

The Fruit & Vegetable Groups

Fruits

A

Ackee, canned
Apple juice
Apples
Apricots
Avocado

B

Bananas
Bilberries
Blackberries
Blackcurrants

C

Cashew fruit
Cherries
Clementines
Cranberries
Custard apple

D

Damsons
Dates
Dried mixed fruit

E

Elderberries

F

Figs
Fruit cocktail
Fruit pie filling

G

Gooseberries
Gourd
Grapefruit juice
Grapefruit
Grapes
Guava

J

Jambu fruit
Jujube

K

Kumquats

L

Lemon juice
Lemons
Limes
Loganberries
Longans
Loquats
Lychees

M

Mandarin oranges
Mango juice
Mangoes
Melons
Mulberries

N

Nectarines

O

Orange juice
Oranges
Ortaniques

P

Passion fruit juice
Passion fruit
Paw paw
Peaches
Pears
Pineapple juice
Pineapple
Plums
Pomegranate
Prickly pears
Prune juice

Q

Quince

R

Raisins
Raspberries
Redcurrants
Rhubarb

S

Sapodilla
Sharon fruit
Strawberries
Sultanas

T

Tangerines

W

White currants

Vegetables

A

Alfalfa sprouts
Amaranth leaves
Arrowhead
Artichokes
Asparagus
Aubergine

B

Beansprouts
Beetroot
Broad beans
Broccoli
Brussels sprouts
Celeriac

C

Cabbage
Carambola
Carrots
Cauliflower
Celery
Chicory
Cho Cho
Cole leaves
Courgette
Cucumber
Curly kale

D

Drumstick pods/leaves

E

Endive

F

Fennel, Florence

G

Gherkins
Green Beans
Greengages
Grenadillas
Guava

H

Horseradish

L

Laverbread
Leeks
Lettuce
Lilva beans
Lotus tubers

M

Marrow
Marrow fat peas
Matoki
Medlars
Mixed Vegetables
Mushrooms
Mustard and cress
Mustard leaves

O

Okra
Olives
Onions

P

Parsley
Parsnip
Peas
Peppers, capsicum
Pumpkin

R

Raddiccio
Radish leaves
Radish
Runner beans

S

Salsify
Sauerkraut
Seakale
Seaweed
Shallots
Spinach
Spring onions
Spring greens
Sugar snap peas
Swede
Sweetcorn

T

Tamarillos
Tamarind
Tomato juice
Tomatoes
Turnip

V

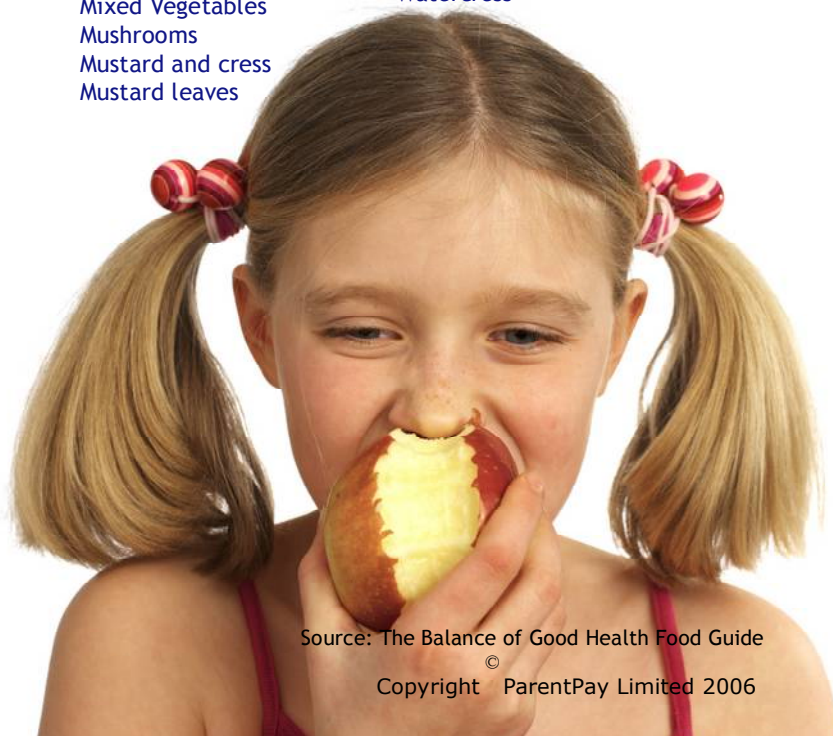
Vine leaves

W

Water chestnuts
Watercress



supporting healthy eating



Source: The Balance of Good Health Food Guide

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