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BREAKFAST	LUNCH	EVENING MEAL	SNACKS	NEED TO BUY?
1				
2				
3				
4				
5				
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7				

What about pesticides in foods?

(based on the Environmental Working Group's 'Clean Fifteen' & 'Dirty Dozen' foods)

- **Better buy organic;**

- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Pears
- Cherries
- Grapes
- Celery
- Tomatoes
- Peppers
- Potatoes

- **Okay to buy non-organic;**

- Sweetcorn
- Pineapple
- Avocado
- Cabbage
- Banana
- Onions
- Asparagus
- Mango
- Aubergine
- Kiwi
- Honeydew & Cantaloupe melon
- Cauliflower
- Grapefruit
- Peas in pods

Colour Your Plate

aim for 7 a day: 2 fruit + 5 veggies

RED

Apples
Blood oranges
Cranberries
Cherries
Tomatoes
Red pepper
Red onion
Radish
Pomegranates
Strawberries
Raspberries
Red apples

GREEN

Kale
Broccoli
Cabbage
Cucumber
Brussel sprouts
Green apples
Green grapes
Rocket
Watercress
Green beans
Asparagus
Courgette
Avocado
Lime

BLUE/PURPLE

Blueberries
Purple grapes
Beetroot
Plums
Purple figs
Aubergine
Red cabbage
Purple broccoli
Purple asparagus
Purple carrots
Elderberries
Blackberries
Black currants

WHITE

Onions
Garlic
Cauliflower
Ginger
Mushrooms
White peaches
Jerusalem
artichoke
Shallots
Coconut
Lychee

YELLOW/ORANGE

Yellow peppers
Grapefruit
Lemons
Squashes
Carrots
Apricot
Mango
Sweet potato
Papaya
Pumpkin
Tangerine
Pineapple
Cantaloupe melon