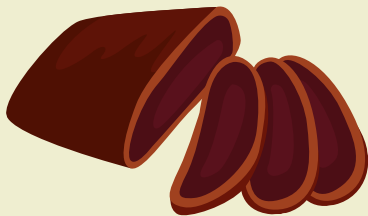


ARMENIAN FOODS

Animal Protein

- Beef
- Pastirma
- Chicken
- Fish
- Lamb
- Pork



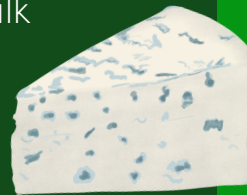
Plant Based Protein

- Chickpeas
- Almonds
- Kidney Beans
- Lentils
- Pine Nuts
- Pistachios
- Walnuts
- White Beans



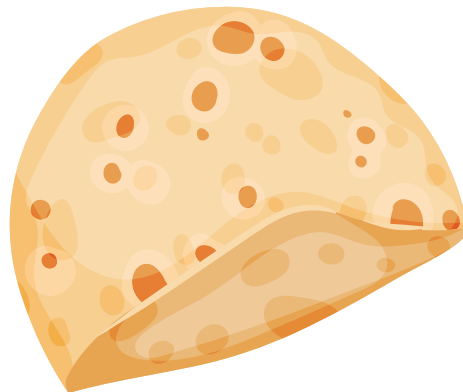
Dairy

- Blue Cheese
- Yogurt
- Cheddar Cheese
- Feta Cheese
- Milk
- Goat's Milk



Grains

- White Rice
- Barley
- Millet
- Spelt
- Bulgur Wheat



Fruits and Vegetables

- Beets
- Cabbage
- Chard
- Eggplant
- Grape Leaves
- Beet Leaves
- Corn
- Mushrooms
- Peas
- Potatoes
- Purslane
- Radish
- Apples
- Apricots
- Grapes
- Lemons
- Melons
- Plums
- Pomegranate
- Quince
- Strawberries
- Sumac berries
- Sour Cherries
- Tomatoes
- Raisins
- String Beans

