

FRUITS

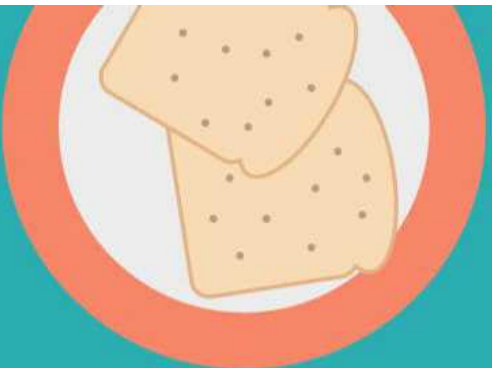
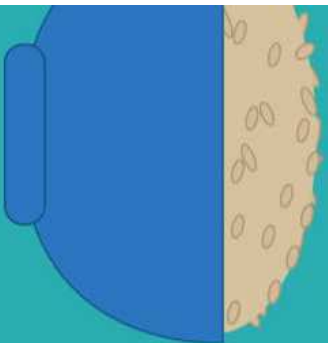
*Apples, bananas, figs, grapes,
strawberries, oranges, etc.*

VEGGIES

*Lettuce, kale, collards, peppers,
green peas, corn, etc.*

TUBERS

*Sweet potatoes, potatoes,
yams, carrots, beets, etc.*



WHOLE GRAINS

*Millet, quinoa, barley, rice, whole
wheat, oats, etc.*

LEGUMES

*Kidney beans, chickpeas, cannellini
beans, lentils, black beans, etc.*