

Lucky New Year's Foods

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Looking for luck, wealth or success in 2008? Want to start the New Year off on the right foot? Here's how it's done around the world.

In Japan, lucky holiday foods include soba noodles. These are long noodles that you must eat without breaking to ensure long life. Lobster eaten on New Year's Day ensures health and happiness in the year to come.

Many Italians eat lentils on New Year's for good fortune. Lentils being both green and coin shaped, symbolize money. In Brazil the lentil is believed to signify wealth, so on the first day of the New Year they serve lentil soup or lentils with rice.

In the Southern United States, New Year's luck comes in the form of black-eyed peas, which are thought to bring wealth because they look like little coins and if you add collards, you are guaranteed to gain greenbacks.

For Germans, pancakes are considered so lucky they are the very first thing eaten in a new year—the batter ladled into the skillet as the clock strikes midnight.

Latin Americans ensure a fruitful new year by eating 12 grapes as the clock strikes midnight. In Spain, at each strike of the clock in the Plaza del Sol another grape is eaten in celebration of lucky years past and in hope of a lucky year to come.

The Pennsylvania Dutch, eat sauerkraut on New Year's to get rich.

Many cultures believe that anything in the shape of a ring is good luck because it symbolizes "coming full circle," completing a year's cycle. For that reason the Dutch believe that eating donuts on New Year's Day will bring good fortune.