

Table 3

Classification of Foods from Plant Sources

APPLE FAMILY Apple Pear Quince	GRASS & GRAINS Bamboo Barley Corn Malt Millet Oat Popcorn Rice Rye Sorghum Sugarcane Wheat	Chive Aloe	Cloves Paprika Guava	Celery Celeriac Caraway Anise Dill Coriander Fennel
BANANA FAMILY Banana Plantain	GINGER FAMILY Ginger Turmeric Cardamon	LAUREL FAMILY Avocado Cinnamon Bay leaf	MORNING GLORY FAMILY Sweet potato Yam	PLUM FAMILY Plum Prune Cherry Peach Apricot Nectarine Almond
BEECH FAMILY Beechnut Chestnut	LEGUMES Acacia Broadbean Black-eyed bean Chick-pea Common beans Kidney Lima Navy String bean Lentil Licorice Pea Peanut Senna Soybean Tamarind	MINT FAMILY Mint Peppermint Spearmint Thyme Sage Marjoram Savory	NIGHT SHADE Bell pepper Cayenne pepper Eggplant Ground cherry Melon pear Potato (white) Tobacco Tomato	ROSE FAMILY Raspberry Blackberry Loganberry Boysenberry Dewberry Strawberry
BIRCH FAMILY Filbert Hazelnut		MULBERRY FAMILY Mulberry Fig Hop Breadfruit	OLIVE FAMILY Green olive Ripe olive Red pepper Green pepper Bell pepper Chilli Tabasco Pimento	WALNUT FAMILY English walnut Black walnut Butternut Hickory nut Pecan
CASHEW FAMILY Cashew Pistachio Mango		MUSTARD FAMILY Mustard Cabbage Cauliflower Broccoli Brussels sprouts Turnip Rutabaga Kale Collard Celery Cabbage Kohlrabi Radish Horseradish Watercress	ORCHID FAMILY Vanilla	
CITRUS Citron Grapefruit Kumquat Lemon Lime Orange Tangelo Tangerine		MYRTLE FAMILY Allspice	PALM FAMILY Coconut Date Sago	
SOURD FAMILY Pumpkin Squash Cucumber Cantaloupe Muskmelon Honeydew melon Persian melon Casaba Watermelon	LILY FAMILY Asparagus Onion Garlic Leek		PARSELY FAMILY Parsely Parsnip Carrot	