



<i>I = include, E= exclude</i>	Grain/ Paleo	Seed/ Nut	Fruit/ Carb/ Sweet	Spices/ Flavors	Herbal	Cross Reacts
Aceraceae: Maple Family -- maple syrup/sugar			<i>I</i>			
Actinidiaceae: Actinidia Family -- kiwi			<i>I</i>			
Aizoaceae [Tetragoniaceae]: Carpet-Weed Family -- ice plant, New Zealand spinach						
Alismaceae: Water-plantain Family -- arrowhead						
Amaranthaceae: Amaranth Family -- amaranth grain , leaf amaranths	<i>E</i>					
Anacardiaceae [Coryaceae]: Cashew Family -- cashew, pistachio, mango , mombin, ambarella, imra, imbu, gandaria, sumac		<i>cashewpi stach</i>	<i>mango</i>			<i>poison ivy</i>
Annonaceae: Custard-Apple Family -- soursop, sweetsop, cherimoya, bulluck's heart, pawpaw, sugar apple, biriba, ilama, custard apple, guanabana, Guinea pepper						
Apocynaceae: Dogbane Family -- carissa, karanda						
Araceae: Arum Family -- monstera, taro/dasheen/eddo, tannia/malanga						
Asparagaceae: Asparagus Family -- agave, asparagus, garlic, leeks, onions ,			<i>agave</i>			
Basellaceae: Basella Family -- ulluco, madeira vine, Malabar spinach						
Berberidaceae: Barberry Family -- barberry (berberine)						
Borage: Borage Family -- borage (borage oil)						
Bromeliaceae: Bromelia or Pineapple Family -- pineapple			<i>X</i>			
Burseraceae: Torchwood Family -- pili nut						
Cactaceae: Cactus Family -- prickly pear, pitaya, Barbados gooseberry						
Cannabaceae: Cannibus Family -- hemp, hops (beer)		<i>hemp</i>				
Capparaceae: Caper Family -- capers						
Caprifoliaceae: Honeysuckle Family -- elderberry, high-bush cranberry			<i>X</i>			
Caricaceae: Pawpaw Family -- pawpaw, papaya , babaco			<i>X</i>			
Chenopodiaceae: Goosefoot Family -- quinoa, beets, sugar beets, orach, spinach, wild spinach, chard, samphire, lamb's quarters	<i>NO quinoa</i>		<i>X some</i>			
Compositae [Asteraceae]: Composite Family -- sunflower seeds, dandelions , sea aster, artichokes, cardoon, scorzonera, salsify, lettuces, endive, radicchio, chicory, escarole, stevia, chamomile, curry leaves , edible burdock, chrysanthemum greens		<i>sunflowe r seeds</i>				<i>arnica</i>
Convolvulaceae: Morning Glory Family -- sweet potato , Chinese water spinach			<i>I</i>			
Cornaceae: Dogwood Family -- Cornelian cherry						
Corylaceae: Hazelnut Family -- hazelnut/filbert		<i>I</i>				
Cruciferae [Brassicaceae]: Mustard or Cruciferous Family -- arugula, bok choy, broccoli, brussels sprouts, cabbages, cauliflower, collards, daikon, cress, kohlrabi, horseradish, kale, mustard, mustard greens, radishes, rape, sea kale, spoonwort, turnip/rutabaga/swede, wasabi, watercress,					<i>horse radish, mustard, wasabi</i>	
Cucurbitaceae: Gourd Family -- pumpkin seeds, pumpkins, squash, gourds, melons, cantaloupe, watermelon , kiwano, cassabanana, casaba, loofah, cucumbers , korila, chayote, zucchini		<i>pumpkin seeds</i>	<i>melons</i>			
Cupressaceae: Cypress Family -- Juniper berry (gin)						
Cyperaceae: Sedge Family -- tiger nut, water chestnuts , bush nut						
Dioscoreaceae: Yam Family -- yams , air potatoes, cush-cush			<i>I</i>			
Ebenaceae: Ebony Family -- kaki, persimmons, date plum						
Eleagnaceae: Oleaster Family -- sea buckthorn, silverberry						
Ericaceae: Heath Family -- cranberry, blueberry , bilberry, huckleberry, bearberry			<i>I</i>			
Euphorbiaceae: Spurge Family -- tapioca /cassava/manioc candlenuts, bomah nut, tallow nut, Othaheite gooseberry, emblic, bignay, rambi, castor bean	<i>NO tapioca</i>					<i>latex rubber oak</i>
Fagaceae: Beech Family -- acorns, beech nuts, chestnuts		<i>I</i>				
Flacourtiaceae: Flacourtia Family -- chalmoogra nuts, ramontchi, lovi-lovi, rukam, paniala, ketembilla, Abyssinian gooseberry, Governors-plum						
Gaultheria: wintergreen						
Ginkgoaceae: Ginkgo Family -- ginkgo nut		<i>I</i>				
Gramineae (Poaceae): Grass Family -- <u>Pooideae</u> subfamily: wheat, barley, oat, rye, spelt ; <u>Ehrhartoideae</u> subfamily: rice, wild rice ; <u>Panicoideae</u> subfamily: corn, millet sugar cane, sorghum ; <u>Chloridoideae</u> subfamily: teff ; <u>Bambusoideae</u> subfmly: bamboo shoots,	<i>NO</i>					<i>lawn grasses</i>
Guttiferaceae: Garcinia Family -- mangosteen, mamey						
Hippocastanaceae: Horse-Chestnut Family -- horse chestnuts						
Iridaceae: Iris or Crocus Family -- saffron				<i>I</i>		
Juglandaceae: Walnut Family -- pecans, walnuts , hickory nuts, winged walnut		<i>I</i>				
Labiatae (Lamiaceae) : Mint Family -- Chinese/Japanese artichoke, , basil, chia, lavender, marjoram, spearmint, peppermint, oregano, perilla, rosemary, sage, savory, thyme	<i>NO chia</i>			<i>I</i>		
Lauraceae: Laurel Family -- avocado, cinnamon , cassia				<i>cinnamo n</i>		
Lecythidaceae: Lecythis Family -- Brazil nuts , sapucaya nut/paradise nut		<i>I</i>				
Leguminosae (Fabaceae): Pea/Pulse Family (Legumes) -- peas, beans, lentils, peanuts, alfalfa, carob, soybeans, garbanzos/chickpeas, fenugreek, guar, licorice	<i>E</i>			<i>X,</i>	<i>X</i>	<i>teak</i>
Linaceae: Flax Family -- flax seed /linseed		<i>I</i>				



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Malpighiaceae: Malpighia Family -- Barbados cherry						
Malvaceae: Mallow Family -- portia nut, roselle, mallow, okra, cocoa , baobab, hibiscus , cotton, kola nut				<i>cocoa</i>		<i>cotton!</i>
Marantaceae: Arrowroot Family -- arrowroot				<i>x</i>		
Meliaceae: Mahogany Family -- duku, langsat, santol, neem						
Moraceae: Mulberry Family -- breadnut, fig , mulberry, jackfruit, breadfruit			<i>fig</i>			
Moringaceae: Moringa Family -- horse-radish tree						
Musaceae: Banana Family -- banana, plantain			<i>I</i>			
Myristicaceae: Nutmeg Family -- nutmeg, mace				<i>I</i>		
Myrtaceae: Myrtle Family -- myrtle, guava , feijoa, jambolan, jaboticaba, grumichama, rose apple, pitanga, eugenia fruits, allspice, cloves, eucalyptus			<i>guava</i>	<i>clove</i>		
Nymphaeaceae: Water-Lily Family -- water nuts, lotus root						
Oleaceae: Olive Family -- olives						
Onagraceae: Evening Primrose Family -- water chestnuts, evening primrose (oil)					<i>x</i>	
Orchidaceae: Orchid Family -- vanilla				<i>vanilla</i>		
Oxalidaceae: Oxalis or Wood-Sorrel Family -- carambola/star fruit, belimbing asam, goraka, oca						
Palmaceae [Arecaceae]: Palm Family -- betel nut, carnauba wax, coconut , palm nuts, palm hearts, dates , salak		<i>coconut</i>	<i>dates</i>			<i>carnauba</i>
Papaveraceae: Poppy Family -- poppy seeds		<i>poppy</i>				
Passifloraceae: Passion-Flower Family -- passion fruit , passion flowers, sweet calabash, granadilla, water lemon						
Pedaliaceae: Pedalium Family -- sesame seeds		<i>sesame</i>				
Phytolaccaceae: Pokeweed Family -- pokeberry						
Pinaceae: Pine Family -- pine nuts		<i>pine nuts</i>				
Piperaceae: Pepper family -- Indian long pepper, black/white pepper				<i>black pepper</i>		
Plantaginaceae: Plantain Family -- buck's horn plantain						
Polygonaceae: Buckwheat or Knotweed Family -- buckwheat, sorrel, rhubarb	<i>NO</i>		<i>rhubarb</i>			
Polypodiaceae: Fern Family -- fiddlehead ferns						
Portulacaceae: Purslane Family -- purslane						
Proteaceae: Protea Family -- macadamia nuts , wild almond, wild chestnut, avellano nut, monkey nut		<i>macadam</i>				
Punicaceae: Pomegranate Family -- pomegranate			<i>I</i>			
Rhamnaceae: Buckthorn Family -- jujube						
Rosaceae: Rose Family -- Sub family Amygdaloideae: apricot, peach, nectarine, almond, apple, pear, plum , bullace, cherries , capulin, sloe, quince, medlar, loquat, wood apple, crabapple, rowanberries, sorb, rosehip; Sub family Rosoideae: strawberry, raspberry , cloudberry, Arctic bramble, blackberry , dewberry, boysenberry , loganberry, hawthorn berry, thornberry, saskatoon berry, chokecherry, blackcap, thimble		<i>almond</i>	<i>apple cherry peach pear rasber straw...</i>			
Rubiaceae: Coffee Family -- coffee , quinine, gambier, ipecacuanha (medicinal)						
Rutaceae: Rue Family -- cape/wild chestnut, grapefruit , pomelo, ugly fruit, oranges, mandarin/tangerine , tangelo/tangor, kumquats, citron, lemons, limes , calamansi, yuzu, white sapote, bael, wampee, wood apple, bergamot oranges, bael fruit			<i>I</i>			
Sapindaceae: Soapberry Family -- litchi nuts , longan, rambutan, pulasan, mamoncillo, genip		<i>litchi</i>				
Sapotaceae: Sapodilla Family -- Illipe/Illupe nut, canistel, star apple, sapodilla, sapote						
Saxifragaceae [Grossulariaceae]: Saxifrage Family-gooseberry, red/white/black currants			<i>I</i>			
Solanaceae: Nightshade Family -- potato (white), eggplant, capsicum/bell peppers, tomato , pepino, tree tomato, naranjilla, garden huckleberry, cape gooseberry, Chinese lantern, tomatillo, ground cherry, capsicum peppers	<i>NO white potato</i>		<i>tomato</i>	<i>pepper</i>		
Staphyleaceae: Bladder-Nut Family -- bladder nuts						
Sterculiaceae: Sterculia Family -- java olive						
Theaceae: teas including green, black, oolong						
Tropaeolaceae: Tropaeolum or Nasturtium Family -- nasturtium						
Ulmaceae: Elm Family -- hackberry						
Umbelliferae [Apiaceae]: Parsley Family -- aniseed, caraway seed, carrots, celeriac, celery, chervil, cilantro, coriander, cumin, dill, fennel, parsley, parsnips, turnips		<i>caraway, cumin</i>		<i>many</i>		
Urticaceae: Nettle Family -- nettles						
Valerianaceae: Valerian Family -- lamb's lettuce						
Vitaceae: Vine or Grape Family -- grapes, raisins, currants (dried black grapes)			<i>I</i>			
Zingiberaceae: Ginger Family -- ginger, cardamom , grains of paradise, greater galangal, turmeric (related to Banana, Arrowroot)				<i>I</i>		