

# Fruits, Grains, Nuts & Vegetables

## Fruits

Apples  
Avocados  
Bananas  
Cantaloupe (m)  
Cherries  
Grapes  
Grapefruit  
Honeydew (m)  
Kiwi Fruit  
Lemons  
Limes  
Nectarines  
Oranges  
Peaches  
Pears  
Pineapple  
Plums  
Strawberries  
Tangerines  
Tomatoes  
Watermelon (m)  
Apricots  
Blackberries  
Blueberries  
Cranberries  
Dates  
Figs  
Mangos  
Papayas  
Plantains  
Pomegranates  
Prunes  
Raisins  
Raspberries  
Rhubarb

## Grains

Amaranth  
Arrowroot  
Buckwheat  
Corn  
Corn Gritts  
Flax  
Hominy  
Millet  
Quinoa  
Oats (GF)  
Oatmeal  
Rice  
Sorghum  
Soy Grits  
Tapioca  
Teff

## Nuts & Seeds

**Black Walnuts**  
**English Walnuts**  
**Hickory Nuts**  
**Pecans**  
**Almonds**  
Brazil Nuts  
Filberts  
Pistachios  
Cashews  
Coconuts  
Chestnuts  
Macadamias  
Peanuts  
Pine Nuts  
Soy Nuts

### Seeds

Alfalfa  
Amaranth  
Broccoli  
Buckwheat  
Caraway  
Fenugreek  
Flax  
Pumpkin  
Poppy  
Radish  
Sesame  
Sunflower

### Legumes

Black Beans  
Black Eyed Peas  
Butter Beans  
Chickpeas  
Cowpeas  
Cranberry Bean  
Fava Beans  
Field Peas  
Garbanzos  
Great Northern Beans  
Green Beans  
Kidney Beans  
Lentils  
Lima Beans  
Mung Beans  
October Beans  
Pinto Beans  
Red Bean  
Soybeans

## Vegetables

Asparagus  
Bell Pepper  
Broccoli  
Cabbage  
Carrot  
Cauliflower  
Celery  
Corn  
Cucumber  
Green Beans  
Green Onion  
Lettuce  
Leaf Lettuce  
Mushroom  
Onion  
Potato  
Radish  
Squash  
Sweet Potato  
Artichokes  
Bamboo Shoots  
Brussel Sprouts  
Capers  
Collards  
Dandelion Greens  
Eggplant  
Endive  
Jerusalem Artichokes  
Kale  
Leeks  
Mustard Greens  
Okra  
Palm Hearts  
Parsley  
Parsnips  
Pumpkin  
Rutabaga  
Seaweed  
Spinach  
Turnips  
Water Chestnuts