

PLANT FOOD LISTS

The below food lists are to help you see “at a glance” the wide variety of whole (fresh and dried) plant foods you can use when preparing whole-food, plant-based meals free of salt, oil, sugar. These lists are not exhaustive, but they will get you started on the right foot with the most health-promoting foods available.

Often, when I’m putting together a meal without a recipe, I will refer to these food lists to spark my memory and creativity. These lists will also, hopefully, introduce you to some new foods that you’ll be interested in trying. If you’ve never had baked Japanese yams, steamed beet greens, Asian pears, yellow split peas, or used the aromatic spice cardamom, you have been missing out. Peruse these lists when you find yourself thinking, “I’m bored with eating X,” and find something new to try.

If you need information on basic preparation and cooking techniques, or you just want to find out what any of the foods below are and what they look like or taste like, simply search the question online.

Categories:

- 1. Starchy Vegetables**
- 2. Dark Green Leafy Vegetables**
- 3. Other Vegetables**
- 4. Fresh Fruit (non-citrus)**
- 5. Citrus Fruit**
- 6. Dried Fruit**
- 7. Legumes (beans, peas and lentils)**
- 8. Whole Grains (gluten-free)**
- 9. Nuts**
- 10. Seeds**
- 11. Fresh Herbs**
- 12. Dried Herbs**

1. STARCHY VEGETABLES

Carrots

Corn

Parsnips

Plantains (technically a fruit, but very starchy and often cooked in savory dishes)

Potatoes (white, non-sweet)

Red

Yukon Gold

Russet

Fingerling

Purple

Potatoes (sweet)

Garnet yams

Japanese yams

Jewel yams

Sweet potatoes

Turnips

Winter squash

Acorn

Butternut

Delicata

Hubbard

Kabocha

Pumpkin

Spaghetti

2. DARK GREEN LEAFY VEGETABLES:

Alfalfa sprouts

Arugula

Beet greens

Bok choy

Collard greens

Kale

Curly

Dinosaur (lacinato)

Red Russian

Mustard greens

Spinach

Swiss chard

Green

Red

Rainbow

3. OTHER VEGETABLES

Artichokes

Asparagus

Avocado

Beets

Bell peppers

Broccoli

Brussels sprouts

Cabbage

Green

Napa

Purple

Cauliflower

Celery

Celery root

Chilis (green and red)

Cucumbers

Eggplants

Endive

Garlic

Ginger

Green beans

Jicama

Lettuce

Butter

Iceberg

Romaine

Red-leaf

Mushrooms

Cremini

Portabella

Shiitake

White button

Okra

Onions

Green (scallions)

Leeks

White

Yellow

Pearl

Shallot

Sweet yellow (Vidalia, Walla

Walla)

Red

Peas

English

Snap

Snow

Radishes

Rhubarb

Tomatoes

Zucchini (green and yellow)

4. FRESH FRUIT (NON-CITRUS):

Apples

Arkansas Black

Braeburn

Cameo

Fuji

Gala

Golden delicious

Granny Smith

Graventstein

Honeycrisp

Jazz

Jonagold

Macintosh

Pink lady

Red delicious

Rome

Apricots

Asian pears

Bananas

Berries

Blackberries

Blueberries

Boysenberry

Raspberries

Strawberries
Cherries
Cranberries
Dates
Medjool
Deglet Noor
Figs
Grapes (red and green)
Kiwi fruit
Mangoes
Melon
Cantaloupe
Honeydew
Watermelon
Nectarines
Papaya
Peaches (yellow and white)
Pears
Anjou
Bartlett
Bosc
Comice
Concorde
Seckel
Persimmon
Cinnamon (Amagaki)
Fuyus
Hachiya (Japanese)
Sweet pumpkin
Pineapple
Plums
Friar
Santa Rosa
Satsuma
French prune
Pomegranate

5. CITRUS FRUIT:

Grapefruit
Red
Pink

White
Pomelo
Kumquats
Lemons
Common (Lisbon, Eureka)
Meyer
Limes
Oranges
Blood
Cara Cara
Navel
Valencia
Tangerines

6. DRIED FRUIT:

Apples
Apricots
bananas
Cherries
Currants
Dates
Figs
Mangoes
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums (prunes)
Raisins
Sun-dried tomatoes

7. LEGUMES (BEANS, PEAS AND LENTILS):

Beans
Adzuki
Black
Black-eyed peas
Cannellini
Garbanzo (also known as "chickpeas")

Great northern
Lima
Kidney
Mung
Navy
Pink
Pinto
Red
White
Peas (split)
Green
Yellow
Lentils
Black beluga
Brown-green
French green
Red-yellow

8. WHOLE GRAINS (GLUTEN-FREE):

Amaranth
Brown rice
Basmati
Jasmine
Long-grain
Short-grain
Sweet
Buckwheat (raw or toasted)
Corn meal (yellow or blue)
Millet
Oats
Old-fashioned
Quick
Steel-cut (or Irish)
Scottish
Quinoa (white, red, or black)

9. NUTS:

Almonds
Brazil
Cashews

Hazelnuts
Macadamia
Pecans
Pine nuts
Pistachios
Walnuts

10. SEEDS:

Chia
Flax
Hemp
Poppy
Pumpkin
Sesame
Sunflower

11. FRESH HERBS:

Basil
Chives
Cilantro
Dill
Mint
Oregano
Parsley (flat or curly)
Rosemary
Sage
Tarragon
Thyme

12. DRIED HERBS AND SPICES:

Allspice
Basil
Bay leaves
Cardamom
Cayenne pepper
Celery seed
Chili powder
Chinese 5-spice
Cinnamon
Clove
Coriander

Cumin
Curry powder
Dill weed
Fennel seed
French green herb blend
Garam Masala
Garlic (granulated, powdered, or minced)
Ginger
Italian green herb blend
Marjoram
Mustard
Nutmeg
Onion (granulated or minced)
Oregano
Other regional blends (Thai, Latin, Cajun, Indian)
Paprika
Parsley
Poultry seasoning
Pumpkin pie spice
Rosemary
Saffron
Sage
Tarragon
Thyme
Turmeric