

Fruits

- Apple
- Apricot
- Avocado
- Banana
- Bilberry
- Blackberries
- Blackcurrant
- Blood orange
- Blueberries
- Carob
- Cherries
- Clementine
- Coconut
- Cranberries
- Damson
- Dates
- Dragonfruit
- Durian
- Elderberry
- Fig
- Goji berry+
- Gooseberries
- Grapefruit
- Pink
- Red
- White
- Grapes
- Black
- Green
- Red
- Guava
- Jackfruit
- Kiwi
- Kiwi berry
- Kumquat
- Lemon
- Lime
- Loganberry
- Lychee
- Mandarin
- Mango
- Medlar
- Melon
- Cantaloupe
- Galia
- Honeydew
- Watermelon
- Mulberry
- Nectarine
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Persimmons
- Pineapple
- Plantain
- Plum
- Pomegranate
- Pomelo
- Quince
- Raspberries
- Redcurrant
- Rhubarb
- Satsuma
- Sharon fruit
- Strawberries
- Tamarind
- Tangerine
- Tayberry

Vegetables

- Arrowroot
- Arugula/Rocket
- Asparagus
- Babycorn
- Beans
- Dwarf
- Fine
- Green
- Runner
- Stringless
- Beetroot
- Broccoli
- Calabrese
- Purple sprouting
- Tenderstem
- Brussel sprouts
- Butternut squash
- Cabbage
- Red
- Savoy
- Sweetheart
- White
- Carrot
- Cassava
- Cauliflower
- Cavolo nero
- Celeriac
- Celery
- Chard
- Chestnuts
- Chicory
- Red
- White
- Chilli+
- Choi sum
- Collard greens
- Cress
- Cucumber
- Dudhi
- Eggplant/Aubergine+
- Fennel
- Garlic
- Globe artichoke
- Greens
- Horseradish
- Jerusalem artichoke
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Chinese leaf
- Cos
- Curly leaf
- Iceberg
- Little gem
- Red
- Round
- Sweet gem
- Mangetout
- Mushrooms
- Button
- Chestnut
- Closed cup
- Flat
- Portabello
- Shittake
- Onion
- Red
- White
- Pak choi
- Parsnip
- Peas
- Pepper+
- Green
- Orange
- Red
- Yellow
- Potato+
- Pumpkin
- Radish
- Runner beans
- Salsify
- Samphire
- Shallot
- Spinach
- Spring onion
- Sprout tops
- Sugar snap peas
- Summer squash
- Swede
- Sweet potato
- Sweetcorn
- Taro
- Tiger nut
- Tomato+
- Turnip
- Watercress
- White mooli
- Winter squash
- Yam
- Zucchini/Courgette

Nuts & Seeds

- Almonds
- Brazil
- Cashews
- Chia seeds
- Cobnuts
- Flax seed
- Hazelnuts
- Hemp seeds
- Macademia
- Peanuts
- Pecans
- Pine nuts
- Pistachio nuts
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Whole Grains

- Amaranth
- Barley*
- Black rice
- Brown rice
- Buckwheat
- Bulgar*
- Farro*
- Millet
- Oats
- Popcorn
- Quinoa
- Red rice
- Rye*
- Sorghum
- Spelt*
- Teff
- Wheat*
- Wild rice

Herbs & Spices

- Basil
- Cardamom
- Chervil
- Chives
- Cinnamon
- Coriander
- Dill
- Ginger
- Lovage
- Oregano
- Marjoram
- Mint
- Nutmeg
- Parsley
- Rosemary
- Sage
- Savory
- Tarragon
- Thyme
- Turmeric

Beans & Legumes

- Aduki
- Black
- Borlotti
- Broad
- Butter
- Chickpeas
- Haricot
- Kidney
- Lentils
- Mung
- Navy
- Pinto
- Soya

Total

*Avoid if gluten free
+Avoid if nightshade free
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