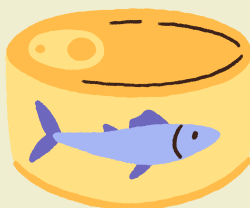


CAMBODIAN FOODS

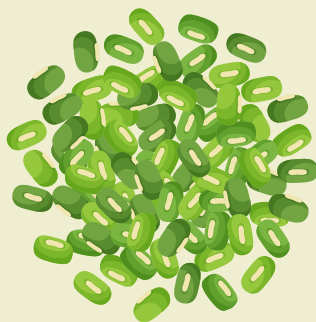
Animal Protein

- Beef
- Chicken
- Sardines
- Herring
- Salmon
- Pork
- Eggs



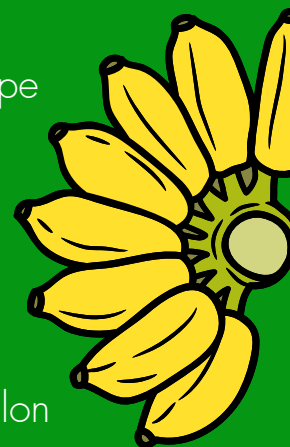
Plant Based Protein

- Mung Beans
- Peanuts



Fruits and Vegetables

- Broccoli
- Bean Sprouts
- Green Cabbage
- Carrots
- Yucca
- Celery
- Radish
- Eggplant
- Squash
- Jicama
- Mushrooms
- Onions
- Bell Peppers
- Cucumbers
- Spinach
- Green Beans
- Sweet Potatoes
- Cauliflower
- Apples
- Bananas
- Cantaloupe
- Lemons
- Limes
- Plums
- Oranges
- Tomato
- Watermelon



Dairy

- Milk
- Yogurt



Grains

- Rolled Oats
- Brown Rice
- White Rice
- Rice Noodles



Condiments and Cooking Staples

- Basil
- Garlic
- Ginger
- Canola Oil
- Olive Oil
- Black Pepper
- Soy Sauce
- Turmeric



**GREATER
CHICAGO
- FOOD -
DEPOSITORY®**

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.

