

# staple\_foods in Italian

Word	Translation
Rice	Riso
Bread	Pane
Pasta	Pasta
Potatoes	Patate
Beans	Fagioli
Lentils	Lenticchie
Oats	Avena
Flour	Farina
Cornmeal	Farina di mais
Noodles	Noodles
Couscous	Couscous
Quinoa	Quinoa

Barley

Orzo

Tortillas

Tortillas

Cereal

Cereali

Sugar

Zucchero

Salt

Sale

Cooking oil

Olio da cucina

Eggs

Uova

Milk

Latte