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| **One Week’s Food in May** |
| **Grains & Starchy Foods*** potatoes
* white rice
* basbousa powder
* macaroni
* pita bread
* gullash
 | **Dairy*** milk powder
* butter
* white cheese salted
* white cheese unsalted
* Italian cheese
* *President* cheese
* yogurt
 | **Meat, Fish & Eggs*** farm chickens
* lamb meat
* eggs
* canned tuna
* beef burger patties
* frozen beef
* corned beef
* pickled meat
 | **Fruits, Vegetables & Nuts*** watermelons
* yellow bananas
* peaches
* white eggplants
* red onions
* tomatoes
* green olives mixed with lemons
* green peppers
* squash
* black olives
* cucumbers
* garlic
* grape leaves
* Jew’s melon
* okra
* beans
* pickled vegetables
 |
| **Condiments*** sunflower oil
* sugar
* file spices
* honey
* cilantro
* parsley
* black pepper
* chili powder
* coriander seed
* cumin
* mixed spices
* salt
 | **Snacks*** Halawa (sweet sesame cake)
 | **Prepared Food*** cooked beans
 | **Beverages*** *Coca-cola*
* orange soda
* *Sprite*
* tea
* tap water
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**The Ahmeds of Cairo, Egypt**

From Hungry Planet by Peter Menzel and Faith D’Aluisio



**The Casaleses of Cuernavaca, Mexico**

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| **One Week’s Food in May** |
| **Grains & Starchy Foods*** corn tortillas
* rolls
* white rice
* potatoes
* white bread
* *Special K* cereal
* pasta
* pan dulces
* bread sticks
 | **Dairy*** whole milk
* sour cream
* ice cream pops
* yogurt
* handmade cheese
* evaporated milk
* Manchego cheese
* cream cheese
* butter
 | **Meat, Fish & Eggs*** chicken pieces
* eggs
* tilapia (fish)
* catfish
* sausage
 | **Fruits, Vegetables & Nuts*** mangos
* pineapples
* watermelon
* oranges
* cantaloupe
* guavas
* quinces
* yellow bananas
* roma tomatoes
* tomatillos
* corn
* avocados
* chayote squash
* beans
* white onions
* zucchini
* pickled jalapenos
* green beans
* fresh jalapenos
* broccoli
* garlic
* chipotle peppers
 |
| **Beverages** |
| **Condiments*** canola oil
* margarine
* mayonnaise
* salt
* garlic salt
* black pepper
* cumin bay leaves
 | **Snacks & Desserts*** lollipops
* chocolate candy
* *Gamesa* crackers
* marshmallows
* chili candy
 | **Prepared Foods*** mole sauce
* chicken bullion
 | **Beverages*** *Coca-Cola*
* bottled water
* beer
* juice
* *Gatorade*
* instant coffee
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