For optimum health, choose your fruits and vegetables from this list of exceptionally nutritious and delicious produce.

**VEGETABLES**

**CABBAGE FAMILY**
- Broccoli, green or purple sprouting
- Brussels sprouts
- Cabbage, red or green
- Cauliflower, white, green, or purple
- Collard greens
- Kale, any variety
- Kohlrabi
- Mustard greens
- Savoy cabbage
- Turnips

**GREENS**
- Arugula
- Beet greens
- Kale
- Leaf lettuce, red or dark green
- Radicchio
- Spinach, bunch (not packaged or pre-cut)

**DRIED PEAS AND BEANS**
- Kidney beans
- Lentils, any variety
- Pinto beans
- Red beans
- Yellow peas

**ONIONS AND GARLIC**
- Bold-tasting (hot) onions
- Chives, onion or garlic
- Fresh garlic, any variety (Avoid processed garlic)
- Leeks (Eat the white and green portions)
- Red onions (bold, not mild varieties)
- Scallions (Also called green or spring onions)
- Shallots, any variety

**POTATOES**
- Potatoes with blue, purple, or red flesh
- Russet potatoes (more nutritious than white or Yukon golds)
- Dark-fleshed sweet potatoes (also called “yams”)

**OTHER ROOT CROPS**
- Beets, dark red
- Carrots, dark orange, red, or purple (Bagged “baby” carrots are less nutritious)

**TOMATOES**
- Dark-red cherry, grape, or currant tomatoes
- Small to medium-sized dark-red slicing tomatoes
- Black or purple tomatoes, if available
- Tangerine (orange) tomatoes
### Fruits

**Apples**
- Braeburn
- Cortland
- Jonathan
- Fuji
- Gala
- Granny Smith
- Liberty
- Honeycrisp
- Red delicious

**Berries (Fresh or Frozen)**
- Blackberries
- Blueberries
- Boysenberries
- Cranberries
- Loganberries
- Marionberries
- Raspberries
- Strawberries

**Citrus Fruits**
- Blood oranges
- Cara Cara oranges
- Clementines
- Navel oranges
- Red grapefruit
- Tangelos (Honeybells)
- Tangerines
- Valencia oranges

**Grapes and Raisins**
- Black, red, or blue grapes
- Currants (Zante)
- Golden raisins (contain sulfur)
- Muscat raisins
- Raisins made from red grapes

**Melons**
- Dark-red watermelons
- Orange honeydew

**Stone Fruits**
- Plums, purple, black, or red
- White-fleshed peaches or nectarines
- Bing cherries or other dark red cherries
- Sour cherries
- Queen Anne cherries (pie cherries)

**Tropical Fruits**
- Golden pineapples (may be labeled “extra-sweet”)
- Mangoes
- Mexican papayas (Maradol)
- Red and “Baby” bananas

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For more detailed information, recipes, and more, read Jo Robinson’s bestselling book *Eating on the Wild Side: The Missing Link to Optimum Health*. Also, visit her website [www.eatwild.com](http://www.eatwild.com).