



Eat Your Fruits & Vegetables

apple	apricot	avocado	banana	lychee	currants	blackberries
breadfruit	cantaloupe	cherries	cloudberry	coconut	cranberries	dates
honeydew	guava	melon	kiwi	kumquats	lemon	lime
orange	papaya	passion	fruit	paw	peach	pear
pomegranate	prickly	pear	raisins	raspberries	red	currants
blueberries	Star fruit	pistachios	mandarin	gooseberries	orange	pineapple
strawberry	plum	nectarine	almonds	boysenberries	plantain	mango
watermelon	alfalfa	rosehips	grapes	asparagus	bean	sprouts
trumpet	bok	sprouts	leek	kohlrabi	cabbage	turnip
cabbage	capers	carrot	cauliflower	celery	champignon	chantarelles
pumpkin	chicory	lettuce	beet	sprouts	artichoke	figs
corn	cucumber	eggplant	garlic	gourd	green	beans
navets	okra	olives	onion	parsnips	peas	potato
red	pepper	snow	peas	spinach	spring	onions
cabbage	tomato	pepper	potato	radishes	choi	tamarillo
zucchini	pepper	yam	brussels	broccoli	mushroom	tomato

Highlight the fruits and vegetables that you eat throughout the week!

Challenge yourself to try some new foods!