
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.

<i>FOOD LISTED ALPHABETICALLY WITHIN THEIR FAMILY</i> <i>The Super Allergy Girl™ Allergy & Celiac Cookbook</i>	
PLANT FAMILY (<i>Botanical plant family name</i>)	FOODS IN THE FAMILY
Algae (<i>Algae</i>)	agar-agar, carrageen, kelp (kombu), dulse
Amaryllis Family (<i>Amaryllidaceae</i>)	agave, mescal, pulque and tequila
Apple Family (<i>Rosaceae</i>) This is part of a larger food family that is often broken down into the apple, plum and berry families	apple, apple cider, apple vinegar, apple pectin, crab apple, quince, pear, rosehips*
Arrowroot (<i>Marantaceae</i>)	Arrowroot (<i>Maranta</i> starch)
Arum Family	dasheen, poi, taro, malanga, yautia
Banana Family (<i>Musaceae</i>)	banana, plaintain
Beech (<i>Fagaceae</i>)	beechnut and chestnut
Berry (<i>subfamily of Rosaceae</i>)	blackberry, boysenberry, dewberry, loganberry, raspberry, black raspberry, red raspberry, purple raspberry, strawberry, wineberry
Birch (<i>Betulaceae</i>)	filbert or hazelnut, oil of birch (wintergreen flavor)
Bixa Family (<i>Bixaceae</i>)	annatto (natural yellow dye)
Borage (<i>Boraginaceae</i>)	(Herbs) borage, comfrey* leaf & root
Brazil Nut (<i>Lecythidaceae</i>)	Brazil nut

Buckwheat (<i>Polygonaceae</i>)	buckwheat, garden sorrel, rhubarb, sea grape
Canna Family (<i>Cannaceae</i>)	Queensland arrowroot
Caper (<i>Capparidaceae</i>)	caper
Carpetweed Family (<i>Aizoaceae</i>)	New Zealand spinach
Cashew (<i>Anacardiaceae</i>)	cashew, mango, pistachio, poison ivy, poison oak, poison sumac
Chocolate (<i>Sterculiaceae</i>)	chocolate (cacao), cocoa*, cocoa butter, cola nut
Citrus or Rue (<i>Rutaceae</i>)	citron, grapefruit, kumquat, lemon, lime, orange, pummelo, tangelo, tangerine
Coffee (<i>Rubiaceae</i>)	coffee
Composite (<i>Compositae</i>) [These foods are all related to ragweed and may bother people highly allergic to ragweed pollens.]	Cardoon, chamomile, chicory*, coltsfoot, costmary, dandelion, endive, escarole, globe artichoke, goldenrod*, Jerusalem artichoke, and artichoke flour, lettuce, pyrethrum, romaine, safflower oil, sunflower seeds, sunflower oil, sunflower meal, tansy (herb), tarragon (herb), witloof chicory (French endive), yarrow*
Conifer (<i>Coniferae</i>)	juniper berry (used in Gin) and pine nuts
Custard-Apple (<i>Annonaceae</i>)	pawpaw and cherimoyas
Dillenia Family (<i>Dilleniaceae</i>)	Chinese gooseberry (kiwi berry)
Ebony (<i>Ebonaceae</i>)	persimmon
Flax (<i>Linaceae</i>)	flaxseed

ROTATION DIETS AND FOOD FAMILIES / 3
 ©LISA A. LUNDY, THE SUPER ALLERGY COOKBOOK™

Fungus (<i>Fungi</i>) § See note at the end of this chart	mushrooms, truffle, morel, puffball, Baker's yeast, brewer's yeast or nutritional yeast, citric acid, and molds in certain cheeses
Ginger (<i>Zingiberaceae</i>)	cardamom, ginger, turmeric
Ginseng Family (<i>Araliaceae</i>)	American ginseng*, Chinese ginseng*
Gooseberry (<i>Saxifragaceae</i>)	currant and gooseberry
Goosefoot or Beet (<i>Chenopodiaceae</i>)	amaranth, beet, chard, lamb's quarters, spinach, sugar beet, quinoa, tampala
Gourd or Melon Family (<i>Cucurbitaceae</i>)	chayote, melon, cucumber, gherkin, cantaloupe, honeydew, Persian melon, Crenshaw, casaba, pumpkin, pumpkin seed, pumpkin meal, acorn squash, buttercup squash, butternut squash, Boston marrow squash, caserta squash, cocozelle squash, crookneck & straight neck squashes, Hubbard variety of squashes, pattypan squash, spaghetti squash, zucchini, watermelon
Grape (<i>Vitaceae</i>)	grape, brandy, champagne, cream of tartar, dried "currant" (dried black grapes), raisin, wine, wine vinegar
Grass Family (<i>Graminae</i> , sometimes called the Grain Family)	bamboo shoots, barley, barley malt, maltose (from Barley), corn, maize (corn), corn meal, corn oil, cornstarch, corn sugar, corn syrup, hominy grits, popcorn, sweet corn, kamut, lemongrass, citronella, millet,

	oats, oatmeal, rice, rice flour, rye, sorghum grain, sorghum flour, spelt, sugarcane, cane sugar, raw sugar, molasses, teff, triticale, wheat, wheat bran, bulgur, wheat flour, wheat gluten, graham, whole wheat, wheat germ, wild rice Several of the above flours contain gluten. Please refer to the Flours section to distinguish gluten-free flours.
Heath (<i>Ericaceae</i>)	blueberry, cranberry, huckleberry, bilberry
Honeysuckle (<i>Caprifoliaceae</i>)	elderberry, elderberry flowers
Horsetail Family (<i>Equisetaceae</i>)	*shavegrass (horsetail)
Iris (<i>Iridaceae</i>)	saffron
Kiwi (<i>Actinidiaceae</i>)	kiwiberry, kiwifruit
Laurel (<i>Lauraceae</i>)	avocado, bay leaf, cinnamon, sassafras
Legume (<i>Leguminosae</i>)	Alfalfa*, alfalfa sprouts, fava beans, lima beans, mung beans, navy beans, string beans, kidney beans, black-eyed peas, carob*, carob syrup, chickpea (garbanzo bean), fenugreek*, gum acacia, gum tragacanth, jicama, kudzu, lentil, licorice*, peas, peanuts, peanut oil, red clover*, senna*, soybeans, soy lecithin, soy grits, soy flour, soy milk, soy oil, tamarind, tonka bean, and all sprouts sprouted from the above listed beans, and all flours made from the

	above listed beans or plants
Lily (<i>Liliaceae</i>)	Aloe vera, asparagus, chives, garlic, leek, onion, ramp, sarsaparilla*, shallot, yucca (soap plant)
Macadamia (<i>Proteaceae</i>)	macadamia nuts
Mallow (<i>Malvaceae</i>)	cottonseed, hibiscus, okra
Maple(<i>Aceraceae</i>)	maple syrup, maple sugar
Melon or Gourd (<i>Cucurbitaceae</i>)	chayote, melon, cucumber, gherkin, cantaloupe, honeydew, Persian melon, Crenshaw, casaba, pumpkin, pumpkin seed, pumpkin meal, acorn squash, buttercup squash, butternut squash, Boston marrow squash, caserta squash, cocozelle squash, crookneck & straight neck squashes, Hubbard variety of squashes, pattypan squash, spaghetti squash, zucchini, watermelon
Mint (<i>Labiatae</i>)	Apple mint, basil, bergamot, catnip*, chia seed*, horehound*, dittany*, hyssop*, lavender, lemon balm*, marjoram, oregano, pennyroyal*, peppermint*, rosemary, sage, spearmint*, summer savory, thyme, winter savory
Morning-Glory (<i>Convolvulaceae</i>)	jicama and sweet potato
Mulberry (<i>Moraceae</i>)	breadfruit, fig, mulberry, hop*

Mustard (<i>Cruciferae</i>)	arugula, broccoli, bok choy, Brussels sprouts, cabbage, cardoon, cauliflower, Chinese cabbage, collards, colza shoots, curly cress, daikon, horseradish, kale, kohlrabi, mustard greens, mustard seed, radish, rape, rutabaga, sea collards, turnip, upland cress, watercress
Myrtle (<i>Myrtaceae</i>)	Allspice (<i>Pimenta</i>), clove, eucalyptus*
Nightshade or Potato (<i>Solanaceae</i>)	Eggplant, pepino (melon pear), bell peppers, sweet peppers, cayenne peppers, chili peppers, paprika, pimiento, potato (all varieties), tobacco, tomatillo, tomato, tree tomato (This family DOES NOT include black or white peppercorns.)
Nutmeg (<i>Myristicaceae</i>)	nutmeg and mace
Olive (<i>Oleaceae</i>)	olive
Orchid (<i>Orchidaceae</i>)	vanilla
Palm (<i>Palmaceae</i>)	coconut, coconut milk, coconut oil, coconut meal, dates, date sugar, sago starch, palm cabbage
Papaya (<i>Caricaceae</i>)	papaya
Parsley or Carrot Family(<i>Umbelliferae</i>)	Angelica, anise, caraway, carrot, carrot syrup, celeriac (celery root), celery, celery seed, celery leaf, chervil, coriander, cumin, dill, dill seed, fennel*, gotu kola*, lovage*, parsley*, parsnip, sweet cicely

Passion Flower Family (<i>Passifloraceae</i>)	granadilla (passion fruit)
Pepper (<i>Piperaceae</i>)	peppercorns, white pepper, black pepper
Pineapple (<i>Bromeliaceae</i>)	pineapple
Plum (<i>Subfamily of Rosaceae</i>)	almond, apricot, cherry, nectarine, peach, plum, prune, wild cherry, sloe
Pomegranate(<i>Punicaceae</i>)	pomegranate, grenadine syrup
Poppy (<i>Papaveraceae</i>)	poppy seed
Protea Family (<i>Proteaceae</i>)	macadamia, macadamia nut
Purslane (<i>Portulacaceae</i>)	purslane
Sapodilla Family (<i>Sapotaceae</i>)	chicle (chewing gum)
Sapucaya Family (<i>Lecythidaceae</i>)	Brazil nut, sapucaya nut (paradise nut)
Sedge(<i>Cyperaceae</i>)	Chinese water chestnuts, chufa (groundnut)
Sesame (<i>Pedaliaceae</i>)	sesame seeds, sesame oil, tahini
Soapberry (<i>Sapindaceae</i>)	litchi nuts
Spurge (<i>Euphorbiaceae</i>)	Cassava or yucca (<i>Manihot</i>), cassava meal, tapioca (Brazilian arrowroot), castor bean, castor oil
Tea (<i>Theaceae</i>)	tea
Verbena (<i>Verbenaceae</i>)	lemon verbena*
Walnut (<i>Juglandaceae</i>)	black walnut, butternut, English walnut, hickory nut, pecan

ROTATION DIETS AND FOOD FAMILIES / 8
©LISA A. LUNDY, THE SUPER ALLERGY COOKBOOK™

Yam (<i>Dioscoreaceae</i>)	Chinese potato, yam
------------------------------	---------------------

MAMMAL FAMILY	MAMMALS
Bear	Bear
Beaver	Beaver
Bovid (<i>Bovine</i>)	Beef cattle, beef suet, gelatin, rennin (rennet), sausage casings, veal, buffalo, goat, sheep, lamb, mutton, bison, and all milk products coming from beef, buffalo, goats, sheep, lamb and bison
Camel	Camel and llama
Cat	Mountain lion
Deer	Caribou, deer, venison, elk, moose, reindeer
Hare	Hare and rabbit
Hippopotamus	Hippopotamus
Horse	Horse
Opossum	Opossum
Pronghorn	Pronghorn (also known as pronghorn antelope)
Squirrel	Squirrel
Swine	Hog (pork or Pig), bacon, ham, lard, pork gelatin, pork sausage, scrapple

BIRD FAMILY	BIRDS
Dove	Dove and pigeon (squab)
Duck	Duck, goose, and their eggs
Grouse	Ruffed grouse (partridge)
Guinea Fowl	Guinea fowl
Pheasant	Chicken, Cornish hen, pheasant, quail, peacock, and their eggs
Turkey	Turkey and their eggs

FISH FAMILY	FISH
Anchovy	Anchovy
Anglerfish	Monkfish
Bass	White perch and yellow bass
Bluefish	Bluefish
Catfish	Catfish, minnows, carps
Codfish	Cod (scrod), cusk, haddock, hake, Pollack, whiting, toadfish, codfish, and allies
Croaker (freshwater)	Freshwater drum or croakers
Croaker (saltwater)	Croaker, drum, sea trout, silver perch, spot, weakfish (spotted trout)
Eel	American eel
Flounder	Dabs, flounder, halibut, plaice, sole, turbot
Harvestfish	Butterfish and harvestfish
Herring (freshwater)	Shad (roe)
Herring (saltwater)	Pilchard (sardine) and sea herring (“anchovies”)
Jack	Amberjack, pompano, yellow jack (family <i>Carangidae</i>)
Mackerel	Albacore, bonito, mackerel, skipjack, tuna
Marlin	Marlin and sailfish
Minnow	Carps, chubs
Ostariophysi	Catfish, minnows, carps
Mullet	Mullet
Perch	Sauger, walleye, yellow perch
Pike	Muskellunge, pickerel, pike
Porgy	Northern scup (porgy)
Salmon	All salmon species and all trout species
Scorpionfish	Rosefish (ocean perch)
Sea Bass	Grouper and sea bass

Sea Catfish	Ocean catfish
Shark	Shark, skates, rays
Silverside	Silverside (whitebait)
Smelt	Smelt
Sturgeon	Sturgeon (caviar)
Sucker	Buffalofish and sucker
Sunfish	Black bass, crappie, sunfish
Swordfish	Swordfish
Tilefish	Tilefish
Tuna	Mackerel, tuna
Whitefish	Whitefish

MOLLUSK FAMILY	MOLLUSK
Gastropods	abalone, snail
Cephalopod	Squid
Crustaceans	Crab, crayfish, lobster, prawn, shrimp
Pelecypods	Clam, cockle, mussel, oyster, scallop

AMPHIBIAN FAMILY	AMPHIBIAN
Frog	Frogs and frog legs
Reptiles	Reptiles
Snakes	Rattlesnake
Turtle Family	Terrapin, turtle species

*Plant parts used as a beverage (leaf, root, seed, etc).

§ Items in this food family are technically a division of plants and not a plant family. For use with the rotation diet, physicians consider them to be in one food family

