

# List of Common Whole Foods

## FRUITS

- APPLES
- APRICOTS
- AVOCADOS
- BANANAS
- BLACKBERRIES
- BLUEBERRIES
- CHERRIES
- DATES
- FIGS
- GRAPEFRUIT
- KIWI
- LEMONS
- LIMES
- MANGOS
- MELONS
- ORANGES
- PEACHES
- PEARS
- PINEAPPLE
- POMEGRANATE
- RASPBERRIES
- STRAWBERRIES

## WHOLE GRAINS

- AMARANTH
- BARLEY
- BROWN RICE
- BUCKWHEAT
- BULGUR
- FARRO
- FREEKEH
- KAMUT
- MILLET
- OATS
- QUINOA
- RICE (wild)
- RYE
- SORGUM
- SPELT
- WHOLE WHEAT

## VEGETABLES

- ASPARAGUS
- BELL PEPPERS
- BOK CHOY
- BROCCOLI
- BRUSSELS SPROUTS
- CAULIFLOWER
- CARROTS
- CUCUMBER
- EGGPLANT
- GREEN BEANS
- KALE
- LETTUCE
- ONIONS
- POTATOES
- RADISHES
- SWEET POTATO
- SPINACH
- SWISS CHARD
- TOMATOES
- YAM
- ZUCCHINI

## NUTS & SEEDS

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- CHIA SEEDS
- FLAXSEEDS
- HEMP SEEDS
- MACADAMIA NUTS
- PEANUTS
- PUMPKIN SEEDS
- SUNFLOWER SEEDS
- WALNUTS
- PINE NUTS
- PECANS
- SESAME SEEDS

## BEANS & LEGUMES

- BLACK BEANS
- BLACK-EYED PEAS
- CHICKPEAS (GARBANZO)
- FAVA BEANS
- KIDNEY BEANS
- LENTILS
- MUNG BEANS
- NAVY BEANS
- PINTO BEANS

## FRESH HERBS & SPICES

- ARUGULA
- BASIL
- BAY LEAF
- CHIVES
- CILANTRO
- CORIANDER
- DILL
- FENNEL
- GARLIC
- GINGER
- MINT
- OREGANO
- PARSLEY
- ROSEMARY
- SAGE
- THYME
- TURMERIC

## MEATS & EGGS

- BEEF
- BISON & GAME MEATS
- CHICKEN
- DUCK
- EGGS
- FISH
- LAMB
- PORK
- SHELLFISH
- TURKEY
- VEAL