

Six tastes shopping list

Check off as many of the six tastes as you can as you're going through the aisles or putting a meal together.

Note: this list is not intended to be fully comprehensive.

Fruits

 SWEET

- Apples
- Apricots
- Banana
- Berries
- Cherries
- Coconuts
- Dates
- Figs
- Guava
- Grapes
- Kiwis
- Mangos
- Melons
- Olives
- Oranges
- Papayas
- Peaches
- Pears
- Persimmons
- Pineapples
- Plums
- Pomegranates
- Prunes
- Raisins
- Tangerines

 SOUR

- Apricots
- Berries
- Cherries
- Cranberry
- Grapefruit
- Green apples
- Grapes
- Kiwi
- Lemon
- Lime
- Mango (green)
- Oranges
- Papaya
- Peaches
- Pineapple
- Plums
- Persimmons
- Pomegranates
- Raisins
- Tomatoes
- Tangerine

 SALTY

 PUNGENT

 BITTER

- Bitter melons
- Lime

 ASTRINGENT

- Apples
- Bananas
- Berries
- Cranberry
- Cherries
- Figs
- Kiwi
- Lemon
- Mangoes (green)
- Peaches
- Pairs
- Plums
- Pomegranates
- Persimmons
- Purple grapes

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Vegetables

 SWEET

- Artichokes
- Asparagus
- Avocado
- Beets
- Bell pepper
- Carrots
- Celery
- Corn
- Cucumber
- Green beans
- Garlic
- Mushrooms
- Onions
- Olives
- Okra
- Potato
- Pumpkin
- Sprouts
- Squash
- Sweet potato
- Tomato

 SOUR

 SALTY

- Celery
- Sea vegetables

 PUNGENT

- Eggplant
- Hot peppers
- Mustard greens
- Onions
- Radishes
- Spinach
- Turnips

 BITTER

- Asparagus
- Broccoli
- Bok choy
- Collard greens
- Chard
- Endive
- Eggplant
- Kale
- Lettuces
- Mustard greens
- Spinach
- Turnips
- Yellow squash

 ASTRINGENT

- Artichoke
- Asparagus
- Avocado
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbages
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Dark greens
- Eggplant
- Green beans
- Lettuce
- Okra
- Peas
- Potatoes
- Radish
- Sea vegetables
- Spinach
- Split pea
- Sprouts
- Squash
- Turnips
- Zucchini

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Herbs & Spices Dairy

 SWEET

- Butter
- Ghee
- Ice cream
- Milk
- Yogurt

 SOUR

- Cheese
- Kefir cheese
- Sour cream
- Yogurt

 SALTY

- Garlic
- Salt

 PUNGENT

- Asafoetida
- Basil
- Bay leaves
- Cocoa
- Caraway
- Chamomile
- Cloves
- Cinnamon
- Cardamom
- Cumin
- Fennel
- Garlic
- Ginger
- Majoram
- Nutmeg
- Oregano
- Parsley
- Pepper
- Paprika
- Rosemary
- Thyme
- Turmeric

 BITTER

- Chamomile
- Chicory
- Citrus peel
- Cumin
- Cloves
- Garlic
- Hops
- Neem
- Rosemary
- Turmeric

 ASTRINGENT

- Bay leaf
- Basil
- Cilantro
- Coriander
- Dill
- Garlic
- Nutmeg
- Oregano
- Parsley
- Turmeric
- Vanilla

- Bay leaf
- Basil
- Cloves
- Cilantro
- Coriander
- Cinnamon
- Cardamom
- Dill
- Fennel
- Mint
- Nutmeg
- Rosemary
- Vanilla

- Caraway
- Garlic
- Oregano
- Tamarind

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Nuts & Seeds Legumes

 SWEET

- Black beans
- Fava beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Peanuts
- Soy/tofu
- Split peas

 SOUR

- Soy products

 SALTY

 PUNGENT

- Garbanzo

 BITTER

 ASTRINGENT

- All legumes
- Black beans
- Kidney beans
- Lima beans
- Mung beans
- Soy
- Tofu/tempeh

- All nuts and seeds

- Pumpkin seeds

- Almonds
- Sesame seeds

- Macadamia
- Hazelnut
- Pecan
- Pine nut
- Brazil nut
- Sesame seeds
- Sunflower seeds
- Safflower seeds

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SWEET

SOUR

SALTY

PUNGENT

BITTER

ASTRINGENT

Grains

- Barley
- Buckwheat
- Millet
- Oats
- Rice
- Wheat

- Barley
- Buckwheat
- Rice
- Wheat

Other

- All oils
- Breads
- Chocolate
- Eggs
- Fish
- Grains
- Honey
- Meats
- Pasta
- Sugar

- Alcohol
- Pickles
- Soy sauce
- Vinegar

- Meats
- Ocean fish
- Soy sauce
- Tamari

- Alcohol
- Coffee
- Mustard oil

- Aloe vera
- Coffee
- Dark chocolate
- Tea

- Fresh fish
- Mushrooms
- Popcorn
- Red wine
- Non-herbal tea