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Plant Foods According to Food Family

Apple

apple
pear
quince

(aspergillus)

Banana

arrowroot
banana
plantain

Beech

chestnut

Beet

beet
beet sugar
chard
lambs quarter
spinach

Birch

filbert
hazelnut

Buckwheat

buckwheat
rhubarb
sorrel

Cactus

cashew
mango
pistachio
(poison ivy, oak, sumac)

Citrus (Rue)

citron
grapefruit
kumquat
lemon
lime
orange
tangerine

Composite

artichoke
camomile
chicory
dandelion

endive
escarole
Jerusalem artichoke
(sunchoke)

lettuce
salisfy
sunflower seed oil
safflower oil
tarragon

Conifer

juniper tea
juniper berries
pinenuts (pinon)
gin

Corn Family

cornmeal
grits
hominy
popcorn
corn oil
cornstarch
corn sugars
corn syrups

Curry

curry (spice blend)

Ebony

persimmon

Flax

flaxseed
flaxseed tea
flaxseed meal

Fungi

baker's yeast
brewer's yeast
mold in cheeses
citric acid

mushroom
puffball
truffle

Ginger

cardamone
ginger
tumeric

Gooseberry

currant
gooseberry

Gourd

cantaloupe
casaba melon
cucumber, pickles
melons
pumpkin
squash
zucchini

Grape

grapes
brandy
champagne
port
sherry
wine
wine vinegar
currents
raisins

Heather

blueberry
cranberry
huckleberry
wintergreen

Pediatric & Adult

Ear, Nose & Throat Problems:

Sinus & Nasal Problems

Allergy Testing & Treatment

Dizziness & Hearing Loss

Voice & Swallowing

Snoring & Sleep Apnea

Head & Neck Surgery

Thyroid Surgery

Facial Plastic Surgery

CAT Scan Imaging

Hearing & Balance Testing

Plant foods According to Food Family

Honey

honey
bee nectar
beeswax

Honeysuckle

elderberry

Iris

orris root
saffron

Laurel

avocado
bay leaf
cinnamon
sassafras

Legumes

beans
carob
chickpea
fava
lentil
licorice
peas
peanuts
soybean

Lilly

asparagus
chives
garlic
leek
onion
shallot
yucca

Mallow

cottonseed
gumbo
okra

Maple

maple syrup
maple sugar

Mint

basil
marjoram
menthol
oregano
peppermint
rosemary
sage
spearmint
thyme

Morning Glory

sweet potato
yam

Mulberry

fig
hop
mulberry

Mustard

broccoli
brussels sprout
cabbage
celery cabbage
cauliflower
collard
horseradish
kale
kohlrabi
mustard (*seed & dry*)
mustard greens
radish
rutabaga
turnip
watercress

Myrtle

allspice
clove
guava

Pepper

peppercorn
black pepper
white pepper

Nightshade

eggplant
chili
cayenne
green pepper
paprika
pimento
red pepper
potato
tomato

Nutmeg

mace
nutmeg

Olive

olives
olive oil

Orchid

vanilla
rum

Palm

coconut
date
sago

Parsley

anise
caraway
carrot
celery
chervil
coriander
cumin
dill
fennel
parsley
parsnip

Plum Family

almond
apricot
cherry
nectarine
peach
plum (*prune*)

Plant Foods According to Food Family

Pysilluim

pysilluim

Rice

Brown

White

Wild

Rose (berries)

Blackberry

Boysenberry

Dewberry

Loganberry

Raspberry

Black

Red

Strawberry

Seaweed

kelp

dulse

Spurge

cassava

castor bean

tapioca

Sterculla

chocolate

cocoa

cola nut

Sugar Cane

Molasses

Raw sugar

Rum

Tea

Black

Green

Pekoe

Walnut

black walnut

butternut

english walnut

hickory nut

pecan

Wheat

bran

bulger

gluten flour

graham flour

semolina flour

wheat germ

Single Food Families

***Each food in this*

list is a separate

*food family***

arrowroot

barley

brazil nut

caper

chestnut

coffee

elderberry

ginseng

lichi nut

macademia nut

malt

whiskey

ale

beer

millet

oat

papaya

persimmon

pineapple

prickly pear

pomegranate

poppysseed

rye

sesame, sesame oil

taro

water chestnut

Edible Animal Classification

Amphibian

Frog family

Birds

Duck

eggs

Goose

eggs

Dove

Squab

Pigeon

Guinea fowl

eggs

Grouse

Chukker

Partridge

Ruffed

Sparrow

Pheasant

Capon

Chicken

eggs

Peafowl

Quail

Turkey

eggs

Crustaceans Decapods

Crab

Crayfish

Lobster

Prawn

Shrimp

Pelecypods

Clam

Mussel

Oyster

Scallop

Snail

Squid

Fish-Saltwater Species

Cod

Cod (*scrod*)

Ccusk

Haddock

Hake

Pollock

Whiting

Croaker

Croaker

Drum

Sea trout

Silver perch

Spot (*spotted trout*)

Weakfish

Eel Family

American eel

Flounder

Dab

Flounder

Halibut

Plaice

Sole

Turbot

Harvest Fish Family

Butterfish

Harvestfish

Herring

Menhaden

Sardine

Sea herring

Shad

Jack Family

Amber jack

Pompano

Yellow jack

Mackerel

Albacore

Bonito

Mackerel

Skipjack

Tuna

Marlin Family

Marlin

Sailfish

Sea Bass

Grouper

Red snapper

Sea bass

Sea Catfish Family

Ocean catfish

Fish-Fresh Water Species

Catfish

Bullhead

Catfish

Perch

Pickrel

Sauger

Walleye

Yellow perch

Pike

Musellunge

Northern pike

Pickrel

Salmon

Salmon species

Trout species

Fish-Fresh Water Species

Sunfish

Black bass species
Bluegill
Crappy
Sunfish

Mammals

Bovid Family

Beef cattle
Milk products
Butter
Cheese
Ice cream
Yogurt

Deer Family

Caribou
Elk
Moose
Reindeer
Venison (deer)

Goat (kid)

By-product
Milk product

Sheep Family

Sheep (mutton)
Lamb

Swine Family

Hog (pork)
Bacon
Ham
Sausage
Scrapple

Single Food Families

** Each food in this list
is in a separate family**

Abalone
Anchovy
Bluefish
Carp
Chub
Dolphin
Lake whitefish
Mullet
Ocean perch (rosefish)
Opposum
Rabbit
Shark
Snail
Squirrel
Smelt
Sturgeon
Swordfish
Tilefish
Turtle
Whitefish