

Superstar Mission #1

Knowing and Tasting the Plant Food Groups

Directions:

1. Read the below list of the foods in each of the 4 main plant food groups, demonstrating the wide-variety available. While reading, highlight foods you already know you enjoy in **one color**, and highlight foods you'd like to try in a **different color**.
2. Identify and taste 2 new plant foods from the list this week. Don't forget to add them to your shopping list.
3. Then, comment in the Facebook group and state:
 - the 2 new foods you tried;
 - how you ate and prepared them and;
 - describe their tastes and if you enjoyed them.

You can also use this guide to identify new foods to incorporate into your diet at any point of your journey. If you start eating the same meals all the time and need something new, this is one place you can turn for inspiration. The options are endless!

* = Foundational Filling Food (FFF). You'll learn about FFFs soon. FFF are whole, plant foods that are naturally high in satiety, the feeling of fullness. Keep at least 50% of your plate filled with FFFs to ensure you're not hungry after you've eaten.

** Reference: Fruits, Vegetables, Grains "Explore the world of vegetables, fruits, grains and more." Accessed online January, 2016 at <http://vegetablesfruitsgrains.com>

Fruit

Apple
Apricot
Avocado
Banana
Berries
Acai Berry
Barberry
Bilberry
Blackberry
Blackcurrant
Blueberry
Boysenberry
Cloudberry
Cranberry
Elderberry
Goji berry
Gooseberry
Huckleberry
Lingonberry
Loganberry
Marionberry
Mulberry
Raspberry - Black,

Golden, Red
Redcurrant
Salmonberry
Sea buckthorn Berry
Serviceberry
Strawberry
Breadfruit
Carob
Cherry
Citron
Coconut
Date
Dragon Fruit/Pitaya
Durian
Fig
Ginger
Grapes
Currant
Raisin
Grapefruit
Guava
Jackfruit
Jujube
Kiwifruit
Kumquat
Lemon

Lime
Longan
Loquat
Lucuma
Lychee
Mamey Sapote
Mango
Mangosteen
Melons
Canary/Juan Canary
Cantaloupe/
Muskmelon
Casaba Melon
Charentais
Crenshaw
Galia
Honeydew
Kiwano/Horned Melon/
African Horned
Ogen
Persian
Santa Claus/Christmas
Sharlyn
Watermelon
Nance
Nectarine

Noni
Oranges
Blood Orange
Mandarin - Clementine,
Satsuma
Navel
Seville
Valencia
Papaya
Passion Fruit
Peach
Pears
Persimmon
Pineapple
Plantain
Plum
Damson
Prunes
Pomegranate
Pomelo
Prickly Pear/Cactus Pear
Quince
Rambutan
Rhubarb
Starfruit
Tamarillo

Tamarind
Tangerine
Tangelo
Tomato

Vegetables

Artichoke
Arugula
Asparagus
 Green
 Purple
 White
Avocado
Bamboo Shoots
Bean Sprouts
Beet
Belgian Endive
Bell Pepper
Bitter Melon/Bitter Gourd
Bok Choy/Bok Choi/Pak
Choy
Broccoli
Brussels Sprouts
Burdock Root/Gobo *

Cabbage
 Green
 Red
 Savoy
Calabash
Capers
Carrot
Cassava/Yuca *
Cauliflower
Celery
Celery Root/Celeriac *
Celtuce
Chayote
Chinese Broccoli/Kai-lan
Cucumber
 English Cucumber
 Gherkin
 Pickling Cucumbers
Daikon Radish
Edamame
Eggplant/Aubergine
Elephant Garlic
Endive
 Curly/Frisee
 Escarole
Fennel

Fiddlehead
Galangal
Garlic
Ginger
Grape Leaves
Green Beans/String Beans/
Snap Beans
 Wax Beans
Hearts of Palm
Horseradish
Jerusalem Artichoke/
Sunchokes *
Jicama *
Kale
Kohlrabi
Leafy Greens
 Amaranth Leaves/
 Chinese Spinach
 Beet Greens
 Collard Greens
 Dandelion Greens
 Kale - Curly, Lacinato
 Kohlrabi Greens
 Lettuce - Butterhead
 (Bibb, Boston), Iceberg,

Leaf (Green Leaf, Red),
Romaine
Mustard Greens
Rapini
Spinach
Swiss Chard
Turnip Greens
Leeks
Lemongrass
Lettuce
Lotus Root
Lotus Seed
Mushrooms (fungus, not
really plants)
 Chanterelle
 Crimini/Baby Bella
 Enoki
 Maitake
 Morel
 Oyster
 Porcini
 Portobello/Portabella
 Royal Trumpet/King
 Oyster
 Shiitake
 Truffles

Vegetables

White Button
Napa Cabbage
Nopales
Okra
Olive
Onions
 Green Onions/Scallions
Parsley
Parsley Root
Parsnip *
Peas *
 green peas
 snow peas
 sugar snap peas
Peppers
Plantain *
Potato *
Pumpkin *
Purslane
Radicchio
Radish
Rutabaga *
Sea Vegetables

Shallots
Spinach
Summer Squash
 Patty Pan
 Yellow - Straightneck
 Crookneck
 Zucchini
Shallot
Sweet Potato (FFF)
Swiss Chard
Taro root *
Tomatillo
Tomato
Turnip
Water Chestnut *
Water Spinach
Watercress
Winter Melon
Winter Squash *
 Acorn
 Banana
 Buttercup
 Butternut
 Cushaw
 Delicata
 Hubbard

Kabocha
Pumpkin
Spaghetti
Turban
Yams *
Zucchini

Whole-Grains*

Amaranth
Barley
 Hulled Barley/Barley
 Groats
 Pot/Scotch Barley
 Pearl/Pearled Barley
 Barley Flakes
 Barley Grits
Buckwheat
 Buckwheat Groats
 Kasha/Roasted
 Buckwheat
 Buckwheat Grits
Corn
 Hominy
 Popcorn

Whole-grain grits
Millet
Oats
 Oat Groats
 Rolled Oats/Old
 Fashioned Oatmeal
 Steel cut oats/Irish
 Oatmeal
Quinoa
Rice
 Arborio
 Basmati
 Bhutanese Red
 Black Japonica
 Brown
 Carolina Gold Rice
 Calrose
 Camargue Red Rice/Riz
 Rouge
Carnaroli
 Forbidden/Black
 Forbidden Rice
 Jasmine
 Kalijira/Kala Jeera
 Long Grain
 Medium Grain

Whole-Grains*

Parboiled/Converted
Paella
Calasparra
Valencia
Patna
Popcorn Rice (a
Basmati + American
long grain hybrid)
Purple Sticky
Short Grain
Sticky/Glutinous/
Sweet/Mochi
Sushi
Wild Rice
Rye
Rye Berries
Cracked Rye
Rye Flakes
Sorghum
Spelt
Spelt Berries
Spelt Flakes

Teff
Triticale
Triticale Berries
Triticale Flakes
Whole Wheat
Wheat Berries
Bulgur Wheat
Cracked Wheat
Farina
Pasta
Couscous
Farro (variety of
Wheat)
Kamut (TM Name of
Khorasan Wheat)
Durum Wheat (variety
of Wheat)

Legumes*

Adzuki Beans
Anasazi Beans
Black Beans/Black Turtle
Beans
Black-Eyed Peas
Borlotti/Cranberry/Roman
Butter Beans
Cannellini Beans
Christmas Lima Bean/
Chestnut Lima
Corona Beans
Fava Beans/Broad Beans
Flageolet Beans
Garbanzo Beans/Chickpeas
Desi/Bengal Gram Chana
Dal
Great Northern Beans
Kidney Beans
Lentils
Green
Red

Yellow
Black
French
Lima Beans/Butter Beans
Lupini Beans
Marrow Beans
Moth Beans
Mung Beans
Navy Beans
Pigeon Pea
Pink Beans
Pinto Beans
Red Beans/Small Red Beans
Rice Beans
Scarlet Runner Beans
Soybean/Soya Bean
Spanish Tolosana Beans
Split Peas
Green
Yellow
Tepary Beans
Urad