

ENGLISH

Bread
Cereals
Rice
Pasta
Noodles
Vegetables
Legumes
(e.g. dried peas, beans and lentils)
Fruit
Milk
Yoghurt
Cheese
Meat
Fish
Poultry
Eggs
Nuts
Legumes
Protein
Fats
Saturated fats
Monosaturated fats
Polyunsaturated fats
Carbohydrate
Vitamins and minerals
Butter
Lard
Coconut
Oil/copha
Cooking margarine
Palm oil
Ghee
cream
Olive oil
Canola oil
Peanut oil

Peanut butter
Safflower
Sunflower

ITALIANO

Pane
Cereali
Riso
Pasta
Tagliatelle
Verdure
Legumi
(Piselli secchi, fagioli e lenticchie)
Frutta
Latte
Yoghurt
Formaggio
Carne
Pesce
Pollame
Uova
Noccioline
Legumi
Proteine
Grassi
Grassi saturi
Grassi insaturi
Grassi polinsaturi
Carboidrati
Vitamine e minerali
Burro
Lardo
Noce di cocco
Olio/copha
Cucinare margarina
Olio di palma
Ghi (olio)
Crema
Olio d'oliva
Olio di canola
Olio d'arachidi

Burro d'arachidi
Cartamo
Girasole