

# COMMON FOODS LIST

## FRUITS

Apple  
Apricot  
\* Avocado  
Banana  
Blackberry  
Blueberry  
Cantaloupe  
Cherry  
Fig  
Gooseberry  
Grape  
Grapefruit  
Honeydew Melon  
Kiwi  
Lemon  
Lime  
Mango  
Orange  
Papaya  
Peach  
Pear  
Pineapple  
Plum  
Pomegranate  
Prune  
Raisin  
Raspberry  
Strawberry  
Tangerine  
\* Tomato  
Watermelon

## VEGETABLES

Asparagus  
\* Avocado  
Beet  
Broccoli  
Cabbage  
Carrot  
Cauliflower  
Celery  
\* Corn  
Cucumber  
Eggplant  
Green Bean  
Green Onion  
Kale  
Lettuce  
Mushroom  
Okra  
Onion  
Peas  
Pepper  
Potato  
Pumpkin  
Radish  
Squash  
Sweet Potato  
\* Tomato  
Zucchini

## GRAINS

Bagel  
Barley  
Bread  
Buckwheat  
Bulgur  
Bun  
Cereal  
Chips  
\* Corn  
Cracker  
Millet  
Oats  
Pancake  
Pasta  
Pastry  
Popcorn  
Pretzel  
Quinoa  
Rice  
Roll  
Rye  
Spelt  
Tortilla  
Wheat

## DAIRY

Cheese  
Frozen Yogurt  
Ice Cream  
Milk  
Yogurt

## PROTEIN

Beans  
Eggs  
Fish  
Meat  
Nuts  
Pork  
Poultry  
Soy Products

\* Foods may apply to more than one food group