

Food Group	Included Food
Vegetables	Tomatoes, tomato juice, tomato sauce, broccoli, cauliflower, cabbage, carrots raw or cooked, corn, onions as a garnish or in salad or cooked, peppers, eggplant, zucchini or summer squash, spinach cooked or raw, icebergs or leaf lettuce
Chickpeas, red beans, lentils, peas	Fresh chickpeas, red beans, fresh lentils, peas
Fruits and fruit juices	Bananas, raisins, grapes, apples, pears, prunes, dried plums, oranges, fresh strawberries, peaches, figs, grapefruit, grapefruit juices, apricots, orange juice or other fruit juices, dates (Mejdool), avocado, cantaloupe, watermelon, cherry, raspberry
Vegetable oil/olives	Vegetable oil, tahini, olives
Fish and sea food	Fish, tuna steak, canned tuna, shrimps, lobster
Almonds, walnuts, hazelnuts, sesames	Almonds, walnuts, or other nuts
Desserts, arabic pastries	Dark chocolate, doughnuts, cake or pie (homemade or ready-made), Arabic pastries
Beef meat	Beef steak or roast
Hamburger	Hamburger
Fries	fries
Pork	Pork, bacon
Pizza	Pizza
Spaghetti or noodles or cooked rice	Spaghetti or noodles, cooked brown or white rice
Chicken	Chicken or turkey sandwich
Carbonated beverages	Coke, carbonated beverage
Pies, fatayer	Pies, fatayer (kind of pies)
1 chicken egg	1 chicken egg
Fresh cream	Cream, non-dairy coffee whitener
Mayonnaise or mustard	Mayonnaise or mustard
Ketchup	Ketchup
Chips	Chips
Hot dog	Hot dog
Energy drink	Energy drink
Ham	Ham
Milk chocolate	Milk chocolate