# **AFGHAN FOODS**

#### **Animal Protein**

#### **Halal Preferred**

- Beef
- Turkey
- Goat
- Chicken
- Lamb and Mutton
- Fish
- Canned Tuna
- Shrimp
- Eggs

### **Plant Based Protein**

- Kidney Beans
- Chickpeas
- Almonds
- Pistachios
- Walnuts
- Pine Nuts
- Fenugreek Seeds
- Sesame Seeds
- Hummus







- Yogurt
- Feta Cheese
- Cheddar Cheese
- Mozzarella Cheese
- Halloumi Cheese
- Milk
- Powdered Milk
- Cream Cheese
- Goat's Milk
- Sheep's Milk

#### **Grains**

- Basmati Rice
- Couscous
- Bulghur
- White Rice
- Barley
- Phyllo Dough

- Millet
- Flatbreads
- Oatmeal



## Fruits and Vegetables

- Onions
- Green Onions
- Tomatoes
- Eggplant
- Sweet Potatoes
- Spinach
- Carrots
- Peas
- Lettuce
- Cucumbers
- Melons
- Grapes
- Oranges
- Pomegranates
- Dates
- Raisins
- Figs
- Apricots
- Bananas
- Cantaloupe
- Cherries
- Citrus Fruits
- Rhubarb
- Quince
- Avocado
- Green Cabbage
- Bell Peppers
- Kale
- Leeks
- Mushrooms
- Okra
- Zucchini



Food preferences and cultural practices can vary widely depending on social factors like language, religion, ethnic group, age, geography, etc. This guide is intended to serve as a bridge to start conversations with the communities we serve.

