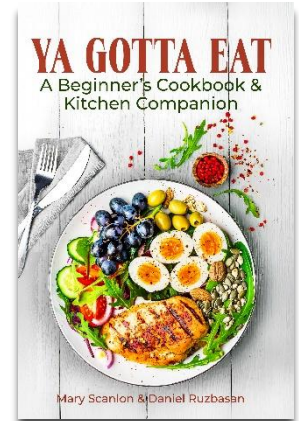


Appendix A: Food Idea List: Who Could Possibly be Bored?

This list of foods reminds us of the wide variety of foods available to us. It is certainly not a complete list and we ask for your tolerance in our organization of the list. Feel free to print this list out and write in any other foods that come to mind.

You can print this list and use it as a checklist whenever you want to see how many different foods you have eaten in any particular time period. *Enjoy!*



Apples, red delicious, honeycrisp, granny smith
Apricots
Artichokes
Asparagus
Atemoya (a tropical fruit)
Avocados
Bamboo shoots
Banana
Beans, adzuki, black, black-eyed peas, cannellini, chick peas, edamame, fava, great northern, green beans, kidney, lentils, lima, mung, navy, pea beans, pinto, soybeans, string beans, waxed
Beets
Berries, blackberries, blueberries, boysenberries, cherries, cranberries, elderberry, gooseberries, mulberries, raspberries, strawberries
Broccoli, broccoflower (a hybrid of broccoli & cauliflower), Rapini (broccoli rabe)
Cabbage, green, napa, red, Brussels sprouts
Carambola (star fruit)
Carrots
Cauliflower
Celery
Coconut
Corn, hominy
Cottage Cheese
Cucumber
Dates

Eggplant
Feijoa
Fennel
Fiddleheads
Figs
Garlic
Grains, amaranth, barley, buckwheat, bulgur, farro, freekeh, Kamut (khorasan wheat), millet, oats, quinoa, spelt, wheat
Grapefruit
Grapes, green, red, other varieties
Greens, arugula, Belgian endive, bok choy, collard greens, endive, escarole, kale, spinach, Swiss chard
Guava
Herbs, basil, bay leaf, crushed red pepper, ginger, nutmeg, oregano, parsley, rosemary, sumac, thyme
Honey
Horseradish
Hummus
Jerusalem artichoke
Jicama (Mexican turnip)
Kiwi
Kohlrabi
Kumquats
Lettuce, butterhead, iceberg, leaf, romaine, red leaf
Lemongrass
Lemons
Limes

Longan
Loquat
Lychee
Malanga
Mangos
Melon, bitter melon, cantaloupe, casaba melon, honeydew, horned melon, muskmelon, watermelon
Mushrooms, morels, portobello, white button, oyster, porcini, shitake, cremini
Nettles
Nuts, almonds, Brazil, cashew, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, walnuts
Oils, avocado, coconut, olive, sesame, walnut
Okra
Onions, green, leeks, red, shallots, scallions, spring, sweet
Oranges, nectarines, tangerines, Valencia, blood oranges, mandarin, navel
Papayas
Parsnips
Passion fruit
Peaches
Pears
Peas
Peppers, green, red, yellow, orange
Persimmons
Pineapple
Plantains
Plums
Pomegranate
Potatoes, red, sweet, white, yellow, Boniato (Caribbean sweet potato)
Prunes
Pummelo (A large citrus fruit)
Quinces
Radicchio
Radishes

Raisins
Rice, black, brown, red, white, wild
Rutabaga
Salsify (A root vegetable)
Sapote (A soft edible fruit)
Sauerkraut
Seeds, black cumin, chia, flax, hemp, poppy, psyllium, pumpkin, sesame, sunflower
Spices, black pepper, chili pepper, cinnamon, cloves, coriander, cumin, turmeric, vanilla
Sprouts
Squash, acorn, butternut, honeynut, pumpkin, spaghetti, summer, winter, yellow, zucchini
Tahini
Tangelo
Tomatillos
Tomatoes
Turnips
Ugli Fruit
Vinegars
Water Chestnuts
Watercress
Yuca/Cassa

