

LIFE SAVING WORDS LIST

FOR EATING

VEGAN IN ITALY

www.myvegantrips.cloud



SONO VEGAN* = I'M VEGAN

VORREI = I WOULD LIKE

MANGIARE = TO EAT

SENZA = WITHOUT

CARNE = MEAT

PESCE = FISH

LATTE = MILK

BURRO = BUTTER

UOVA = EGGS

FORMAGGIO = CHEESE

STRUTTO = ANIMAL FAT

MANZO = BEEF

POLLO = CHICKEN

PROSCIUTTO = HAM

AGNELLO = LAMB

TONNO = TUNA