

# Add a variety:

## **Greens**

- Kale
- Edamame
- Green beans
- Cucumbers
- Asparagus
- Broccoli
- Spinach
- Kiwifruit
- Zucchini

## **Purples**

- Purple carrots
- Purple kale
- Purple cabbage
- Eggplant
- Blackberries
- Plums
- Purple Grapes
- Figs
- Purple potatoes

## **Reds**

- Red Apples
- Raspberries
- Tomatoes
- Strawberries
- Cherries
- Red grapes

Your Wellbeing Activity

## **Color Your Plate**

Add more color to your plate this week by choosing a wider variety of fruits and vegetables.