

## Eighteenth-Century Foods

	<b>Gentry</b>	<b>Middling Sort</b>	<b>Lower Sort/Slaves/Free Blacks</b>
<b>Meat</b>	various fish (including shellfish), domestic fowl, fresh beef, pork, goat, mutton, game, cured ham	same as gentry, but smaller amounts and less choice	very little meat—only what they raised or trapped themselves
<b>Vegetables</b>	beans, corn, peas, potatoes, cabbage, onions, turnips, parsnips, carrots, squash, cauliflower, broccoli, lettuce, radishes, asparagus, leeks, cucumbers, pumpkins, Brussels sprouts	some vegetables, depending on income and what they could grow themselves	whatever they could grow themselves
<b>Fruit</b>	persimmons, apples, lemons, oranges, grapes, strawberries, blackberries, plums, raspberries, melons	some fruit, depending on income and what they could grow themselves	whatever they could grow or gather themselves
<b>Sweets</b>	pies, compotes, preserves, cakes, trifle, custards, cheesecake, pudding, gingerbread, chocolate	depended on income	very little because sugar was expensive