

Foods, Food Families, and Other Food Lists

The following food charts are provided in two ways. The first chart lists foods from all food families alphabetically. The second food chart lists foods alphabetically within their specific food family. This information is a compilation of many different resources. I was amazed at how some listings changed things a bit. I took several reputable lists, made comparisons and summarized them in the following chart. What is interesting to note is how, in my opinion, mass production of foods as we live in society today has reduced the numbers and varieties of foods available. We have seen this in our family through our participation with our local organic farm. We were introduced to foods like blue potatoes and other varieties of foods that you don't find in the grocery store. You can find local organic farmers in your area by looking on the Internet under Community Supported Agriculture (CSA) and through other organizations that are listing and tracking organic farming like Local Harvest (www.localharvest.org) or Sustainable Agriculture Research and Education (SARE) which is part of the USDA's Cooperative State Research Education and Extension Service. Look up www.sare.org on the Internet. You can find charts like this one on-line through agriculture schools and through the United States Department of Agriculture among other sites.

Because this cookbook may be used as a reference for many people with different needs, including physicians and other medical professionals, I did include tree nuts, plants containing gluten and other allergens that are not otherwise contained in this cookbook. That decision was made to be helpful to the general user and also because while this cookbook contains recipes with no tree nuts, eggs, milk, gluten, etc., some consumers purchasing this cookbook will indeed be able to eat some of those foods and will substitute. Using the following alphabetical chart, you can quickly find a food item and it's family. The chart is for rotation diet planning and other measures.

ALPHABETICAL FOOD FAMILIES CHART	
<i>The Super Allergy Girl™ Allergy & Celiac Cookbook</i>	
FOOD	FAMILY
abalone	Mollusks
acacia (gum)	Legume Family
acorn squash	Gourd Family
agar-agar	Algae Family
agave	Amaryllis Family
albacore	Mackerel Family
alfalfa	Legume Family
algae	Algae Family
allspice	Myrtle Family
almond	Plum Family
aloe vera	Lily Family
American eel	Eel Family
anchovy	Anchovy Family
angelica	Parsley Family
anise	Parsley Family
annatto	Bixa Family
antelope	Pronghorn Family
apple	Apple Family
apple cider	Apple Family
apple mint	Mint Family
apple pectin	Apple Family
apple vinegar	Apple Family
apricot	Plum Family
arrowroot, Brazilian	Spurge Family
arrowroot, <i>Maranta</i>	Arrowroot Family
arrowroot, Queensland	Canna Family
artichoke flour	Composite Family
asparagus	Lily Family
aspergillus	Fungi Family
avocado	Laurel Family
bacon	Swine Family (Pork)
baker's yeast	Fungi Family
banana	Banana Family
barley	Grass Family
basil	Mint Family
bass (black)	Sunfish Family
bass (yellow)	Bass Family
bay leaf	Laurel Family
bean	Legume Family
bear	Bear Family
bearberry	Heath Family
beef	Bovine Family
beet	Goosefoot Family

beet sugar	Goosefoot Family
bell pepper	Nightshade Family
bergamot	Mint Family
birds	Birds
black bass	Sunfish Family
blackberry	Berry Family
black-eyed peas	Legume Family
black pepper	Pepper Family
black walnut	Walnut Family
blueberry	Heath Family
bluefish	Bluefish Family
borage	Borage Family
boysenberry	Berry Family
brandy	Grape Family
Brazil nut	Sapucaya Family
breadfruit	Mulberry Family
brewer's yeast	Fungi Family
broccoli	Mustard Family
Brussels sprouts	Mustard Family
buckwheat	Buckwheat Family
bulgur	Grass Family
burdock root	Composite Family
buttercup squash	Gourd Family
butterfish	Harvestfish Family
butternut	Walnut Family
butternut squash	Gourd Family
cabbage	Mustard Family
cacao	Chocolate Family
cane sugar (white sugar)	Grass Family
cantaloupe	Gourd or Melon Family
caper	Capers Family
caraway seed	Parsley Family
cardamom	Ginger Family
cardoon	Composite Family
caribou	Deer Family
carob	Legume Family
carp	Minnow Family
carrageen	Algae Family
carrot	Parsley Family
casaba melon	Gourd or Melon Family
caserta squash	Gourd or Melon Family
cashew	Cashew Family
cassava	Spurge Family
castor bean	Spurge Family
castor oil	Spurge Family
catfish	Catfish (Fish)
catnip	Mint Family

cauliflower	Mustard Family
caviar	Sturgeon Family
cayenne pepper	Nightshade (or Potato) Family
celeriac	Parsley Family
celery	Parsley Family
chamomile	Composite Family
chard	Goosefoot or Beet Family
chayote	Gourd or Melon Family
cherry	Plum Family
chervil	Parsley Family
chestnut	Beech Family
chia seed	Mint Family
chicken	Pheasant Family
chickpea	Legume Family
chicle	Sapodilla Family
chicory	Composite Family
chili pepper	Nightshade or Potato Family
Chinese cabbage	Mustard Family
Chinese gooseberry	Dillenia Family
Chinese potato	Yam Family
Chinese water chestnut	Sedge Family
chinquapin	Beech Family
chives	Lily Family
chocolate	Chocolate Family
cinnamon	Laurel Family
citric acid	Fungus Family
citron	Citrus or Rue Family
citronella	Grass Family
clam	Mollusks (Pelecypod)
clove	Myrtle Family
clover, red	Legume Family
cocoa	Chocolate Family
cocoa butter	Chocolate Family
coconut	Palm Family
cod (scrod)	Codfish Family
coffee	Coffee Family
cola nut	Chocolate Family
collards	Mustard Family
coltsfoot	Composite Family
comfrey	Borage Family
coriander	Parsley or Carrot Family
corn	Grass Family
costmary	Composite Family
cottonseed oil	Macadamia Family
crab	Crustaceans
crabapple	Apple Family (part of the larger <i>Rosaceae</i> Family)

cranberry	Heath Family
crappie	Sunfish
crayfish	Crustaceans
cream of tartar	Grape Family
Crenshaw melon	Gourd or Melon Family
Croaker	Croaker (Fish) Family
crookneck squash	Gourd or Melon Family
cucumber	Gourd or Melon Family
cumin	Parsley or Carrot Family
currant	Gooseberry Family
cushaw squash	Gourd or Melon Family
dandelion	Composite Family
dasheen	Arum Family
date	Palm Family
date sugar	Palm Family
deer	Deer Family (Mammals)
dewberry	Berry Family (Part of the larger <i>Rosaceae</i> Family)
dill	Parsley or Carrot Family
dittany	Mint Family
dolphin	Dolphin Family
dove	Dove Family (Birds)
dried "currant"	Grape Family
drum (saltwater)	Croaker Family (Fish)
drum (freshwater)	Croaker Family (Fish) Freshwater
duck	Duck Family (Birds)
dulse	Algae Family
eggplant	Nightshade or Potato Family
eggs (chicken)	Pheasant Family (Birds)
elderberry	Honeysuckle Family
elk	Deer Family (Mammals)
endive	Composite Family
English walnut	Walnut Family
Escarole	Composite Family
Eucalyptus	Myrtle Family
fava bean	Legume Family
fennel	Parsley or Carrot Family
fenugreek	Legume Family
fig	Mulberry Family
filbert	Birch Family
finocchio	Parsley or Carrot Family
flaxseed	Flax Family
flounder	Flounder Family (Fish)
French endive	Composite Family
freshwater drum	Croaker Family (Fish)

frog (frogs' legs)	Amphibian (Frog)
Fungi	Fungus Family
garbanzo	Legume Family
garden sorrel	Buckwheat Family
garlic	Lily Family
gherkin	Gourd or Melon Family
gin	Conifer Family
ginger	Ginger Family
ginseng	Ginseng Family
globe artichoke	Composite Family
goldenrod	Composite Family
goose	Duck Family (Birds)
gooseberry	Gooseberry Family
gotu kola	Parsley or Carrot Family
granadilla	Passion (Flower) Family
grape	Grape Family
grapefruit	Citrus or Rue Family
grenadine	Pomegranate Family
grits (from corn)	Grass Family
groundnut	Sedge Family
grouper	Sea Bass (Fish)
grouse (ruffed)	Grouse Family (Birds)
guava	Myrtle Family
guinea fowl	Guinea Fowl (Birds)
gum acacia	Legume Family
gum tragacanth	Legume Family
haddock	Codfish Family (Fish)
hake	Codfish Family (Fish)
halibut	Flounder Family (Fish)
ham	Swine Family (Pork/pig)
harvest fish	Harvest Family (Fish)
hazelnut	Birch Family
heartnut	Walnut Family
hibiscus	Mallow Family
hickory nut	Walnut Family
hog	Swine Family (pig/pork)
hominy (grits, from corn)	Grass Family
honey	Not categorized – may contain pollen or spores from a variety of floral plants
honeydew	Gourd or Melon Family
hop	Mulberry Family
horehound	Mint Family
horse	Horse Family (Mammals)
horseradish	Mustard Family
horsetail	Horsetail Family

Hubbard squash	Gourd or Melon Family
huckleberry	Heath Family
hyssop	Mint Family
Jerusalem artichoke	Composite Family
jicama	Legume Family (or Morning Glory Family depending upon who you speak to)
juniper	Pine Family
kale	Mustard Family
kelp	Algae Family
kidney bean	Legume Family
kiwi berry	Dillenia Family
kohlrabi	Mustard Family
kumquat	Citrus or Rue Family
lamb	Bovid or Bovine Family
lamb's quarters	Goosefoot or Beet Family
lavender	Mint Family
lecithin (soy)	Legume Family
leek	Lily Family
lemon	Citrus or Rue Family
lemon balm	Mint Family
lemon grass	Grass Family
lemon verbena	Verbena Family
lentil	Legume Family
lettuce	Composite Family
licorice	Legume Family
lima bean	Legume Family
lime	Citrus or Rue Family
litchi	Soapberry Family
lobster	Crustaceans (Seafood)
loganberry	Berry Family (Part of the larger <i>Rosaceae</i> Family)
lovage	Parsley or Carrot Family
macadamia	Macadamia Family
mace	Nutmeg Family
mackerel	Tuna Family (Fish)
malanga	Arum Family
malt(from barley)	Grass Family
maltose(from barley)	Grass Family
mango	Cashew Family
maple sugar	Maple Family
maple syrup	Maple Family
<i>Maranta</i> starch	Arrowroot Family
Marjoram	Mint Family
milk (cow's)	Bovid or Bovine Family

milk, goat	Bovid or Bovine Family
milk, rice	Grass Family
milk, sheep	Bovid or Bovine Family
milk, soy	Grass Family
millet	Grass Family
molasses(cane sugar)	Grass Family
mold	Fungi Family
moose	Deer Family (Mammals)
morel	Fungi Family
mulberry	Mulberry Family
mullet	Mullet Family (Fish)
mung bean	Legume Family
muscadine	Grape Family
mushroom	Fungi Family
muskmelon	Gourd or Melon Family
mussel	Mollusks (Pelecypods)
mustard greens	Mustard Family
mustard seed	Mustard Family
mutton	Bovid or Bovine Family
navy bean	Legume Family
nectarine	Plum Family
New Zealand spinach	Carpetweed Family
northern scup	Porgy Family (Fish)
nutmeg	Nutmeg Family
nutritional yeast	Fungi Family
oat	Grass Family
oatmeal	Grass Family
ocean catfish	Sea Catfish Family (Fish)
ocean perch	Scorpionfish Family (Fish)
octopus	Mollusk
okra	Mallow Family
olive	Olive Family
onion	Lily Family
opossum	Opossum Family (Mammal)
orange	Citrus or Rue Family
oregano	Mint Family
oyster	Mollusk (Pelecypods)
palm cabbage	Palm Family
papaya	Pawpaw Family
paprika	Myrtle Family
paradise nut	Sapucaya Family
parsley	Parsley Family
parsnip	Parsley Family
partridge	Grouse Family (Birds)
passion fruit	Passion Flower Family
pattypan squash	Gourd or Melon Family

pawpaw	Pawpaw Family
pea	Legume Family
peach	Plum Family
peanut	Legume Family
pear	Apple Family (Part of the larger <i>Rosaceae</i> Family)
pecan	Walnut Family
Pectin (apple)	Apple Family (Part of the larger <i>Rosaceae</i> Family)
pennyroyal	Mint Family
pepino (melon pear)	Nightshade or Potato Family
pepper, sweet	Nightshade or Potato Family
peppercorn	Pepper Family
peppermint	Mint Family
perch (ocean)	Scorpionfish Family (Fish) (also called Rosefish)
perch (white)	Bass Family (Fish)
perch (yellow)	Perch Family (Fish)
Persian melon	Gourd or Melon Family
persimmon	Ebony Family
pheasant	Pheasant Family (Bird)
pickerel	Pike Family (Fish)
pigeon (squab)	Dove Family (Bird)
pigweed	Purslane Family
pike	Pike Family (Fish)
pilchard (sardine)	Herring (Saltwater) Family (Fish)
pimiento	Nightshade or Potato Family
pineapple	Pineapple Family
pine nut	Conifer Family
pistachio	Cashew Family
plantain	Banana Family
plum	Plum Family
poi	Arum Family
poison ivy	Cashew Family
pomegranate	Pomegranate Family
pompano	Jack Family (Fish)
popcorn	Grass Family
poppy seed	Poppy Family
porgy	Porgy Family (Fish)
pork	Swine Family (Mammals)
potato	Nightshade or Potato Family
prawn	Crustaceans (seafood)
preserving melon	Gourd or Melon Family
prune	Plum Family
puffball	Fungi Family
pummelo	Citrus or Rue Family
pumpkin	Gourd or Mellon Family

pumpkinseed (sunfish)	Sunfish Family (Fish)
quail	Pheasant Family (Birds)
Queensland arrowroot	Canna Family
Queensland nut	Protea Family
Quince	Apple Family (Part of the larger <i>Rosaceae</i> Family)
quinoa	Goosefoot or Beet Family
rabbit	Hare Family (Mammal)
radish	Mustard Family
raisin	Grape Family
rape	Mustard Family
raspberry	Berry Family (Part of the larger <i>Rosaceae</i> Family)
rattlesnake	Snake Family (Reptile)
red clover	Legume Family
reindeer	Deer Family (Mammal)
rhubarb	Buckwheat Family
rice	Grass Family
romaine	Composite Family
rosefish	Scorpionfish Family (Fish)
rosehips	Apple Family (Part of the larger <i>Rosaceae</i> Family)
rosemary	Mint Family
ruffed grouse	Grouse Family (Bird)
rutabaga	Mustard Family
rye	Grass Family
safflower oil	Composite Family
saffron	Iris Family
sage	Mint Family
sago starch	Palm Family
sailfish	Marlin Family (Fish)
salmon species	Salmon Family (Fish)
salsify	Composite Family
sarsaparilla	Lily Family
sassafras	Laurel Family
sauger (perch)	Perch Family
savory	Mint Family
scallop	Mollusks (Pelecypods)
sea grape	Buckwheat Family
sea herring	Herring Family, saltwater (Fish)
sea trout	Croaker Family, Saltwater (Fish)
seaweed	Algae Family
senna	Legume Family
sesame	Sesame Family
shad(roe)	Herring Family, freshwater (Fish)

shallot	Lily Family
shave grass	Horsetail Family
sheep	Bovid or Bovine Family
shrimp	Crustacean Family
silver perch	Croaker Family, saltwater (Fish)
sloe	Plum Family (Part of the larger <i>Rosaceae</i> Family)
smelt	Smelt Family (Fish)
snai	Mollusks (Gastropods)
soap plant	Lily Family
sole	Flounder Family (Fish)
sorghum	Grass Family
sorrel, garden	Buckwheat Family
soy	Legume Family
soybean	Legume Family
spaghetti squash	Gourd or Melon Family
spearmint	Mint Family
spinach	Goosefoot or Beet Family
spotted sea trout	Croaker Family (also called weakfish), (Fish)
squash	Gourd or Melon Family
squid	Mollusks (Cephalopod)
squirrel	Squirrel Family (Mammal)
strawberry	Berry Family (Part of the larger <i>Rosaceae</i> Family)
string bean	Legume Family
sturgeon	Sturgeon Family (Fish)
sucker	Sucker Family (Fish)
sugar beet	Goosefoot or Beet Family
sugar cane	Grass Family
summer savory	Mint Family
sunfish	Sunfish Family (Fish)
sunflower oil & seeds	Composite Family
sweet corn	Grass Family
sweet pepper	Nightshade or Potato Family
sweet potato	Morning Glory Family
swordfish	Swordfish Family (Fish)
tahini	Sesame Family
tamarind	Legume Family
tangelo	Citrus or Rue Family
tangerine	Citrus or Rue Family
tapioca	Spurge Family
taro	Arum Family
tarragon	Composite Family
tea	Tea Family
tequila	Amaryllis Family
thyme	Mint Family

tilefish	Tilefish Family (Fish)
tobacco	Nightshade or Potato Family
tomatillo	Nightshade or Potato Family
tomato	Nightshade or Potato Family
tonka bean	Legume Family
tree tomato	Nightshade or Potato Family
triticale	Grass Family
trout species	Salmon Family
truffle	Fungi Family
tuna	Tuna Family (Fish)
turban squash	Gourd or Melon Family
turkey	Turkey Family (Bird)
turmeric	Ginger Family
turnip	Mustard Family
turtle species	Turtle Family (Reptile)
vanilla	Orchard Family
venison	Deer Family (Mammal)
vinegar(from apples)	Apple Family (Part of the larger <i>Rosaceae</i> Family)
walnuts	Walnut Family
watercress	Mustard Family
watermelon	Gourd or Melon Family
weakfish	Croaker Family, saltwater (Fish)
whale	Whale Family (Mammal)
wheat	Grass Family
wheat germ	Grass Family
whitebait	Silverside Family (Fish)
whitefish	Whitefish Family (Fish)
white pepper	Pepper Family
white perch	Bass Family
wild rice	Grass Family
wine berry	Grape Family
wine vinegar	Grape Family
wintergreen	Birch Family
winter savory	Mint Family
yam	Morning Glory Family
yarrow	Composite Family
yellow bass	Bass Family (Fish)
yellow jack	Jack Family (Fish)
yellow perch	Perch Family (Fish)
youngberry	Berry Family (Part of the larger <i>Rosaceae</i> Family)
yucca	Lily Family
zucchini	Gourd or Melon Family