

FOOD GROUPS

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At one time all of us have been suspicious of one food or another causing us to “react”. Some people try eliminating the questionable food with mixed results and then give up. The problem that might be underlying their lack of success is that the whole family to which the particular food belongs, needs to be eliminated for a particular time period.

To make life a little easier, and to take the guessing game out of grouping your foods I have made a list of the most common food groups. I hope this helps.

APPLE FAMILY

Apple, pear, quince, medlar, loquat

BANANA FAMILY

Banana, plantain, arrowroot

BEAN and PEA (LEGUMES) FAMILY

Green pea, haricot bean, kidney, baked bean, peanut, soy bean, lentil, licorice, split pea, broad bean, butter, mung, lima, navy, pinto, runner, adzuki, green bean, chickpea, black-eyed pea, carob, snap bean, string bean

BLUEBERRY FAMILY

Blueberry, cranberry, huckleberry

BUCKWHEAT FAMILY

Buckwheat, rhubarb

CABBAGE/MUSTARD FAMILY

Cabbage, cauliflower, canola, broccoli, collards, spring greens, kohlrabi, kale turnip, rape, horseradish, radish, rutabaga, watercress, mustard, mustard green, brussel sprout

CARROT/ PARSLEY FAMILY

Anise, carrot, parsnip, celery, fennel, parsley, aniseed, caraway, dill, cumin, coriander

CASHEW FAMILY

Cashew, pistachio, mango

CITRUS FAMILY

Orange, lemon, tangerine, grapefruit, lime, kumquat, tangelo

CRUSTACEAN FAMILY

Crab, shrimp, lobster, crayfish

DAISY/ASTER FAMILY

Lettuce, romaine, chicory, endive, escarole, artichoke, sunflower, safflower, chamomile, sesame, stevia

FISH FAMILY

Bony- salmon, tuna, orange roughy, codfish, trout, perch, sardine, halibut, mackerel, mahi mahi, red snapper, mullet, flounder, bass
Cartilaginous- shark, ray, skate

GINGER FAMILY

Ginger, turmeric, cardamon

GOURD FAMILY

Cucumber, melon, watermelon, cantaloupe, honeydew, casaba, zucchini, squash, pumpkin

GRAPE FAMILY

Cream of tartar, grape, wine, wine vinegar, raisin

GRAIN FAMILY

1. wheat, rye, triticale, oat, spelt, kamut
2. corn, sugarcane, pearl millet
3. rice, wild rice
4. malt

LAUREL FAMILY

Avocado, cinnamon, bay leaf, sassafras

MEAT FAMILY

Cattle- beef, veal, lamb, mutton, goat, buffalo
Swine- pork, ham, bacon, boar
Deer- venison

MILK FAMILY

Cow, milk, casein, goat milk, sheep milk

MORNING GLORY FAMILY

Sweet potato, white sweet potato

MOLLUSKS

Abalone, mussel, oyster, scallop, clam, squid, snail, conch

MUSHROOM FAMILY

Mushrooms (all types), truffle

MYRTLE FAMILY

Allspice, clove, pimento, guava

ONION/LILY FAMILY

Onion, sarsaparilla, leek, shallot, garlic, chives, asparagus

PALM FAMILY

Coconut, date, sago, palm oil

PEPPER FAMILY

White and black pepper

PLUM FAMILY

Plum, prune, apricot, cherry, peach, nectarine, almond, chokecherry

POTATO/NIGHTSHADE FAMILY

White potato, tomato, eggplant, all colour bell peppers, paprika, chili pepper, jalapeno, tobacco

POULTRY/EGGS

Pheasant-chicken, pheasant, quail, partridge

Grouse- turkey, grouse, guinea fowl

Duck- duck, goose

Eggs- all bird eggs

ROSE FAMILY

Blackberry, boysenberry, raspberry, strawberry

SPINACH FAMILY

Spinach, chard, beetroot, sugar beet, quinoa

STERICULA FAMILY

Chocolate, cocoa, cola nut

WALNUT FAMILY

Walnut, pecan, butternut

YEAST FAMILY

All forms of yeast, baker's, brewer's etc.

Vega testing questionable foods and their groups is well worth the time and effort if you find that multiple food groups are involved. Eliminating foods for a period time may allow your body to rest enough that future reactions do not recur. However, sometimes a course of desensitization is the only way to bring a body back to a state of health and well being. In my practice I use non invasive homeopathic drops to accomplish this desensitization. It is a safe and painless method, suitable even for small children. Remember, the broader your food base, the more likely you are naturally ingesting the proper nutrients for your body.