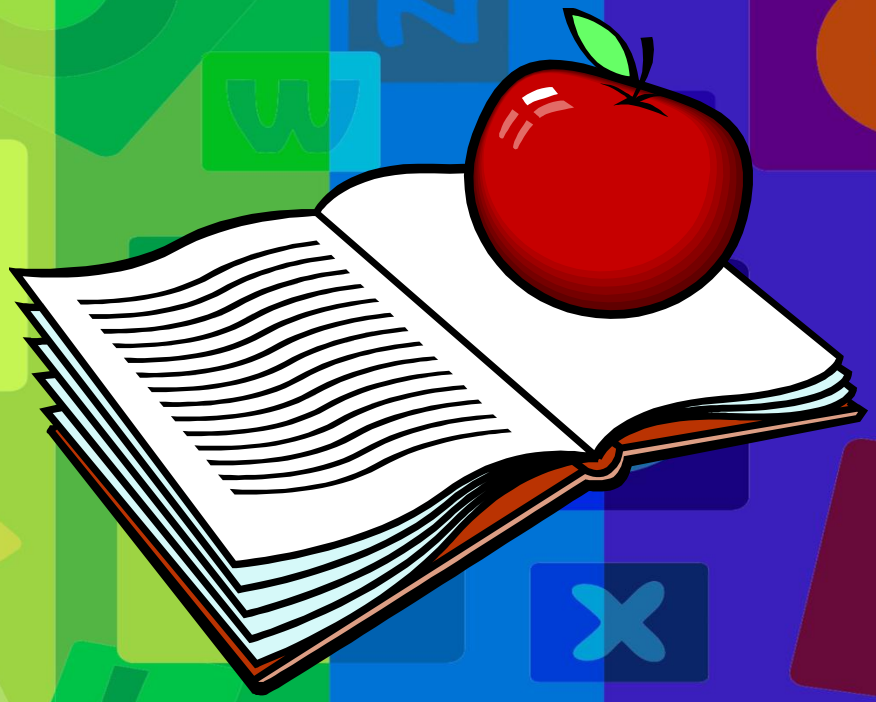
The ABCs of Fruits and Vegetables



Maricopa County Public Health
Office of Nutrition & Physical Activity

Avocado

Asparagus

Apple

Apricot

Acorn Squash

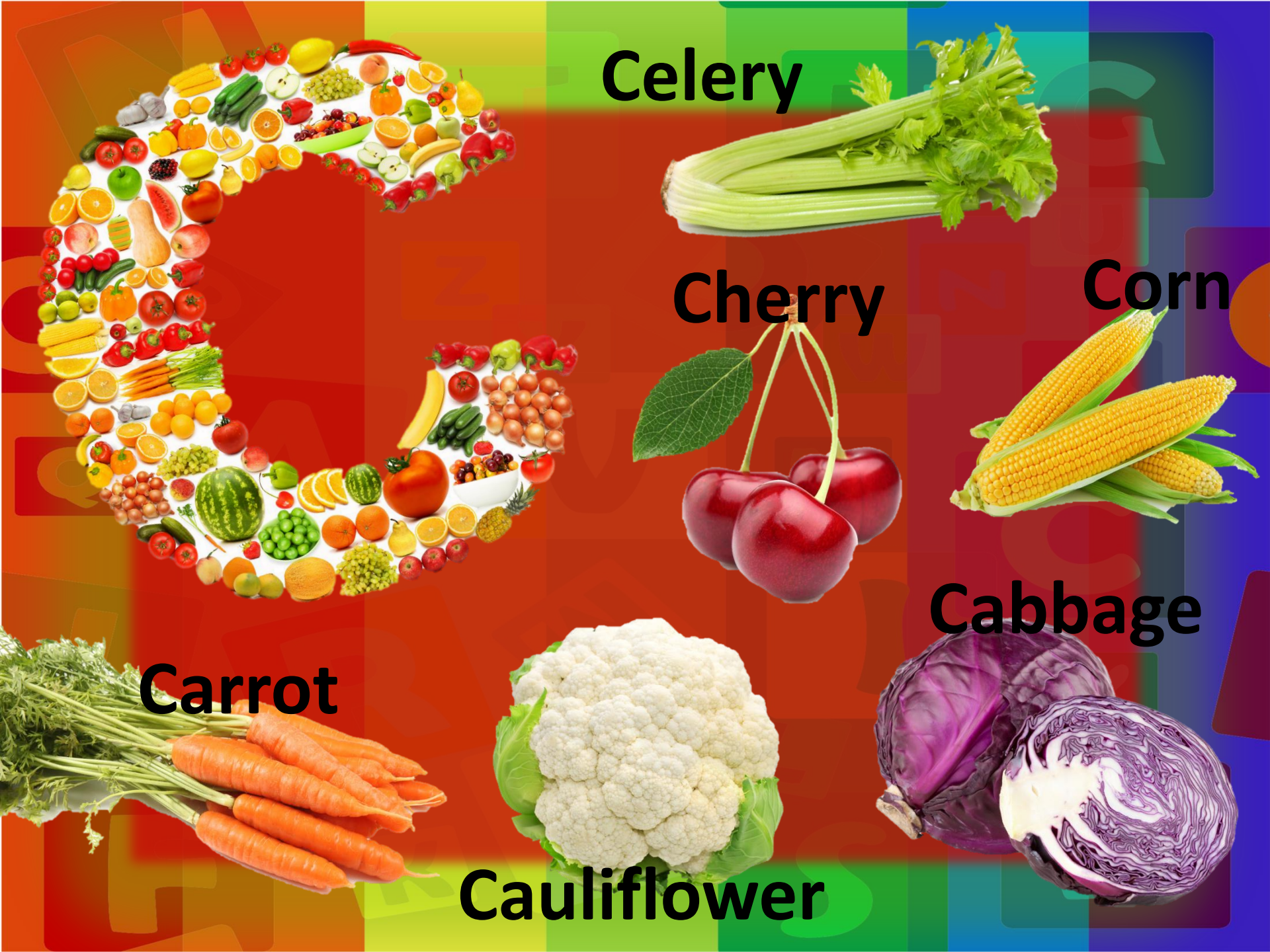
Brussels Sprout

Blackberry

Broccoli

Banana

Blueberry


Celery
Cherry
Corn
Cabbage
Carrot
Cauliflower

Date

Dragon Fruit

Durian

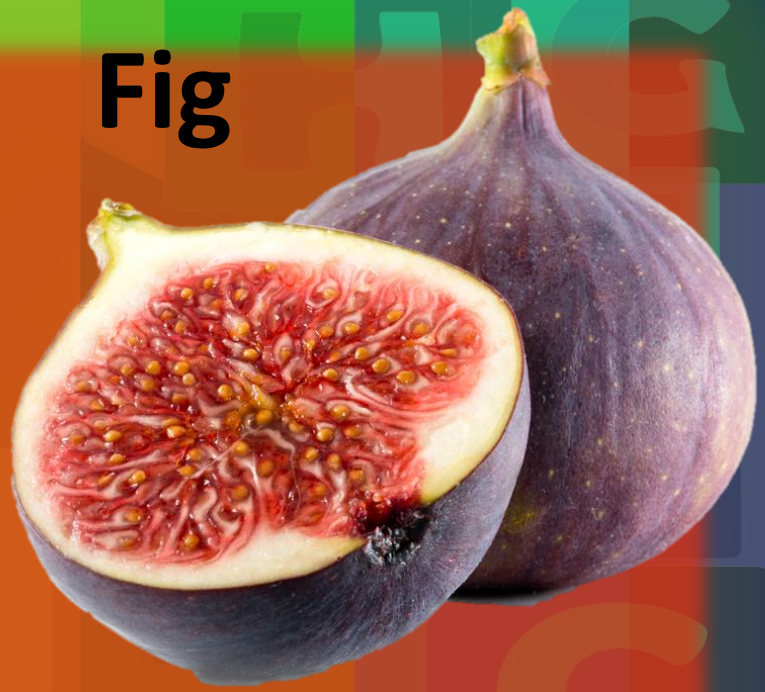
Endive

Elderberry

Edamame

Eggplant

Fig



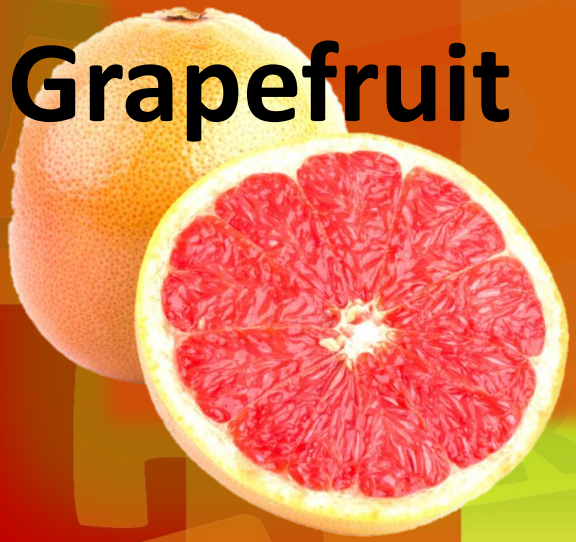
Fiddlehead Fern

Green Bean

Guava

Green Pepper

Grapefruit



Garlic

Grapes

Horseradish

Honeydew Melon

Iceberg Lettuce

Jicama

Jalapeño Pepper

Kumquat

Kale

Kiwi

Key Lime

Lime

Leek

Lemon

Melon

Mandarin Orange

Mango

Mushroom

Nectarine

Orange Pepper

Onion

Olive

Orange

Pumpkin
Peach
Prune
Plum
Passion Fruit
Pineapple
Papaya
Pear
Pomegranate

Quince

Red Cabbage

Radish

Raspberry

Raisin

Red Pepper

Spinach

Squash

Scallion

Star Fruit

Tomato

Turnip

Tangerine

Ugli Fruit

Watermelon

Yellow Squash

Yam

Zucchini