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**Food Families and Their Foods**

**Food Family:** Foods

**Actinidiaceae:** Kiwi

**Apple Family - Rose Family:** Apple, Apple Cider, Apple Vinegar, Apple Pectin, Quince, Pear

**Arrowroot:** Arrowroot

**Arum Family:** Dasheen, Poi, Taro

**Banana:** Banana, Plantain

**Birch:** Filbert, Hazelnut

**Brazil Nut:** Brazil Nut

**Buckwheat:** Buckwheat, Garden Sorrel, Rhubarb

**Cactus:** Cactus, Prickly Pear, Tequila

**Capers:** Capers

**Cashew:** Cashew, Mango, Pistachio

**Cereals:** Bamboo Shoots; Barley; Barley, Malt; Bran (wheat); Cane sugar; Cane Molasses; Chestnut, Water; Chestnut, Ling nut; Chestnut, Singhara nut; Corn ; Corn Meal ; Corn Starch ; Corn Oil ; Corn Sugar; Corn syrup; Corn dextrose; Corn glucose ; Corn cerelose; Farina (wheat); Graham flour (wheat) ; Gluten flour (wheat) ; Millet; Patent Flour (wheat); Oats; Rice; Rye; Sorghum; Wheat; Wheat flour; Wheat Germ; Wheat (whole) flour; Wild Rice.

**Citrus:** Angostura; Citrange; Citron; Grapefruit; Kumquat; Lemon; Lime; Orange; Tangerine

**Cochliospermum Family:** Karaya Gum, Guaiac Gum

**Composite Family (Aster):** Absinthe; Artichoke; Artichoke, Jerusalem; Calomel; Celtuse; Chicory; Dandelion; Endive; Escarole; Head Lettuce; Lettuce, Leaf ; Lettuce; Oyster Plant, Salsify; Sesame Seeds/ Oil; Sunflower/ Oil/ Seeds; Vermouth; Vermouth (Ragweed); Vermouth (Pyrethrum); Yarrow.

**Crustaceans:** Crab; Crayfish; Lobster; Prawns; Shrimp.

**Cyperaceae Family (a Sedge):** Chinese Waterchestnut

**Curry Powder:** not a single food but a blend of spices.

**Ebony:** Persimmon

**Flax:** Linseed oil, flaxseed, flaxseed oil

**Fresh Water Fish:** Bass, Catfish, Croaker, Perch, Pike, Salmon, Smelt, Trout, Whitefish.

**Fungus:** Mushroom, Yeast/Antibiotics.

**Ginger:** Arrowroot, Cardamon, Ginger, Turmeric

**Gooseberry:** Currant, Gooseberry

**Goosefoot (Beet):** Beet, Sugar; Chard, Kochia, Lambs Quarters, Spinach, Thistle.

**Gourd (Melon):** Casaba; Cantaloupe; Cucumber; Honey Dew; Muskmelon; Persian Melon; Pumpkin; Squash; Vegetable Marrow; Water Melon.

**Grape:** Brandy; Champagne; Crème of Tartar; Grape; Raisin; Wine; Wine Vinegar.

**Heath:** Cranberry, Blueberry, Huckleberry, Wintergreen.

**Holly:** Mate.

**Honeysuckle:** Elderberry.

**Iris:** Saffron.

**Laurel:** Avocado, Bay Leaves, Camphor, Cinnamon, Laurel, Sassafras.

**Legume:** Acacia; Acacia Gum; Alfalfa; Arabic; Black-eyed pea; Carob; Carob (St. John's Bread); Cassia; Chick Pea; Field Pea; Green Bean; Green Pea; Guar gum; Jack bean; Karaya Gum; Kidney bean; Lentil; Licorice; Lima bean; Locust Bean Gum; Mungo Bean; Navy Bean; Peanut; Peanut oil; Pinto Bean; Soybean; Soybean oil/flour/lecithin; Split Pea; String Bean; Talca Gum; Tamarind; Tonka bean; Tragacanth Gum; Urd Flour.

**Lily:** Asparagus, Chives, Garlic, Leek, Onion, Sparsparilla.

**Litchi:** Litchi Nut.

**Mallow:** Cottonseed meal, Cottonseed oil, Okra.

**Maple:** Maple syrup and maple sugar.

**Miscellaneous:** Honey (watch if you are allergic to bee venom).

**Mint:** Basil, Horehound, Marjoram, Mint, Oregano, Peppermint, Rosemary, Sage, Savoury, Spearmint, Thyme.

**Mussels:** Abalone, Clam, Mussel, Oyster, Scallop, Squid.

**Morning Glory:** Jicama, Sweet Potato, Yam.

**Mulberry:** Breadfruit, Fig, Hops, Mulberry.

**Mustard:** Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Celery Cabbage, Chinese Cabbage, Collard, Colza Shoots, Kale, Kohlrabi, Kraut, Horse Radish, Mustard, Mustard Greens, Radish, Rutabaga, Turnips, Watercress.

**Myrtle:** Allspice, Cloves, Eucalyptus, Guava, Paprika, Pimento.

**Nightshade:** Brinjal, Cayenne, Capsicum, Eggplant, Ground Cherry, Banana Pepper, Bell Pepper, Chili Pepper, Green Pepper, Red Pepper, Sweet Pepper, Paprika, Pimento, Potato, Tabasco, Thorn Apple, Tobacco, Tomato.

**Nutmeg:** Mace, Nutmeg.

**Olive:** Olive, olive oil.

**Orchid:** Vanilla

**Palm:** Coconut, Date, Palm Cabbage, Sago.

**Parsley:** Angelica, Anise, Carrots, Celery, Celериac, Caraway, Celery Seed, Coriander, Cumin, Dill, Fennel, Parsley, Parsnips, Sweet Cicily, Water Celery.

**Pawpaw:** Pawpaw, papaya, papain.

**Pepper:** Black pepper, white pepper.

**Pine:** Juniper, Pinion nut.

**Pineapple:** Pineapple.

**Plum:** Almond, Apricot, Cherry, Nectarine, Peach, Plum, Prune Plum.

**Pomegranate:** Pomegranate.

**Poppy:** Poppy seed.

**Rose:** Blackberry, Boysenberry, Dewberry, Loganberry, Strawberry, Youngberry. (see also Apple family).

**Salt Water Fish:** Bass, Cod, Flounder, Herring, Mackerel, Mullet, Salmon.

**Spurge:** Tapioca.

**Stercula:** Cocoa, Cola Bean, Chocolate (Cocoa).

**Tea:** Tea.

**Walnut:** Butternut, Hickory nut, Pecan, Black Walnut, English Walnut.