

Supplemental Materials: Pictorial Food List

Introduction

The purpose of the pictorial list is to provide examples of different types of foods with accompanying images that also provides the written translation from English to other languages, including Arabic, Nepali, Tagalog, Tigrinya and Farsi. The survey can be adapted for other language translations and expanded upon to include other food items.

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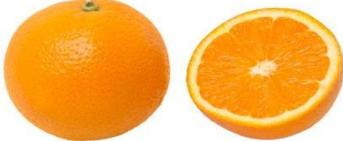
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Fresh Produce

Vegetables

Pictures	English Word	Translated Words
	Bell peppers	Arabic: الفلفل Nepali: घंटी मिच Tagalog: siling pula Tigrinya: ተጥሮኑ Farsi: دلمه فلفل
	Carrots	Arabic: الجزر Nepali: गाजर Tagalog: karots Tigrinya: ካጋጂ Farsi: هویج
	Chili peppers	Arabic: الفلفل الحار Nepali: मिर्च मिच Tagalog: siling labuyo Tiganya: በሩበሸ Farsi: فلفل قرمز
	Eggplant Aubergine	Arabic: الباذنجان Nepali: बैंगन Tagalog: talong Tigrinya: መልካም Farsi: بادمجان
	Onions	Arabic: البصل Nepali: प्याज Tagalog: sibuyas Tigrinya: ጽጋጥ Farsi: پیاز
	Potatoes	Arabic: البطاطا Nepali: आलु Tagalog: patatas Tigrinya: ፊንስ Farsi: سیب زمینی
	Tomatoes	Arabic: الطماطم Nepali: टमाटर Tagalog: kamatis Tigrinya: ከሚመራ Farsi: گوجه فرنگی
	Ginger root	Arabic: الزنجبيل جذور Nepali: अदरक रूट Tagalog: Ugat ng luya Tigrinya: ፊንጅብኤል Farsi: ریشه زنجبیل

Fruits

Pictures	English Word	Translated Words
	Banana	Arabic: الموز Nepali: केला Tagalog: saging Tigrinya: በኬኩ Farsi: موز
	Grapes	Arabic: العنب Nepali: अंगूर Tagalog: ubas Tigrinya: ወይና Farsi: انگور
	Melons	Arabic: البطيخ Nepali: तरबूज Tagalog: melon Tigrinya: ንብረቴቁ Farsi: خربزه
	Oranges	Arabic: البرتقال Nepali: सुन्तला Tagalog: kahel Tigrinya: እሸንጻ, or በርካቤ Farsi: پرتقال
	Pineapple	Arabic: أناناس Nepali: अनानास Tagalog: pinya Tigrinya: እኩዎስ Farsi: آناناس
	Plantain	Arabic: موز الطيور Nepali: केला Tagalog: saging na saba Farsi: موز سبز
	Tamarind	Arabic: العرديب Nepali: इमली Tagalog: sampaloc Tigrinya: ካጥማር Farsi: تمرهندی

Breads and Grains

Breads

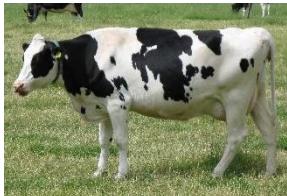
Pictures	English Word	Translated Words
	Roti/ Naan	Arabic: رُوتٰ Nepali: रोटी Tagalog: roti Tigrinya: ቅጂ Farsi: روٹی
	Bread	Arabic: خبز Nepali: रोटी Tagalog: tinapay Tigrinya: ባን Farsi: نان

Grains

Pictures	English Word	Translated Words
	Rice	Arabic: أرز Nepali: चाम Tagalog: bigas Tigrinya: ፊሬ Farsi: برنج
	Teff flour Tafii	Arabic: التف دقيق Nepali: ज्वार का आटा Tagalog: teff harina Tigrinya: ፊይ ገዢ ተፈቀዣ Farsi: آرد تیف
	Wheat flour	Arabic: دقيق القمح Nepali: गहुँको पीठो Tagalog: trigo harina Tigrinya: ፊይ ሰራተኞች ተፈቀዣ Farsi: آرد گندم

Meats & Alternatives

Meat

Pictures	English Word	Translated Words
	Goat	Arabic: ماعز Nepali: बकरी Tagalog: kambing Tigrinya: በሮስ Farsi: بز
	Beef	Arabic: لحم بقرى Nepali: गाई Tagalog: karne ng baka Tigrinya: ፊይ በዕራም ስን Farsi: گوشت گاو
	Chicken	Arabic: دجاج Nepali: चिकन Tagalog: manok Tigrinya: የሮስ ተኩለው Farsi: مرغ
	Fish	Arabic: سمك Nepali: माछा Tagalog: isda Tigrinya: ብሮስ Farsi: ماهی
	Lamb	Arabic: الخروف Nepali: भेडा Tagalog: karne ng tupa Tigrinya: ፊይ ዲሞት or በንዴ ስን Farsi: گوشت بره
	Shrimp	Arabic: جمبري Nepali: शिंगे माछा Tagalog: hipon Farsi: میگو
	Pork	Arabic: لحم خنزير Nepali: सुँगर Tagalog: baboy Tigrinya: ስን አሰጣጥ Farsi: گوشت خوک

Animal Byproducts

Pictures	English Word	Translated Words
	Eggs	Arabic: البيض Nepali: अण्डा Tagalog: itlog Tigrinya: አንቃቂስ Farsi: تخم مرغ

Other Vegetarian Proteins

Pictures	English Word	Translated Words
	Chickpea Garbanzo	Arabic: الحمص Nepali: चना Tagalog: garbanzos Tigrinya: ቃትር Farsi: نخود
	Lentils	Arabic: العدس Nepali: दाल Tagalog: lentehas Tigrinya: ቁጥሽ or የዕስ Farsi: عدس
	Tofu	Arabic: التوفو Nepali: टोफु Tagalog: tokwa Farsi: توپو
	Black beans	Arabic: ماش Nepali: कालो सिमीको Tagalog: kadios Tigrinya: እለም አይገኘ Farsi: لوبیا سیاه

Dairy Products

Pictures	English Word	Translated Words
	Yogurt	Arabic: الرائب Nepali: दही Tagalog: yogurt Tigrinya: ፈግኑ Farsi: ماست

Pantry Items

Sauces

Pictures	English Word	Translated Words
	Soy sauce	Arabic: الصوچا صلصۃ Nepali: सोया सस Tagalog: toyo Farsi: سس سویا
	Vinegar	Arabic: خل Nepali: सिरका Tagalog: suka Tigrinya: አቶች Farsi: سرکه

Dried Fruit and Nuts

Pictures	English Word	Translated Words
	Raisins	Arabic: زبيب Nepali: किसमिस Tagalog: pasas Tigrinya: አበሳ Farsi: کشمش
	Almonds	Arabic: لوز Nepali: हाडे-बदामको Tagalog: almendras Farsi: بادام
	Walnuts	Arabic: عين الجمل Nepali: अखरोट Tagalog: nogales Farsi: گردو
	Peanuts	Arabic: الفول السوداني Nepali: मूँगफली Tagalog: mani Tigrinya: ቴስ Farsi: بادام زمینی
	Cashews	Arabic: الكاجو Nepali: काजू Tagalog: kasoy Farsi: بادام هندی

Spices

Pictures	English Word	Translated Words
	Cumin	Arabic: كمون Nepali: जीरा Tagalog: kumin Tigrinya: ክሙን Farsi: زیره
	Coriander	Arabic: كزبرة Nepali: धनियाँ Tagalog: silantro Tigrinya: ተምኑ Farsi: گشنیز
	Turmeric	Arabic: الكركم Nepali: बेसार Tagalog: luyang dilaw Tigrinya: ተምኑ Farsi: زردچوبه
	Garlic powder	Arabic: الثوم مسحوق Nepali: लसुन पाउडर Tagalog: bawang pulbos Tigrinya: አረፋዎች ፍሮ የሰራር ገንዘብ Farsi: پودر سیر
	Onion powder	Arabic: البصل مسحوق Nepali: प्याज पाउडर Tagalog: sibuyas pulbos Tigrinya: አረፋዎች ፍሮ ገንዘብ Farsi: پودر پیاز
	Ginger Powder	Arabic: مسحوق زنجبيل Nepali: अदुवा Tagalog: luya pulbos Tigrinya: አረፋዎች ፍሮ ፈንጻፍ Farsi: پودر زنجبل