

The Food Clans, Food Classification (Working Draft - July 2026)

VEGETABLES	
Bulb	Garlic, onion, spring onion (scallion), leek
Starchy roots & tubers	Potato, sweet potato, Jerusalem artichoke, cassava
Root	Beetroot, carrot, celeriac, parsnip, radish, turnip
Stem	Asparagus, cardoon, celery, fennel, rhubarb, Swiss chard stems
Leaf	Beet greens, Brussels sprouts, cabbage, chicory, endive, escarole, kale, lamb's lettuce, lettuce, mustard greens, rocket (arugula), spinach, watercress
Fruit	Avocado, aubergine (eggplant), butternut squash, courgette (zucchini), cucumber, sweet corn, peppers, plantain, tomato
Flower	Artichoke, broccoli, cauliflower, courgette flowers
Mushrooms	Button mushroom, oyster mushroom, porcini, portobello
FRUITS	
Stone fruits	Apricot, cherry, nectarine, peach, plum
Berries	Blueberry, blackberry, cranberry, grape, raspberry, strawberry
Citrus fruits	Grapefruit, lemon, lime, mandarin, orange
Tropical fruits	Banana, cherimoya, coconut, kiwi, mango, papaya, pineapple
Pome fruits	Apple, pear, quince, persimmon
Melons	Melon, watermelon
Others	Fig, prickly pear, pomegranate
CEREALS	
Grains	Amaranth, barley, rice, buckwheat, bulgur, millet, oats, quinoa, rye, maize, sorghum, teff, wheat
Flours	Rice flour, oat flour, wheat flour, corn flour, semolina, tapioca starch
Grain products	Couscous, gnocchi, noodles (ramen, soba, udon), pasta, polenta
Bread & doughs	Bread, flatbreads (chapati, naan, roti, injera), tortillas, pastry dough
Flakes and others	Breakfast cereals, granola, muesli, oat flakes, popcorn, puffed grains
LEGUMES	
Fresh	Broad beans (fava beans), green beans, peas, snow peas
Dried	Beans, chickpeas, dried peas, lentils, lupins, soybeans
Sprouts	Bean sprouts

NUTS		
Nuts	Almond, Brazil nut, cashew, chestnut, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, walnut	
Seeds	Chia, pumpkin seeds, sesame, sunflower seeds	
Dried fruits	Dates, dried apricots, dried figs, prunes, raisins	
SEASONINGS		
Herbs	Basil, chives, cilantro (coriander leaves), dill, marjoram, mint, oregano, parsley, rosemary, sage, tarragon, thyme	
Spices	Anise, cardamom, cinnamon, cloves, cocoa, cumin, fennel seeds, ginger, juniper, mustard, nutmeg, paprika, pepper, saffron, turmeric, vanilla	
Salt & Substitutes	Flaky salt, fleur de sel, rock salt, sea salt, gomasio, salicornia	
Seaweeds	Aonori, kombu, nori, wakame	
Oils & fats	Plant oils: avocado, canola (rapeseed), coconut, flaxseed, olive, sesame, sunflower, walnut Animal fats: beef tallow, lard, schmaltz Dairy fats: butter, ghee	
Vinegars	Apple cider vinegar, rice vinegar, sherry vinegar, wine vinegar	
Beer, wine & spirits	Beer and alcohol-free beer; red, white and alcohol-free wine; brandy	
Functional & other ingredients	Agar-agar, baking yeast, nutritional yeast, thickeners, wheat germ	
Sweeteners	Agave syrup, chocolate, honey, maple syrup, molasses, sugar	
Pickled & fermented foods	Capers, kimchi, olives, pickled onions, pickles, sauerkraut	
LIQUIDS		
Water & broths	Mineral water, vegetable stock	
Coffee, tea & infusions	Coffee, herbal infusions, mate, roasted barley, roasted chicory, tea	
Natural & fermented drinks	Coconut water, kombucha, water kefir	
DAIRY PRODUCTS, PLANT-BASED MILKS & EGGS		
PLANT-BASED PROTEIN PRODUCTS	FISH & SEAFOOD	MEAT