

Fruit

Raisin
Plum
Pineapple
Apricot
Grapefruit
Dates
Grapes
Peach
Pomegranate
Avocado
Fig
raspberry

Albaricoque
Aguacate
Dátiles
Ciruela
Pomelo
Uvas
Melocotón
Piña
Higo
Granada
Pasa
frambuesa

Vegetables

Celery
Leek
French beans
Carrot
Cucumber
zucchini/courgette
Eggplant/aubergine
Cabbage
Lettuce
Garlic
Gherkin
Capers

Col
alcaparras
Zanahoria
Apio
Pepino
Berenjena
Habichuelas
Ajo
Pepinillo
Puerro
Lechuga
Calabacín

Meats

Beef
Turkey
Goat
Pork
Chicken
Lamb
Rabbit
Poultry
Kid

Carne de res
Pollo
Cabra
cabrito
Cordero
Cerdo
Ave
Conejo
Pavo

Cereals

Oat
Wheat
Rye
Barley
Rice
Spelt

Arroz
Avena
Cebada
Centeno
Espelta
Trigo