

New fruits & veggies could try

Eating a variety of brightly coloured fruits and vegetables is a good way to increase your antioxidant intake. Here's a list of plant foods, some of which you may not have considered eating. Try a new fruit this week!

Fruits	Vegetables
<input type="checkbox"/> Apple <input type="checkbox"/> Apricots <input type="checkbox"/> Avocados <input type="checkbox"/> Berries <input type="checkbox"/> Cherries <input type="checkbox"/> Currants <input type="checkbox"/> Banana <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwi fruit <input type="checkbox"/> Mango <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Paw paw <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Plums <input type="checkbox"/> Rhubarb <input type="checkbox"/> Rockmelon <input type="checkbox"/> Water melon	<input type="checkbox"/> Artichokes <input type="checkbox"/> Asparagus <input type="checkbox"/> Beetroot <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Capsicum <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Corn <input type="checkbox"/> Cucumber <input type="checkbox"/> Eggplant <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce <input type="checkbox"/> Marrow <input type="checkbox"/> Mushrooms <input type="checkbox"/> Parsnips <input type="checkbox"/> Peas <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Tomato <input type="checkbox"/> Zucchini

