

FOODS TO TRY

Fruits	Vegetables
Apples	Spinach
Blueberries	Kale
Bananas	Broccoli
Oranges	Peas
Dragon Fruit	Sweet Potatoes
Mango	Beets
Avocado	Carrots
Lychee	Tomatoes
Pineapple	Garlic
Strawberries	Onions