Examples of Foods in Commodities

**Aquatic**
- *Fish* - tuna, grouper, salmon
- *Shellfish* - crab, lobster
- *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