

SUZANNAH WINSOR

The Biomedical Nutritionist

Growing up in England, there were so many foods that I had never come across or even heard of until I started studying nutritional biochemistry (and going traveling). Some of these may be familiar to you but I hope there are a few you are curious to try too.

These foods can be found in supermarkets, at [BuyWholeFoodsOnline](#), or at your local oriental grocery stores.

Happy tasting!

NUTS AND SEEDS

- Pili nuts
- Tiger nuts
- Sacha inchi nuts
- Nut butters
- Tahinis – white, brown, chocolate
- Quinoa (whole, puffed, flakes, flour)
- Buckwheat (groats, flakes, puffed, flour)

GRAINS, LEGUMES, BEANS

- Millet
- Fonio
- Teff
- Sorghum (e.g. nutri brex gluten free)
- GF couscous and pastas (e.g. iTz noT Couscous)
- Mung beans
- Lentils (of all colours)
- Split peas

FRUITS

- Juniper berries
- Goji berries
- Star fruit
- Persimmon
- Sea buckthorn
- Mangosteen
- Cherimoya
- Fresh jackfruit
- Rambutan
- Soursop
- Amaranth

VEGETABLES AND TUBERS

- Jicama
- Tapioca
- Sago pearls (e.g. mango sago)
- Romanesco broccoli
- Chayote
- Taro
- Yams
- Plantain chips
- GF pastas e.g. by iTz noT

HERBS, SPICES AND SEASONINGS

- Epazote
- Galangal
- Asafoetida
- Marjoram
- Pickled ginger
- Tamari
- Coconut aminos
- Miso
- Tempeh
- Alma powder
- Brahmi powder
- Shatavari powder
- Triphala powder
- Neem powder
- Holy basil powder

LEGUMES AND FERMENTED FOODS

- Lupini beans
- Natto
- Kimchi
- Sauerkraut
- Beet kvass

SEAWEED AND SEAVEGETABLES

- Seaweeds – dulce, wakame, nori, kombu
- Latok
- Wild rice
- Arame
- Hijiki

DRINKS

- Masala golden milk
- Dandelion coffee e.g. by AQUASOL (a great gift for coffee lovers trying to cut back)
- Aloe vera juice (I like the one by SIMPLEE)
- Kombuchas (make your own by ordering the starter with HAPPY KOMBUCHA)
- Coconut kefir e.g. by COCOS
- Water kefir (homemade with ginger, lemon, lime or orange)
- Herbal teas e.g. Dandelion tea, Nettle tea, Marigold flower tea by PUKKA, AQUASOL, YOGI TEA

FATS

- Dairy-free cheese (e.g., VIOLIFE or NUSH)
- Ghee
- Perilla seed oil
- Flax oil
- Olive Oil Mayonnaise by Hunter Gatherer

SWEETS

- Jaggery and Jaggery Powder
- Inulin powder
- Tamarind
- Kudzu starch/Arrowroot (thickener instead of cornstarch)
- Phool makhana (instead of popcorn)
- Date sugar
- Coconut sugar
- Freeze dried fruits, mushroom, veg

BROTHS AND SOUPS

- Bone broth
- Bieler's Broth