

FRUITS

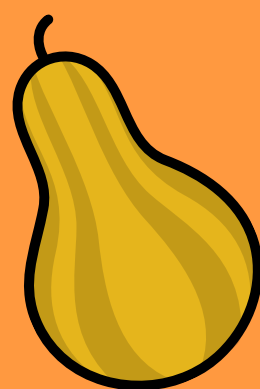
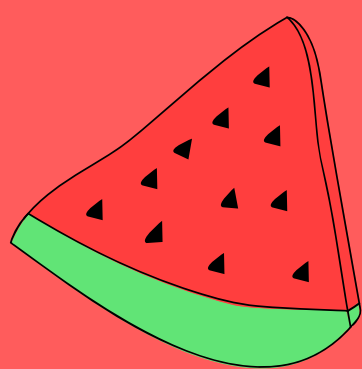
AND

VEGGIES

Compete against family, friends, classmates, or teachers to see who can try the most fruits and veggies in a month. Cross the food off the list once you have tried it.

Healthy  **ZONE**

a program of



Bananas
Grapefruit
Pears
Oranges
Apricots
Honeydew
Mangos
Pineapple
Star Fruit
Blueberries
Cantaloupe
Cherries
Grapes
Kiwi
Apples
Cranberries
Plums
Peaches

Turnips
Mushrooms
Potatoes
Beans
Tomatoes
Broccoli
Cabbage
Lettuce
Peas
Beets
Cucumbers
Eggplant
Carrots
Cauliflower
Squash
Parsnips
Yams
Pumpkin