

Fruits

apple



apricot



avocado



banana



blackberry



blueberry



cherry



fig



grapes



kiwi



lemon



lime



mango



melon



olive



orange



papaya



peach



pear



pineapple



plum



raspberry



strawberry



tomato



watermelon



Vegetables

artichoke



asparagus



aubergine



beetroot



broccoli



Brussels sprouts



butternut squash



cabbage



carrot



cauliflower



celery



courgette



cucumber



garlic



leek



lettuce



mushroom



onion



pepper



potato



pumpkin



rhubarb



spinach



turnip



Other

bread



cereal



chickpeas



chips



egg



flour



lentils



nuts



pasta



rice



sandwich



toast



tortilla



wheat



Dairy

butter



cheese



cream



milk



yoghurt



Meat and Poultry

bacon



beef



chicken



duck



ham



lamb



minced meat



pork



ribs



sausage



steak



turkey



Fish and Seafood

caviar



cod



crab



eel



haddock



lobster



mussels



octopus



oysters



prawn



salmon



sardines



scallop



shrimp



sole



squid



trout



tuna



Herbs

basil



bay leaves



coriander



dill



mint



oregano



parsley



rosemary



thyme



Spices

cinnamon



cloves



cumin



nutmeg



paprika



saffron



Nuts

almond



cashew



hazelnut



peanut



pistachio



walnut

