

Power Up with Plants Checklist

..... Aim for 30 or more each week

Use this checklist to help increase the variety of plant foods you consume. Foods are grouped by culinary use.

Note: Different colors, varieties, and cultivators of the same plant food may offer unique nutrients and phytonutrients and can count separately. For simplicity, not all are listed on this checklist.

VEGETABLES

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Acorn squash | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Jerusalem artichoke | <input type="checkbox"/> Sea vegetables (kelp, nori, etc.) |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Celery | <input type="checkbox"/> Kabocha squash | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Chayote squash | <input type="checkbox"/> Kale | <input type="checkbox"/> Snow peas |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chili/hot peppers | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Spaghetti squash |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Chinese broccoli | <input type="checkbox"/> Komatsuna | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Beet greens | <input type="checkbox"/> Collard greens | <input type="checkbox"/> Leeks | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Corn | <input type="checkbox"/> Lotus root | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Bell pepper | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mizuna | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Bitter melon | <input type="checkbox"/> Daikon | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Mustard greens | <input type="checkbox"/> Tatsoi |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Delicata squash | <input type="checkbox"/> Okra | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Broccoli rabe | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Onions | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Endive | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Turnip greens |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Fennel | <input type="checkbox"/> Potatoes | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Butternut squash | <input type="checkbox"/> Fiddlehead ferns | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Grape leaves | <input type="checkbox"/> Radish greens | <input type="checkbox"/> Wax gourd |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Hearts of palm | <input type="checkbox"/> Radishes | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cassava (yuca) | <input type="checkbox"/> Jicama | <input type="checkbox"/> Rutabaga | |

FRUITS

- | | | | |
|---|---|--|---------------------------------------|
| <input type="checkbox"/> Acai berries | <input type="checkbox"/> Clementines | <input type="checkbox"/> Kumquats | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Lemons | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Currents | <input type="checkbox"/> Limes | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Aronia berries | <input type="checkbox"/> Dragon fruit | <input type="checkbox"/> Lingonberries | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Figs | <input type="checkbox"/> Mango | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Gooseberries | <input type="checkbox"/> Marionberries | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Blood oranges | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Mulberries | <input type="checkbox"/> Starfruit |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Grapes | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Boysenberries | <input type="checkbox"/> Honeydew melon | <input type="checkbox"/> Oranges | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Canary melon | <input type="checkbox"/> Huckleberries | <input type="checkbox"/> Papaya | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jackfruit | <input type="checkbox"/> Passionfruit | |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peach | |

LEGUMES (PULSES)

- Adzuki beans
- Anasazi beans
- Appaloosa beans
- Bambara groundnuts
- Bayo beans
- Black beans
- Black gram (urad)
- Black-eyed/cow peas
- Borlotti beans
- Broad/fava beans
- Butter beans
- Calypso beans
- Cannellini beans
- Chickpea/garbanzo beans
- Cluster beans (guar)
- Cranberry beans
- Great Northern beans
- Green peas
- Horse gram
- Hyacinth beans (lablab)
- Kidney beans
- Lentils
- Lima beans
- Lupini beans (lupin)
- Moth beans
- Mung beans
- Navy beans
- Pink beans
- Pinto beans
- Red beans
- Rice beans
- Scarlet runner beans
- Soybeans
- Tepary beans
- Vetches
- Winged beans
- Yardlong/asparagus beans
- Yellow eye beans

WHOLE GRAINS

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Fonio
- Job's tears
- Kañiwa
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Sorghum
- Teff
- Wheat
- Wild rice

NUTS AND SEEDS

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Chia seeds
- Coconut
- Flax seeds
- Hazelnuts
- Hemp seeds
- Melon seeds
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Squash seeds
- Sunflower seeds
- Walnuts

HERBS AND SPICES

- Allspice
- Anise
- Basil
- Bay leaf
- Black/white pepper
- Caraway
- Cardamom
- Cayenne pepper
- Celery seed
- Chervil
- Chili peppers
- Chives
- Cilantro
- Cinnamon
- Clove
- Coriander seed
- Cumin
- Dill
- Fennel fronds
- Fennel seeds
- Fenugreek
- Garlic
- Ginger
- Green onion/scallion
- Lemongrass
- Lemon balm
- Lovage
- Marjoram
- Mint
- Mustard seed
- Nutmeg
- Oregano
- Paprika
- Parsley
- Rosemary
- Saffron
- Sage
- Savory
- Star anise
- Tarragon
- Thyme
- Turmeric

BONUS PLANT FOODS

- Avocado
- Coffee
- Dark chocolate ($\geq 70\%$ cocoa)
- Extra virgin olive oil
- Herbal tea
- Olives
- Tea