

Cereals, nuts, legumes & seeds

Wikipedia description	The Whole Food Diet Shop	Wikipedia description	The Whole Food Diet Shop
Warm-season cereals	Warm-season cereals	legumes (or pulses)	legumes (or pulses)
Job's tears	Job's tears	Chickpeas	Chickpeas
Maize	Maize	Desi	Desi
White (Proso) millet	White (Proso) millet	Kabuli	Kabuli
Sorghum	Sorghum	Common beans	Common beans
Cool-season cereals	Cool-season cereals	Black turtle beans	Black turtle beans
Barley	Barley	Cranberry beans	Cranberry beans
Oats	Oats	Flageolet beans	Flageolet beans
Rye	Rye	Kidney beans	Kidney beans
Teff	Teff	Pink beans	Pink beans
Triticale	Triticale	Pinto beans	Pinto beans
Rice	Rice	White beans	White beans
Asian rice	Asian rice	Yellow beans	Yellow beans
Japonica	Japonica	Fava beans	Fava beans
Basmati	Basmati	Lentils	Lentils
Jasmine	Jasmine	Spanish pardina	Spanish pardina
Wehani	Wehani	French green	French green
Glutinous (sticky)	Glutinous (sticky)	Green	Green
Wild rice	Wild rice	Black (Beluga)	Black (Beluga)
Wheat	Wheat	Yellow (Tan)	Yellow (Tan)
Common wheat	Common wheat	Red Chief	Red Chief
Spelt	Spelt	Laird	Laird
Durum	Durum	Petite Golden	Petite Golden
Emmer (Farro)	Emmer (Farro)	Masoor	Masoor
Einkorn wheat	Einkorn wheat	Petite Crimson	Petite Crimson
Hard Red Spring	Hard Red Spring	Lima beans	Lima beans
Hard Red Winter	Hard Red Winter	Mung beans	Mung beans
Soft Red Winter	Soft Red Winter	Pigeon peas	Pigeon peas
Hard white	Hard white	Runner beans	Runner beans
Soft white	Soft white	Soybeans	Soybeans
Pseudo-cereal grains	Pseudo-cereal grains		
Amaranth	Amaranth	Oilseeds	Oilseeds
Buckwheat	Buckwheat	Black mustard seed	Black mustard seed
Quinoa	Quinoa	Flax seed	Flax seed
Nuts		Golden Flax seed	Golden Flax seed
Almonds	Almonds	Hemp seed	Hemp seed
Brazil nuts	Brazil nuts	Poppy seed	Poppy seed
Cashews	Cashews	Other edible seeds	
Hazelnuts	Hazelnuts	Coffee	Coffee
Macadamia nuts	Macadamia nuts	Lotus seeds	Lotus seeds
Peanuts	Peanuts	Pine nuts	Pine nuts
Pecans	Pecans	Pumpkin seeds	Pumpkin seeds
Pistachios	Pistachios	Sesame seeds	Sesame seeds
Walnuts	Walnuts	Sunflower seeds	Sunflower seeds