## **ARMENIAN FOODS**

#### **Animal Protein**

- Beef
- Pastirma
- Chicken
- Fish
- lamb
- Pork

#### **Plant Based Protein**

- Almonds
- Kidney Beans
- lentils

- Chickpeas

- Pine Nuts
- Pistachios

#### **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



### Dairy

- Blue Cheese
- Yogurt
- Cheddar Cheese
- Feta Cheese

#### Grains

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





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.



# • Milk

• Goat's Milk





