

# Food Categories with Examples

(Not all food examples below have been linked to outbreaks, and many foods not shown below have been linked to outbreaks.)

This categorization scheme updates a former scheme<sup>1</sup> to include more specific information.

## Land Animals

- DAIRY** *milk, hard and soft cheeses*
- EGGS** *whole shell eggs, egg whites in cartons*
- MEAT-POULTRY**
  - Meat**
    - Beef *ground beef, steaks*
    - Pork *bacon, hams*
    - Other meat *lambs, goats*
  - Poultry**
    - Chicken *whole chickens, chicken deli meats*
    - Turkey *turkey hot dogs, whole turkeys*
    - Other poultry *ducks, ostriches*
  - Game** *wild boars, venison*



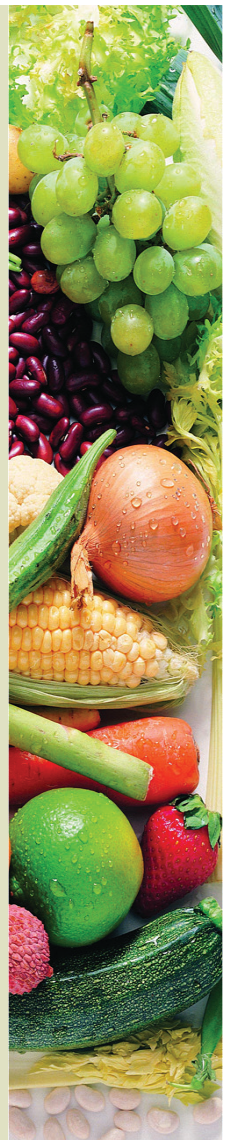
## Aquatic Animals

- FISH** *grouper, tuna*
- SHELLFISH**
  - Crustaceans** *crabs, lobster*
  - Mollusks**
    - Bivalve *clams, oysters*
    - Non-bivalve *octopuses, squid*
- OTHER AQUATIC ANIMALS** *frogs, jellyfish*



## Plants

- OILS-SUGARS** *olive oils, canola oils, sugars, honey*
- PRODUCE**
  - Vegetables**
    - Fungi *portabellas, button mushrooms*
    - Sprouts *alfalfa sprouts, mung bean sprouts*
    - Root-underground
      - Roots *carrots, beets*
      - Tubers *potatoes, yams*
      - Bulbs *garlic, onions*
      - Other *ginger, taro*
    - Seeded vegetables
      - Vine-grown *squashes, cucumbers*
      - Solanaceous *tomatoes, peppers*
      - Legumes *lima beans, snow peas*
      - Other *okras, sweet corns*
    - Herbs *basil, cilantro*
    - Vegetable row crops
      - Flowers *artichokes, broccoli*
      - Stems *asparagus, celeries*
      - Leafy *lettuce, spinach*
  - Fruits**
    - Melons *cantaloupes, watermelons*
    - Pomes *apples, pears*
    - Stones *apricots, cherries*
    - Small *blueberries, strawberries*
    - Tropical *bananas, mangoes*
    - Sub-tropical *avocadoes, oranges*
  - GRAINS-BEANS**
    - Grains *rice, wheat*
    - Beans *pinto beans, black beans*
  - NUTS-SEEDS**
    - Nuts *peanuts, almonds*
    - Seeds *sesame seeds, pumpkin seeds*



## Other

- OTHER FOODS** *ice, dietary supplements*



<sup>1</sup> Painter JA, Ayers T, Woodruff R, Blanton E, Perez N, Hoekstra R, Griffin PM, Braden C. Recipes for foodborne outbreaks: a scheme for categorizing and grouping implicated foods. *Foodborne Pathog Dis*, 2009; 6:1259-64.