

PLANT FOODS

Take a few minutes to note down any fruits and vegetables you eat each day for a week. Ideally, you want to eat 30 different plant foods each week. How can you increase the number per day or the variety in a week? Maybe choose one new fruit or vegetable a week.

WHITE/YELLOW	ORANGE	RED	PURPLE/BLUE	GREEN (NON LEAFY)	GREEN (LEAFY)