1. Rice
2. Tomatoes
3. Beans
4. Mayonnaise
5. Corn
6. Pasta
7. Eggs
8. Milk
9. Water
10. Olive oil
11. Flour
12. Bread
13. Potatoes
14. Spinach
15. Chicken
16. Beef
17. Pork
18. Mushrooms
19. Seafood
20. Herbs
21. Mix of vegetables
22. Wine
23. Mix of spices
24. Cheese
25. Fruit
26. Garlic
27. Nuts
28. Cocoa Powder
29. Salt
30. Black Pepper
31. Yogurt
32. Honey
33. Grains
34. Legumes
35. Vinegar
36. Broth
37. Mustard
38. Chocolate
39. Lemons
40. Soy Sauce