

Trying New Fruits & Veggies

Circle the ones you like, cross out the ones you don't, and star the ones you'd be willing to try!

Fruits

Apple	Lime
Apricot	Mandarin Orange
Avocado	Mango
Banana	Melon
Blackberry	Nectarine
Blackcurrant	Orange
Blueberry	Papaya
Cantaloupe	Peach
Cherry	Pear
Clementine	Persimmon
Coconut	Pineapple
Cranberry	Plum
Dates	Pomegranate
Fig	Pomelo
Grapes	Raisin
Grapefruit	Raspberry
Guava	Starfruit
Honeydew Melon	Strawberry
Jackfruit	Ugli Fruit
Kiwi	Watermelon
Lemon	

Vegetables

Artichoke	Mushrooms
Arugula	Okra
Asparagus	Onion
Beans	Parsnip
Beets	Peas
Bell Pepper	Potato
Brussels sprouts	Pumpkin
Cabbage	Raddichio
Carrot	Radish
Cauliflower	Rhubarb
Celery	Rutabaga
Collard Greens	Spinach
Corn	Sprouts
Cucumber	Squash
Eggplant	Sweet Potato
Green Beans	Swiss chard
Kale	Tomato
Kohlrabi	Turnip
Leek	Watercress
Lettuce	Zucchini



Contact your onsite Health Coach for more information:

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