



Feedmeallergyfree
for happy babies and toddlers

Food Groups – Useful Reference List

Please find below a list of the most common food groups. It is sometimes the case that children who are allergic to one food can be allergic to other foods in the same family.

Please note this list is for reference only and is not exhaustive. Always consult your GP or dietician for advice.

Family Name	Foods Included in Family Group
Apple Family	apples, apricots, blackberries, boysenberries, cherries, crab-apples, damson plum, loganberry, nectarine, peach, pear, plum, prune, quince, raspberry, rosehips, strawberry, almond, sloe
Cabbage Family ("mustards")	cabbage, cauliflower, Brussels sprouts, broccoli, kohlrabi, kale, turnip, swede, radish, cress, watercress, Chinese cabbage, bok choi, wasabi
Carrot Family	carrots, anise and anise seed, caraway seed, celery, coriander, cilantro, parsley, cumin, dill, fennel, parsnip, celeriac
Citrus Family	orange, tangerine, grapefruit, lemon, lime, kumquat, Clementine
Gourd Family	cucumber, melon, watermelon, courgette, squash, pumpkin
Grain Family ("cereals")	wheat, rye, barley, oats, maize, rice, wild rice, millet, sugar cane
Laurel Family	avocado, cinnamon, bay leaves
Legume Family*	peas (inc split peas, chickpeas), beans (inc kidney beans, black beans, butter beans, black-eyed beans, runner beans), soya beans, peanuts, lentils, carob, alfalfa
Mint Family	mint, basil, lemon balm, lavender, oregano, peppermint, rosemary, sage, spearmint, thyme
Onion Family	onion, leek, shallot, garlic, chives

Family Name	Foods Included in Family Group
Potato Family ("nightshades")	potatoes, tomato, aubergine, sweet peppers (green red, yellow), paprika, chilli peppers, cayenne
Spinach Family	spinach, chard, beets, sugar beets, quinoa
Tree Nuts*	almonds, walnuts, pecans, hazelnuts, Brazil nuts, cashews, pistachios

Important Note:

* Peanuts are classified as legumes, not nuts, as they grow underground whereas nuts grow on trees. Both peanuts and tree nuts are common allergens. So some people with a peanut allergy might also react to other legumes because these foods contain similar allergens to peanuts. For more information about nut allergies, please refer to the following websites:

- www.anaphylaxis.org.uk
- www.eatwell.gov.uk
- www.allergyuk.org

A useful website for identifying food groups is:

- http://en.wikipedia.org/wiki/Main_Page

Article written by Lucy Cahil, April 2007

Please note that this article is not intended to provide any professional or medical advice. It is for general information only and I can not be held responsible for any actions you might take based on this information. For advice, always consult your GP or dietician.