

## Food Families

Family	Type of Food in Family
Apple	Apple, pear, pectin, quince
Arum	Poi taro
Arrowroot	Arrowroot
Banana	Banana, plantain
Beech	Chestnut
Birch	Filbert, hazelnut
Bird	Chicken and chicken egg, duck and duck egg, goose, grouse, pheasant, turkey
Bovine	Beef, butter, cheese, cow's milk, cream, gelatin, veal, whey, yogurt
Brazil	Brazil nuts
Buckwheat	Buckwheat, garden sorrel, rhubarb
Cactus	Tequila
Caper	Caper
Cardamom	Cardamom
Carob	Carob, gum acacia
Cashew	Cashew nut, mango, pistachio

Cereal	Bamboo shoot, barley, bran, cane sugar, corn, corn meal, corn starch, corn oil, corn syrup, dextrose, farina, glucose, gluten-free flours, malt, millet, molasses, oat, rice, rye, sorghum, wheat, wheat starch
Chicory	Chicory
Citrus	Citron angostura, grapefruit, lemon, lime, orange, Satsuma, tangerine
Cocheospurnun	Guanic gum, guar gum
Composite	Absinthe, artichoke, chamomile, dandelion, endive, lettuce, safflower, sesame, sunflower, vermouth
Crustacean	Crab, crayfish, lobster, prawn, shrimp
Cyperaceae	Chinese water chestnut
Ebony	Persimmon
Fish – freshwater	Bass, perch, salmon, sturgeon, trout, whitefish
Fish – saltwater	Anchovy, flounder, herring, cod, mackerel, sea bass, sea trout, sole, swordfish, tuna
Fungus	Antibiotics, mushroom, yeast
Ginger	Ginger, turmeric
Gooseberry	Currants, gooseberry,
Goosefoot	Beet, spinach, sugar beet, Swiss chard
Gourd	Acorn, cantaloupe, cucumber, courgette, melon, pumpkin
Grape	Brandy, champagne, cream of tartar, grape, raisin, sultana, tartaric acid, wine, wine vinegar
Heath	Blueberry, cranberry, huckleberry
Honey	Honey
Honeysuckle	Elderberry
Iris	Saffron

Laurel	Avocado, bay leaf, cinnamon, saffron
Legumes	Bean, gum tragacanth, lentil, liquorice, peas, peanut, soya bean
Lily	Asparagus, chive, garlic, leek, onion
Madder	Coffee
Meat	Goat's milk and cheese, rabbit, venison
Mint	Basil, Chinese artichoke, marjoram, peppermint, rosemary, sage, spearmint, thyme
Mollusk	Abalone, clam, mussel, oyster, scallop, squid
Morning glory	Sweet potato
Mulberry	Breadfruit, fig, hop, mulberry
Mustard	Broccoli, Brussels sprout, cabbage, cauliflower, horseradish, kale, mustard, radish, rutabaga, turnip, watercress
Myrtle	Allspice, clove, guava
Nutmeg	Mace, nutmeg
Olive	Black and green olives, olive oil, stuffed pimento
Orchid	Vanilla
Palm	Coconut, date, sago
Papaya	Papain, papaya
Parsley	Angelica, anise, caraway, carrots, celery, celeriac, cumin, dill, fennel, parsley, parsnip
Pepper	Black and white pepper, peppercorn
Pine	Juniper, pinion nut
Pineapple	Pineapple
Plum	Almond, apricot, cherry, nectarine, peach, plum, prunes

Pomegranate	Pomegranate
Poppy	Poppy seed
Potato	Capsicum, cayenne pepper, chili, eggplant, ground cherry, paprika, potato, tomato
Rose	Blackberry, loganberry, raspberry, rose hip, strawberry
Sheep	Lamb, mutton
Spurge	Cassava, tapioca
Steruliaceae	Chocolate, cocoa, cola
Swine	Bacon, ham, pork
Tea	Tea
Walnut	Butternut, hickory nut, walnut
Yam	Yam

### **Remember . . .**

- If you are allergic to birch tree pollen, you may also be allergic to apple, carrot, celery, cherry, parsnip, peach, pear, plum, potato and nuts such as almond, Brazil, hazel and walnut.