

#7: Leaf Lettuce



In season: Year-round

Average cost: \$1.50/head

Great for: Fresh salad

#8: Parsley



In season: April-December

Average cost: \$2/bunch

Great for: Seasoning

#9: Romaine Lettuce



In season: Year-round

Average cost: \$1.50/head

Great for: Fresh salad

#10: Collard Green



In season: April-October

Average cost: \$2/head

Great for: Mashed potatoes

CDC Powerhouse Fruits & Vegetables

- 1) Watercress
- 2) Chinese Cabbage
- 3) Chard
- 4) Beet Green
- 5) Spinach
- 6) Chicory
- 7) Leaf Lettuce
- 8) Parsley
- 9) Romaine Lettuce
- 10) Collard Green
- 11) Turnip Green
- 12) Mustard Green
- 13) Endive
- 14) Chive
- 15) Kale
- 16) Dandelion Green
- 17) Red pepper
- 18) Arugula
- 19) Broccoli
- 20) Pumpkin
- 21) Brussels sprout
- 22) Scallion
- 23) Kohlrabi
- 24) Cauliflower
- 25) Cabbage
- 26) Carrot
- 27) Tomato
- 28) Lemon
- 29) Iceberg Lettuce
- 30) Strawberry
- 31) Radish
- 32) Winter squash (all varieties)
- 33) Orange
- 34) Lime
- 35) Grapefruit (pink and red)
- 36) Rutabaga
- 37) Turnip
- 38) Blackberry
- 39) Leek
- 40) Sweet potato
- 41) Grapefruit (white)

Sources: 1. ams.usda.gov

2. Noia, JD. Defining Powerhouse Fruits and Vegetables: A Nutrient Density Approach. *Preventing Chronic Disease*. Vol 11 Jun 5, 2014.



Prevent
Disease with
the Top
Powerhouse
Fruits &
Vegetables

What are “Powerhouse Fruits and Vegetables” and why should I eat them?

Fruits and vegetables are great, but they are **not all created equally**. In 2014, the **Centers for Disease Control and Prevention** published a study on which fruits and vegetables contain the most nutrients for **preventing cancer, diabetes, and heart disease**.

The top 41 have been named “**Powerhouse Fruits and Vegetables**.”

Tell me more!

Here, we have highlighted the first 10. A complete list of all 41 Powerhouse Fruits and Vegetables may be viewed on the back cover.

Recipes online: foodnetwork.com, allrecipes.com, foodandwine.com, cookinglight.com

#1: Watercress



In season: April-October
Average cost: \$3/bunch
Great for: Soup

#2: Chinese Cabbage



In season: April-October
Average cost: \$3.99/head
Great for: Stir fry

#3: Chard



In season: April-June
Average cost: \$2.25/head
Great for: Wraps

#4: Beet Green



In season: July-December
Average cost: \$1/round
Great for: Roasted beet salad

#5: Spinach



In season: April-November
Average cost: \$1.99/bag
Great for: Sandwiches

#6: Chicory-Radicchio



In season: April-June
Average cost: \$2/head
Great for: Braising

