Lowercase Reference List:

- **Animals**
  *antelope, black bear, Bengal tiger, yellow-bellied sapsucker, German shepherd*

- **Elements**
  Always lowercase, even when the name is derived from a proper noun:
  *einsteinium, nobelium, californium*

- **Foods**
  Lowercase except for brand names, proper nouns and adjectives, or custom-named recipes: *Tobasco sauce, Russian dressing, pepper crusted bluefin tuna, Mandy’s Bluefin Surprise*

- **Heavenly bodies besides planets**
  Never capitalize the *moon* or the *sun*

- **Medical conditions**
  *Epstein-Barr syndrome, tuberculosis, Parkinson’s disease*

- **Minerals**

- **Plants, vegetables, and fruits**
  *poinsettia, organic celery, Golden Delicious apple*

- **Seasons and seasonal data**
  *spring, summertime, the winter solstice, daylight saving time*