

# Food Cards

apples

apricots

avocados

bananas

strawberries

cherries

blueberries

raspberries

blackberries

boysenberries

coconuts

dates

figs

grapes

grapefruit

kiwi

kumquats

lemons

limes

mangoes

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

melons

nectarines

oranges

papayas

peaches

pears

persimmons

pineapples

plums

prunes

raisins

tangerines



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

artichokes

asparagus

beets

broccoli

brussels  
sprouts

carrots

cabbage

celery

cauliflower

corn

Swiss chard

eggplant

cucumbers

collard  
greens

green  
beans

iceberg  
lettuce

kelp

okra

mushrooms

parsnips

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onions

peppers

peas

radishes

pumpkin

squash

spinach

tomatoes

sweet  
potatoes

turnips

dandelion  
greens

tofu

romaine  
lettuce

arugula

green leaf  
lettuce

beans

red leaf  
lettuce

legumes

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).



candy  
bars

caramel-  
coated popcorn

chips

cookies

frozen  
yogurt

butter

french fries

cheeseburger

pie

soda

cheese curls

strawberry  
milk

Pop Tarts

brownies

fruit punch

pepperoni  
pizza

licorice

ice cream

marshmallows

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