



Healthy Food

A curated list of real, whole foods—nutrient-dense ingredients like fruits, vegetables, spices, and more—to support a healthy lifestyle.

Hua-Ming Huang

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Whole Grains

- Bulgur¹
- Quinoa²

Legumes (荚豆)³

- Linsen⁴
- Chickpea^{5 6}

Nuts

- Chestnut⁷
- Hazelnut⁸

¹ = 碾碎小麦

² = 藜麦

³ Legumes are plants in the pea family Fabaceae, or the fruit or seeds of such plants. When used as a dry grain for human consumption, the seeds are also called **pulses**.

⁴ = Lentil (DE) = 扁豆

⁵ = Kichererbsen (DE) = 鹰嘴豆 = 鸡豆 = 雪莲子

⁶ For baking, the liquid found in a can of chickpeas is known as **aquafaba** and serves as an excellent substitute for eggs. Approximately 3 tablespoons of aquafaba equate to one egg, 2 tablespoons are equivalent to one egg white, and 1 tablespoon is roughly equal to one egg yolk.

⁷ = Esskastanie / Maroni (DE) = 栗子

⁸ = Haselnuss (DE)

Beans

Vegetables

- Okra ⁹
- Celtnce ¹⁰
- Radish ¹¹
- Parsnip ¹²
- 芥蘭 ¹³
- 白杏菜 ¹⁴
- New Reminder

Fruits

Spices

- Cardamom ¹⁵

Mushrooms

- 猴頭菇

⁹ = Lady' s Fingers = 秋葵

¹⁰ = stem/celery/asparagus/Chinese lettuce = 嫩莖萬莖 = 萬莖 = A 菜心

¹¹ = 櫻桃蘿蔔

¹² = 歐洲防風草 (歐防風) = 歐洲蘿蔔

¹³ = Chinese Broccoli

¹⁴ = 白菟 (丁一弓 □) 菜

¹⁵ = 豆蔻