz
pan dulces (sweet bread), assorted, 8.8 oz
bread sticks, 13.5 oz.

Dairy: \$24.61

Alpura 2000 whole milk, 1.9 gal
Alpura sour cream, 2.1 qt
Yoplait yogurt, 1.1 qt
cheese, handmade, 1.1 lb
La Lechera condensed milk, canned, 14 oz
cottage cheese, 13.6 oz
Carnation evaporated milk, 12 oz
Manchego cheese, 8.8 oz
cream cheese, 6.7 oz
butter, 3.5 oz

Meat, Fish, and Eggs: \$42.81

chicken, pieces, 15.4 lb
crab, 2.7 lb
eggs, 18
Slapia (fish), 2.3 lb
catfish, 2.2 lb
sausage, 6.6 oz, one month's worth shown in photo
FUD ham, 5.6 oz.

Fruits, Vegetables, and Nuts: \$44.21

mangos, 13.2 lb
pineapples, 6.6 lb
watermelon, 6.6 lb
oranges, 5.5 lb
cantaloupe, 4.4 lb
pears, 2.2 lb
quinces, 2.2 lb
yellow bananas, 2.2 lb
Roma tomatoes, 6.6 lb
tomatillo, 6.6 lb
corn, 4 ears
avocados, 7

white onions, 2.2 lb
zucchini, 2.2 lb
La Costeña pickled jalapeño peppers, canned, 1.6 lb
green beans, 1.1 lb
jalapeño peppers, fresh, 1.1 lb
broccoli, 12.8 oz
garlic, 8.8 oz
chipotle peppers (smoked jalapeños), 7.1 oz.

Condiments: \$9.37

Capullo canola oil, 2.1 qt
margarine, 15.9 oz
McCormack mayonnaise, 13.8 oz
salt, 8.8 oz
garlic salt, 3.2 oz
McCormack black pepper, 3.2 oz
cumin, 0.7 oz
bay leaves, dried, 0.5 oz.

Snacks and Desserts: \$8.47

Rockalota chili kelpops, 1.2 lb
Alicofino pastas chocolate candy, 1.1 lb
Morcas ice cream pops, 1.1 qt
Garnesa crackers, 15.9 oz
Drums marshmallows, 12 oz
Rockalota chili candy, 5.7 oz.

Prepared Food: \$4.79

Doña Maria mole (savory sauce made from chocolate and chile), 2.1 lb
Know chicken bouillon, 3.2 oz.

Beverages: \$39.07

Coca-Cola, 12 2.1-qt bottles
water, bottled, 9 gal
Victoria beer, 20 11.8-oz bottles
Jumex juice, 1.3 qt
Gatorade Fierce Black Hurricane drink, 1.1 qt
Gatorade lime drink, 1.1 qt
Nestlé, instant, decaf, 7.1 oz
tap water, for cooking.

snut in photo

Note: Groceries for one week, before the Cazales family closed their shop and Marco Antonio moved to the United States to find work.

FACTS ABOUT MEXICO

Population of Cuernavaca: 787,556

Indigenous population: 14%

Greater life expectancy for nonindigenous versus indigenous population: 6%

Total annual health care expenditure per person in US\$: \$424

Population age 20 and older with diabetes: 3.9%

Tortilla consumption per person per year: 228 pounds

Number of restaurants/retail stores run by Wal-mex (Wal-Mart Mexico, SA): 311/558

World rank for per-person consumption of Coca-Cola: No. 1

Population living on less than \$2 a day: 20%



United States THE FERNANDEZES OF TEXAS



Cost of Food for 1 Week:
\$242.48 USD

The Fernandez family at the kitchen of their San Antonio, Texas, home with a week's worth of food—Lawrence, 31, and wife, Chara, 28, stand; Edna, and Edna's mother, Alejandra Capelo, 58, sitting with her grandchildren Brian, 8, and Brian, 4. Cooking methods: steaks three times a week, another week, ribeyes BBQ; Food presentation: refrigerated frozen Fajitas (fried)—Edna; shrimp with Alfredo sauce—Lawrence; baked

ONE WEEK'S FOOD IN MARCH: \$242.48 USD

Grains and Other Starchy Foods: \$19.28

potatoes, 5 lb
homemade tortillas, 1.6 lb
Kroger's Special K cereal with red berries, 1.5 lb
Nature's Own honey wheat bread, 1 loaf
Quaker masa harina, 1.3 lb
Gold Medal all-purpose flour, 1 lb
H-E-B (store brand) French-style bread, 1 lb
white rice, 1 lb
Cream of Wheat cereal, 14 oz
Quaker oatmeal, 13.5 oz
dinner rolls, 13 oz
Post Cocoa Pebbles cereal, 13 oz
H-E-B fettuccine, 5.3 oz
OMG vermicelli, 5 oz

Dairy: \$17.72

Borden Kid Builder milk, 1% low fat, high calcium, 1 gal
Oak Farms Skim Deluxe milk, 1 gal
Blue Bell ice cream, 1 qt
Danon Danimals, Swirlin' Strawberry Banana and Rockin'
Raspberry drinkable yogurt, 25.2 fl oz
Tropicana piña colada yogurt, 1.5 lb
Tropicana blueberry yogurt, 12 oz
Kraft Colby and Monterey Jack cheese, 8 oz
Friso Cheese Heads string cheese, 6 oz

Meat, Fish, and Eggs: \$42.10

Hill Country Fare chicken drumsticks, 3 lb
Hill Country Fare jumbo eggs, 18
H-E-B rotisserie chicken, original flavor, 2.5 lb
Sanderson Farms chicken thigh filets, boneless and skin-
less, 1.5 lb
Gorton's Original Tenders fish sticks, frozen, 1.1 lb
H-E-B extra-lean beef, ground, 1 lb
H-E-B turkey breast, ground, 1 lb
Dorcas Meyer turkey cotto salami, 1 lb
shrimp, frozen, 1 lb
Butterball turkey variety pack, sliced, 12 oz
H-E-B beef, top round cubes, 12 oz
Tyson fun nuggets, frozen chicken, 12 oz
Hill Country Fare smoked chicken, sliced, 5 oz

Fruits, Vegetables, and Nuts: \$33.05

grapefruit, 5 lb
Dole bananas, 2.5 lb
Granny Smith apples, 1.3 lb
green grapes, 1.3 lb

Coastal strawberries, 1 lb
Key limes, 1 lb
red apples, 12.8 oz
Hass avocados, 4
Hunt's tomato sauce, 2.5 lb
Green Giant green beans, canned, 2 lb
Green Giant corn, frozen, 1.6 lb
tomatoes, 1.3 lb
La Sierra refried pinto beans, 15 oz
iceberg lettuce, 1 head
Fresh Express Italian salad mix, 8.8 oz
yellow onions, 8.6 oz
Fresh Express coleslaw, 8 oz
mini carrots, 8 oz
mushrooms, sliced, 8 oz
jalapeno peppers, 4 oz
garlic, 2 oz
Planters honey-roasted peanuts, 12 oz

Condiments: \$14.05

Great Value vegetable oil, 2.1 qt
Hill Country Fare BBQ sauce, 1.1 lb
International Delight coffee creamer, 16 fl oz
I Can't Believe It's Not Butter spread, 15.8 oz
Asaf Jemima Butter Lite syrup, 12 oz
Hill Country Fare ketchup, 9 oz
Clayton Butterson's honey, 8 oz
H-E-B roasted pepper salsa picante, 8 oz
Season All seasoned salt, 8 oz
Wish-Bone Classic Ranch-Up! dressing, 6 oz
peanut butter, 4 oz
pepper, ground, 1 oz
salt, 0.5 oz

Snacks and Desserts: \$23.33

H-E-B Texas-shaped corn chips, 1 lb
pretzels, 1 lb
Doritos whole-fruit bar popcorns, 16.5 fl oz
Orzo cookies, 9 oz
Ritz whole wheat crackers, 7.5 oz
Pepperidge Farm Goldfish Crackers, 6.4 oz
Ritz Sticks crackers, 6.3 oz
Purples potato chips, 6 oz
General Mills Fruit Gushers snacks, 5.4 oz
Kroger's Special K blueberry bars, 4.9 oz
Kroger's Special K peaches and berry bars, 4.9 oz
Orville Redenbacher's Smart Pop microwave
popcorn, 3.7 oz
Baron's animal crackers, 2.1 oz

Prepared Food: \$18.16

Frego spaghetti sauce, 1 lb
La Sierra refried beans with cheese, 15 oz
Ranch Style beans with jalapeno peppers, 75 oz
Pioneer Brand butterflied pancake mix, 10.7 oz
Bertolli creamy Alfredo sauce, 8 oz
Zatarain's black beans and rice, 7 oz
Zatarain's gumbo mix, 7 oz
Pioneer brown gravy mix, nonfat, 2.8 oz
Pioneer Country gravy mix, nonfat, 2.8 oz
Kroger Soiza chicken broth, 2 oz
Diana at work, 5 cafeteria meals, variety of main
courses available; Lawrence at work, a salad or slice of
pizza

Fast Food: \$11.81

McDonald's: 3 Happy Meals
4 Mountain Blast ice cream drinks
1 vanilla ice cream cone

Restaurants: \$42.11

Fare Mountain Buffet: dinner for 5, assorted items, sold by
the pound, 3.8 lb
Cio's Pizzeria: large beef pizza, large white pizza, large meat
lover's pizza, 3 salads

Beverages: \$18.87

Hill Country Fare natural spring water, 8 gal
Tree Top apple juice, 1 gal
Capri Sun Mountain Cooler, 10 6.8-oz packages
Capri Sun orange drink, 10 6.8-oz packages
Dole pineapple-orange-banana juice, 8 6-oz cartons
Hill Country Fare iced tea mix, 1.7 lb
Mylar's Light pink lemonade, powdered mix, 1.2 lb
H-E-B Cafe Ole coffee, 3 oz
Ovaltine malted instant drink mix, 3 oz
Kool-Aid, sugar-free grape powdered mix, 1.2 oz