Category	Examples	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Red fruit	1 strawberry 2 cranberry 3 raspberry 4 cherry 5 pomegranate 6 red currant 7 blood orange 8 pink grapefruit 9 red apple 10 red pear 11 watermelon 12 guava 13 barberry 14 goji berry																															
Red veg	1 red bell peppers 2 red tomatoes 3 red radishes 4 red potatoes 5 rhubarb																															
Orange fruit	1 orange 2 clementine, 3 mango 4 papaya 5 cantaloupe 6 charentais melon 7 peach 8 nectarine 9 apricot 10 kumquat 11 persimmon 12 cape gooseberry																															
Orange veg	1 carrot 2 sweet potato 3 winter squash 4 orange bell peppers 5 orange tomatoes																															
Yellow fruit	1 yellow kiwi 2 lemon 3 pineapple 4 star fruit 5 yellow watermelon 6 passion fruit 7 persimmon 8 yellow grapefruit 9 golden raisin																															
Yellow veg	1 yellow squash 2 delicata squash 3 corn 4 rutabaga 5 wax beans 6 yellow potatoes 7 yellow bell peppers 8 golden beet 9 yellow chard stems																															
Purple fruit	1 fresh fig 2 black currant 3 purple grape 4 plum 5 prune 6 blackberry 7 blueberry 8 aronia 9 acai 10 mulberry 11 dark raisin																															
Purple veg	1 red cabbage 2 beets 3 eggplant 4 red onion 5 radicchio 6 purple carrot 7 purple potato 8 purple kohlrabi 9 red chard stems																															
Green fruit	1 kiwi 2 honeydew 3 green apple 4 lime																															
Green veg	1 avocado 2 artichoke 3 asparagus 4 okra 5 zucchini 6 green bell pepper 7 green chili 8 scallion 9 celery 10 cucumber 11 capers																															
Green legumes	1 green peas 2 green beans 3 snow peas 4 sugar snaps 5 runner beans 6 edamame																															
Leafy greens excl. crucifers	1 spinach 2 chard 3 beet greens 4 mache 5 sorrel 6 dandelion 7 escarole 8 lettuce 9 purslane 10 sprouts 11 herbs (cilantro, basil, dill, parsley, mint, sage, ...)																															
Green crucifers	1 broccoli 2 brussels sprouts 3 arugula 4 broccoli rabe 5 kale 6 turnip greens 7 kohlrabi greens 8 bok choy																															
Pale crucifers	1 cauliflower 2 daikon 3 turnip 4 kohlrabi, cabbage (5 green 6 napa 7 savoy)																															
White/tan fruit	1 banana 2 brown pear 3 dried figs 4 dates																															
White/tan veg	1 leek 2 celery root 3 parsnip 4 fennel 5 white potato 6 endive 7 onion 8 shallots 9 garlic 10 ginger 11 jerusalem artichoke 12 salsify 13 water chestnut 14 bamboo																															
Mushrooms	1 button 2 crimini 3 shiitake 4 oyster 5 chantarelle 7 king trumpet 8 porcini 9 maitake 10 enoki																															
Nut & seeds	1 walnut 2 almond 3 pistachio 4 hazelnut 5 pecan 6 cashew 7 macadamia 8 peanut 9 sunflower 10 pumpkin 11 sesame 12 chia 13 flax 14 hemp 15 olives																															
Legumes	vulgaris (1 black 2 pinto 3 kidney 4 borlotti 5 giant white 6 cannellini 7 navy) vigna (8 aduki 9 black eye 10 mung 11 urad) lentils (12 beluga 13 french 14 green 15 brown 16 red 17 yellow) 18 chickpea 19 pigeon pea 20 fava 21 lima 22 lupin, soy (23 yellow 24 black 25 tofu 26 tempeh)																															
Grains	rice (1 brown 2 black 3 red) 4 oats 5 barley quinoa (6 white 7 black 8 red) 9 wild rice 10 rye 11 bulgur 12 farro 13 spelt 14 kamut 15 grünkern 16 corn 17 buckwheat 18 wild rice 19 teff 20 millet 21 amaranth 22 sorghum 23 triticale																															
Sea veg	1 kombu 2 hijiki 3 wakame 4 arame 5 dulse 6 nori																															