



Try to eat at least **50 different fruits, vegetables, and whole grains** this summer!
Here's a list of 100+ to get you started.
Maybe you can even get to 100!

- Acorn Squash
- Apple
- Apricot
- Artichoke
- Asparagus
- Arugula
- Avocados
- Banana
- Basil
- Bean Sprouts
- Beets
- Blackberry
- Blueberry
- Bok Choi
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Celery and Celeriac
- Chard
- Cherry
- Chives
- Cilantro
- Coconut
- Collard Greens
- Corn
- Cranberry
- Cucumber
- Date
- Dill
- Endive
- Eggplant
- Elderberry
- Escarole
- Fennel
- Fig
- Garlic
- Ginger
- Grape
- Grapefruit
- Green Beans (*try yellow and purple too!*)
- Honeydew
- Horseradish
- Iceberg Lettuce
- Jack Fruit
- Jalapeño
- Jicama
- Kale
- Kiwi
- Kohlrabi
- Kumquat
- Leek
- Lemon
- Lime
- Mango
- Mint
- Mushroom
- Nectarine
- Okra
- Olive
- Onion
- Orange
- Oregano
- Papaya
- Parsley
- Parsnip
- Passion Fruit
- Peach
- Pear
- Peas
- Pepper (*Try all different colors*)
- Persimmon
- Pineapple
- Plantain
- Plum
- Pomegranate
- Potato
- Pumpkin
- Quince
- Radicchio
- Radish
- Raspberry
- Rhubarb
- Rosemary
- Rutabega
- Sage
- Scallion
- Shallot
- Spaghetti Squash
- Spinach
- Star Fruit
- Strawberry
- Sweet Potato or Yam
- Tarragon
- Thyme
- Tomatillo
- Tomato (*Try all different colors*)
- Turnip
- Ugli Fruit
- Vanilla
- Watercress
- Yellow Squash
- Zucchini