The Most Important Plant-Based Food Families in PubMed

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The PubMed Rainbow of Foods!

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Combining a Food-Diet-Nutrition hedge that we have developed with all the plant families in MeSH, we have been able to determine which families have the most food-related articles in PubMed. The ranking of families starts in the left column. Not surprisingly, the top three families are beans, grains and potatoes-tomatoes. After that you may see some surprises.

The hedge we used to combine with each plant family is:

(food and beverages[majr]) OR (Nutritional Physiological Phenomena[majr]) OR (nutrition disorders[majr]) OR (food industry[majr])

The number of citations goes from Fabaceae (6747 articles) to Clusiaceae (85 articles).

Fabaceae
Beans, peanuts

Brassicaceae
Cabbage, broccoli, kale

Apiaceae
Carrot, celery, many herbs: parsley, anise, dill

Theaceae
Tea

Lauraceae
Avocado, cinnamon

Poaceae
Grains – Wheat, rice, corn

Rosaceae
Many common edibles – Apples, peaches, strawberries, almonds

Chenopodiaceae
Beets

Euphorbiaceae
Cassava – Third largest starch source in tropics

Anacardiaceae
Mango, cashew nut, pistachio nut

Solaceae
Potatoes, tomatoes, peppers

Asteraceae
Lettuce, artichokes, sunchoke, sunflower

Polygonaceae
Buckwheat

Cucurbitaceae
Squash, pumpkin, cucumber

Araliaceae
Ginseng

Juglandaceae
Walnut, hickory, pecan

Liliaceae
Onions, garlic, asparagus

Apiaceae
Carrot, celery, many herbs: parsley, anise, dill

Lamiaceae
Mint, rosemary, thyme

Rutaceae
Citrus – Oranges, lemons, grapefruit

Sterculiaceae
Chocolate, kola nuts

Arecaeeae
Coconut, dates

Lainaceae
Mint, rosemary, thyme

Vitaceae
Blueberry, cranberry

Linaceae
Flax seed

Olacaceae
Olive

Clusiaceae
Mangosteen: “The most delicious fruit on Earth”