

Veggiemanian Cards

Top Vegetables

spinach	kale
collard greens	tomatoes
carrots	winter squash
broccoli	cabbage
Swiss chard	sweet potatoes

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).

Good Vegetables

asparagus

avocado

cauliflower

celery

turnips

parsley

zucchini

romaine
lettuce

cucumbers

beets

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mushrooms

eggplant

radishes

onions