

# 9 PLANT-BASED FOOD GROUPS TO BOOST *your health*

## Dark green leafy vegetables

kale\*, mustard greens\*, collard greens\*, watercress\*, Swiss chard, spinach, arugula\*

## Sea vegetables

chlorella, dulse, nori, wakame

## Fresh fruit

strawberries, blackberries, pomegranate, raspberries, blueberries, grapes, plums, melons, oranges, peaches, pineapple, apple, pears, mango, avocado, bananas,

## Other green vegetables

bok choy\*, romaine lettuce, Brussel sprouts\*, cabbage\*, broccoli\*, asparagus, string beans, alfalfa sprouts, radish sprouts\*, other sprouts, snow peas, green peas

## Non-green nutrient-rich vegetables

carrots, cauliflower, red and yellow bell peppers, radicchio, mushrooms, tomatoes, artichokes, eggplants, onions, radishes\*, bean sprouts, beets

## Beans & Legumes

bean sprouts, lentils, fava, kidney, great northern, adzuki, mung, black, black-eyed, split peas, chickpeas pinto, edamame

## Raw Nuts & Seeds

Brazil nuts, sunflower, chia, hemp, sesame, flaxseeds, pumpkin, almonds, pistachios, pecans, walnuts, hazelnuts, cashews

## Colorful or light whole starchy vegetables

turnips\*, butternut and other squash, sweet potatoes, corn, yam

## Whole grains and pseudo-cereals

old-fashioned oats, barley, wild rice and brown, quinoa, amaranth, millet, buckwheat, bulgur