# **VENEZUELAN & COLOMBIAN FOODS**

#### **Animal Protein**

- Beef
- Chicken
- lamb
- Ox Tail
- Eggs
- Pork
- Goat
- Salmon
- Trout

## **Plant Based Protein**

- lentils
- Fava Beans
- Red Beans
- Chickpeas
- Pigeon Peas
- Pinto Beans





## Dairy

- White Cheese
- Condensed Milk
- Milk
- Fresco Cheese
- Fruit Yogurts



#### Grains

- White Rice
- Yellow Rice
- Oats
- Pasta
- Cornmeal

## Fruits and Vegetables

- Apples
- Avocado
- Banana
- Cabbage
- Carrots
- Cassava
- Citrus Fruits
- Coconut
- Corn
- Dragon Fruit
- Eggplant
- Grapes
- Guava
- Habanero
- Lettuce
- Mango
- Melons
- Onion
- Papaya
- Pimientos
- Potatoes
- Prunes
- Pumpkin
- Spinach
- Sweet Peppers
- Tomatoes
- Yams
- Zucchini



- Sugar
- Bouillon Cubes
- Butter
- Corn Starch
- Cinnamon
- Cumin





- Honey
- Sour Cream
- Vinegar
- Garlic





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.

