



























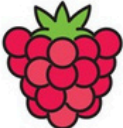






BECOME A FRUIT & VEGGIE SUPERHERO!

Cross off each fruit and veggie you try!
Can you try them all?!

						
Watermelon	Cabbage	Cherries	Bell pepper	Pineapple	Cauliflower	Kiwi
						
Mushroom	Strawberry	Peas	Orange	Broccoli	Grapes	Tomato
						
Avocado	Potato	Papaya	Spinach	Pear	Carrot	Banana
						
Eggplant	Apple	Artichoke	Blueberry	Corn	Cantaloupe	Asparagus
						
Raspberry	Lettuce	Peach	Beet	Grapefruit		

Living Whole
Wellness Program

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.

© 2025, Loma Linda University Health.

All rights reserved.

Try something
that's not listed &
draw it in yourself!