

DO YOU GET
ENOUGH OF
NATURE'S TRUE
SUPERFOOD?

**TAKE THE QUIZ AND
FIND OUT...**



VARIETY IS THE TRUE SUPERFOOD!

Variety Matters! It is key to getting the most of important nutrients and phytochemicals. Try new foods, especially colorful fruits and vegetables! How many of these foods have you tried?

Put a check in the box by each food you've eaten, then tally up your total...

- Artichoke
- Asian Pear
- Asparagus
- Beets
- Bok Choy
- Brussels Sprouts
- Celeriac
- Chard
- Currants
- Clementine
- Daikon
- Edamame
- Eggplant
- Endive
- Fava Beans
- Fennel
- Fiddleheads
- Jerusalem Artichoke
- Jicama
- Kohlrabi
- Mango

- Okra
- Pomegranate
- Papaya
- Parsnips
- Plantain
- Pomelo
- Pumpkin
- Radicchio
- Ramps
- Snow Peas
- Spaghetti Squash
- Star Fruit
- Swiss Chard
- Tomatillo
- Turnip

How Did You Score?

Over 25 –Congratulations! you have really embraced variety!

15-24 Good job, you clearly like to experiment and try new things!

5-14 I bet you don't have trouble eating 3 cups of fruits and vegetables each day!

1-4 It might be time to get outside of your comfort zone...head out to the market!

