

TheOnlineAllergist.com
Foods and Their Food Family Classification

Food (Food Family)

Abalone (**Mollusks**)
Absinthe (**Composite or Aster Family**)
Acacia Gum (**Legumes Family**)
Alfalfa (**Legumes Family**)
Allspice (**Myrtle Family**)
Almond (**Plum Family**)
Angelica (**Parsley Family**)
Angostura (**Citrus Family**)
Anise (**Parsley Family**)
Apple Cider (**Rose or Apple Family**)
Apple Pectin (**Rose or Apple Family**)
Apple Vinegar (**Rose or Apple Family**)
Apple (**Rose or Apple Family**)
Apricot (**Plum Family**)
Arabic (**Legumes Family**)
Arrowroot (**Arrowroot Family**)
Arrowroot (**Ginger Family**)
Artichoke (**Composite or Aster Family**)
Artichoke, Jerusalem (**Composite or Aster Family**)
Asparagus (**Lily Family**)
Avocado (**Laurel Family**)

Bamboo Shoots (**Cereals Family**)
Banana Pepper (**Nightshade Family**)
Banana (**Banana Family**)
Barley (**Cereals Family**)
Barley, Malt (**Cereals Family**)
Basil (**Mint Family**)
Bass (**Fresh Water Fish**)
Bass (**Salt Water Fish**)
Bay Leaves (**Laurel Family**)
Beet, Sugar (**Goosefoot or Beet Family**)
Bell Pepper (**Nightshade Family**)
Blackberry (**Rose Family**)
Blackeyed pea (**Legumes Family**)
Blueberry (**Heath Family**)
Boysenberry (**Rose Family**)
Bran (**Cereals Family**)
Brandy (**Grape Family**)
Brazil Nut (**Brazil Nut Family**)
Breadfruit (**Mulberry Family**)
Brinjal (**Nightshade Family**)
Broccoli (**Mustard Family**)
Brussel Sprouts (**Mustard Family**)
Buckwheat (**Buckwheat Family**)
Butternut (**Walnut Family**)

Cabbage (**Mustard Family**)
Cactus (**Cactus Family**)
Chamomile (**Composite or Aster Family**)
Camphor (**Laurel Family**)
Cane (**Cereals Family**)
Cane, Sugar (**Cereals Family**)
Cantaloupe (**Gourd or Melon Family**)
Capers (**Capers Family**)
Capsicum (**Nightshade Family**)
Caraway (**Parsley Family**)
Cardamon (**Ginger Family**)
Carob or St. John's Bread (**Legumes Family**)
Carob (**Legumes Family**)
Carrots (**Parsley Family**)
Casaba (**Gourd or Melon Family**)
Cashew (**Cashew Family**)
Cassia (**Legumes Family**)
Catfish (**Fresh Water Fish**)
Cauliflower (**Mustard Family**)
Cayenne (**Nightshade Family**)
Celeriac (**Parsley Family**)
Celery Cabbage (**Mustard Family**)
Celery Seed (**Parsley Family**)
Celery (**Parsley Family**)
Celtuse (**Composite or Aster Family**)
Champagne (**Grape Family**)
Chard (**Goosefoot or Beet Family**)
Cherry (**Plum Family**)
Chestnut, Ling nut (**Cereals Family**)
Chestnut, Singhara nut (**Cereals Family**)
Chestnut, Water (**Cereals Family**)
Chick Pea (**Legumes Family**)
Chicory (**Composite or Aster Family**)
Chili Pepper (**Nightshade Family**)
Chinese Cabbage (**Mustard Family**)
Chives (**Lily Family**)
Chocolate or Cocoa (**Stercula Family**)
Cinnamon (**Laurel Family**)
Citrange (**Citrus Family**)
Citron (**Citrus Family**)
Clam (**Mollusks**)
Cloves (**Myrtle Family**)
Cocoa (**Stercula Family**)
Coconut (**Palm Family**)
Cod (**Salt Water Fish**)
Cola Bean (**Stercula Family**)
Collard (**Mustard Family**)
Colza Shoots (**Mustard Family**)
Coriander (**Parsley Family**)
Corn cerelose (**Cereals Family**)

Corn dextrose (**Cereals Family**)
Corn glucose (**Cereals Family**)
Corn Meal (**Cereals Family**)
Corn Oil (**Cereals Family**)
Corn Starch (**Cereals Family**)
Corn Sugar (**Cereals Family**)
Corn syrup (**Cereals Family**)
Corn (**Cereals Family**)
Cottonseed Meal (**Mallow Family**)
Cottonseed Oil (**Mallow Family**)
Crab (**Crustaceans**)
Cranberry (**Heath Family**)
Crayfish (**Crustaceans**)
Crème of Tartar (**Grape Family**)
Croaker (**Fresh Water Fish**)
Cucumber (**Gourd or Melon Family**)
Cumin (**Parsley Family**)
Currant (**Gooseberry Family**)
Curry Powder (**Not one spice, is a blend of spices**)

Dandelion (**Composite or Aster Family**)
Dasheen (**Arum Family**)
Date (**Palm Family**)
Dewberry (**Rose Family**)
Dill (**Parsley Family**)

Eggplant (**Nightshade Family**)
Elderberry (**Honeysuckle Family**)
Endive (**Composite or Aster Family**)
Escarole (**Composite or Aster Family**)
Eucalyptus (**Myrtle Family**)

Farina (**Cereals Family**)
Fennel (**Parsley Family**)
Field Pea (**Legumes Family**)
Fig (**Mulberry Family**)
Filbert (**Birch Family**)
Flaxseed (**Flax**)
Flounder (**Salt Water Fish**)

Garden Sorrel (**Buckwheat Family**)
Garlic (**Lily Family**)
Ginger (**Ginger Family**)
Gluten flour (**Cereals Family**)
Gooseberry (**Gooseberry Family**)
Graham flour (**Cereals Family**)
Grape (**Grape Family**)
Grapefruit (**Citrus Family**)
Green Bean (**Legumes Family**)
Green Pea (**Legumes Family**)

Green Pepper (**Nightshade Family**)
Ground Cherry (**Nightshade Family**)
Guava (**Myrtle Family**)
Guar Gum (**Legume family**)
Gum Guaiac (**Cochliospermum Family**)
Gum Karaya (**Cochliospermum Family**)

Hazelnut (**Birch Family**)
Head Lettuce (**Composite or Aster Family**)
Herring (**Salt Water Fish**)
Hickory Nut (**Walnut Family**)
Honey Dew (**Gourd or Melon Family**)
Honey (**Miscellaneous**)
Hop (**Mulberry Family**)
Horehound (**Mint Family**)
Horse Radish (**Mustard Family**)
Huckleberry (**Heath Family**)

Jack bean (**Legumes Family**)
Jicama (**Morning Glory Family**)
Juniper (**Pine Family**)

Kale (**Mustard Family**)
Karaya Gum (**Legumes Family**)
Kidney bean (**Legumes Family**)
Kiwi (**Actinidiaceace Family**)
Kochia (**Goosefoot or Beet Family**)
Kohlrabi (**Mustard Family**)
Kraut (**Mustard Family**)
Kumquat (**Citrus Family**)

Lambs Quarters (**Goosefoot or Beet Family**)
Laurel (**Laurel Family**)
Leaf Lettuce (**Composite or Aster Family**)
Leek (**Lily Family**)
Lemon (**Citrus Family**)
Lentil (**Legumes Family**)
Lettuce (**Composite or Aster Family**)
Licorice (**Legumes Family**)
Lima bean (**Legumes Family**)
Lime (**Citrus Family**)
Linseed (**Flax**)
Litchi Nut (**Litchi Family**)
Lobster (**Crustaceans**)
Locust Bean Gum (**Legumes Family**)
Loganberry (**Rose Family**)

Mace (**Nutmeg Family**)
Mackerel (**Salt Water Fish**)
Mango (**Cashew Family**)
Maple Sugar (**Maple Family**)

Maple Syrup (**Maple Family**)
Marjoram (**Mint Family**)
Mate (**Holly Family**)
Millet (**Cereals Family**)
Mint (**Mint Family**)
Molasses or Cane (**Cereals Family**)
Mulberry (**Mulberry Family**)
Mullet (**Salt Water Fish**)
Mungo Bean (**Legumes Family**)
Mushroom (**Fungus Family**)
Muskmelon (**Gourd or Melon Family**)
Mussel (**Mollusks**)
Mustard Greens (**Mustard Family**)
Mustard (**Mustard Family**)

Navy Bean (**Legumes Family**)
Nectarine (**Plum Family**)
Nutmeg (**Nutmeg Family**)

Oats (**Cereals Family**)
Okra (**Mallow Family**)
Olive, and oil (**Olive Family**)
Onion (**Lily Family**)
Orange (**Citrus Family**)
Oregano (**Mint Family**)
Oyster Plant, Salsify (**Composite or Aster Family**)
Oyster (**Mollusks**)

Palm Cabbage (**Palm Family**)
Papain (**Pawpaw Family**)
Papaya (**Pawpaw Family**)
Paprika (**Myrtle Family**)
Paprika (**Nightshade Family**)
Parsley (**Parsley Family**)
Parsnips (**Parsley Family**)
Patent Flour (**Cereals Family**)
Pawpaw (**Pawpaw Family**)
Peach (**Plum Family**)
Peanut oil (**Legumes Family**)
Peanut (**Legumes Family**)
Pear (**Rose or Apple Family**)
Pecan (**Walnut Family**)
Pepper, Black (**Pepper Family**)
Pepper, White (**Pepper Family**)
Peppermint (**Mint Family**)
Perch (**Fresh Water Fish**)
Persian Melon (**Gourd or Melon Family**)
Persimmon (**Ebony Family**)
Pike (**Fresh Water Fish**)
Pimento (**Myrtle Family**)
Pimento (**Nightshade Family**)

Pineapple (**Pineapple Family**)
Pinion Nut (**Pine Family**)
Pinto Bean (**Legumes Family**)
Pistachio (**Cashew Family**)
Plantain (**Banana Family**)
Plum (**Plum Family**)
Poi (**Arum Family**)
Pomegranate (**Pomegranate Family**)
Poppy seed (**Poppy Family**)
Potato (**Nightshade Family**)
Prawns (**Crustaceans**)
Prickly Pear (**Cactus Family**)
Prune Plum (**Plum Family**)
Pumpkin (**Gourd or Melon Family**)

Quince (**Composite or Aster Family**)

Radish (**Mustard Family**)
Raisin (**Grape Family**)
Raspberry (**Rose Family**)
Red Pepper (**Nightshade Family**)
Rhubarb (**Buckwheat Family**)
Rice (**Cereals Family**)
Rosemary (**Mint Family**)
Rutabaga (**Mustard Family**)
Rye (**Cereals Family**)

Saffron (**Iris Family**)
Sage (**Mint Family**)
Sago (**Palm Family**)
Salmon (**Fresh Water Fish**)
Salmon (**Salt Water Fish**)
Sassafras (**Laurel Family**)
Savory (**Mint Family**)
Savoury (**Mint Family**)
Scallop (**Mollusks**)
Sesame Seed Oil (**Composite or Aster Family**)
Shrimp (**Crustaceans**)
Smelt (**Fresh Water Fish**)
Sorghum (**Cereals Family**)
Soybean (**Legumes Family**)
Soybean flour (**Legumes Family**)
Soybean Lecithin (**Legumes Family**)
Soybean oil (**Legumes Family**)
Sparsparilla (**Lily Family**)
Spearmint (**Mint Family**)
Spinach (**Goosefoot or Beet Family**)
Split Pea (**Legumes Family**)
Squash (**Gourd or Melon Family**)
Squid (**Mollusks**)
Strawberry (**Rose Family**)

String Bean (**Legumes Family**)
Sugar, Beet (**Goosefoot or Beet Family**)
Sugar, Cane (**Cereals Family**)
Sunflower and Seeds (**Composite or Aster Family**)
Sunflower Oil (**Composite or Aster Family**)
Sweet Cicily (**Parsley Family**)
Sweet Pepper (**Nightshade Family**)
Sweet Potato (**Morning Glory Family**)

Tabasco (**Nightshade Family**)
Talca Gum (**Legumes Family**)
Tamarind (**Legumes Family**)
Tangerine (**Citrus Family**)
Tapioca (**Spurge Family**)
Taro (**Arum Family**)
Tea (**Tea Family**)
Tequila (**Cactus family**)
Thistle (**Goosefoot or Beet Family**)
Thorn Apple (**Nightshade Family**)
Thyme (**Mint Family**)
Tobacco (**Nightshade Family**)
Tomato (**Nightshade Family**)
Tonka bean (**Legumes Family**)
Tragacanth Gum (**Legumes Family**)
Trout (**Fresh Water Fish**)
Turmeric (**Ginger Family**)
Turnips (**Mustard Family**)
Urd Flour (**Legumes Family**)

Vanilla (**Orchid Family**)
Vegetable Marrow (**Gourd or Melon Family**)
Vermouth, Pyrethrum (**Composite or Aster Family**)
Vermouth, Ragweed (**Composite or Aster Family**)
Vermouth (**Composite or Aster Family**)

Walnut Black (**Walnut Family**)
Walnut English (**Walnut Family**)
Water Celery (**Parsley Family**)
Water Melon (**Gourd or Melon Family**)
Waterchestnut, Chinese (**Cyperaceae or Sedge Family**)
Watercress (**Mustard Family**)
Wheat, whole flour (**Cereals Family**)
Wheat flour (**Cereals Family**)
Wheat Germ (**Cereals Family**)
Wheat (**Cereals Family**)
Whitefish (**Fresh Water Fish**)
Wild Rice (**Cereals Family**)
Wine Vinegar (**Grape Family**)
Wine (**Grape Family**)
Wintergreen (**Heath Family**)

Yam (**Morning Glory Family**)
Yarrow (**Composite or Aster Family**)
Yeast/Antibiotics (**Fungus Family**)
Youngberry (**Rose Family**)