Examples of Foods in Commodities

Aquatic

Fish - tuna, grouper, salmon

Shellfish
 Crustaceans - crab, lobster
 Mollusks - clams, oysters

Land

Dairy - milk, cheese, butter

Eggs - chicken eggs, quail eggs,

Meat
 Beef - ground beef, steak
 Game - venison, bear
 Pork - ham, bacon

Poultry - chicken, turkey

Plants

Grains-Beans - rice, wheat, peas, lentils

Oils-Sugars - sugar, honey, olive oil

Produce
 Fruits-Nuts - berries, apples, almonds, peanuts
Vegetables
 Fungi - mushrooms
 Leafy - lettuce, spinach
 Root - carrots, onions
 Sprout - alfalfa sprouts, mung bean sprouts
 Vine-Stalk - tomatoes, peppers