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## **Fruits Vegetable**

Cruciferous vegetables such as broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, and kale ; and citrus fruits such as oranges, lemons, limes, and grapefruit (and their juices) also made important contributions.

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## **Vegetables and Fruits | The Nutrition Source | Harvard T.H ...**

Some other common examples of fruits that are mistaken for vegetables include: Winter squash. Avocados. Cucumbers. Peppers. Eggplants. Olives. Pumpkins. Pea pods. Zucchini.

## **What's the Difference Between**

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## **Fruits and Vegetables?**

Do you know which fruits and vegetables dogs can eat? Whether fresh, frozen, or canned, which fruits and vegetables to feed and which to avoid. It's not uncommon to want to spoil your dog by ...

## **Fruits and Vegetables Dogs Can or**

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## **Can't Eat - American ...**

Fruits Apple. Watermelon. Orange. Pear.  
Cherry. Strawberry. Nectarine. Grape.  
Mango. Blueberry. Pomegranate.  
Carambola (U.K) - starfruit (U.S). Plum.  
Banana. Raspberry. Mandarin. Jackfruit.  
Papaya. Kiwi. Pineapple. Lime. Lemon.  
Apricot. Grapefruit. Melon. Coconut.  
Avocado. ...

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## **Fruits and Vegetables: List, Names & Pictures - 7 E S L**

In game "Fruits and Vegetables", your main task is find and connect two identical fruits or vegetables as soon as possible. With each level the game will become more and more difficult!



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## **Fruits and Vegetables - Inbox Games**

The word herbaceous here refers to the kind of stem vegetable plants have: one with little or no woody tissue, the kind that grows only for a single growing season. This meaning neatly distinguishes recognizable vegetables like broccoli and carrots and kale from

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the things that grow on trees, like apples and pears.

## **Fruit vs. Vegetable | Merriam-Webster**

Think you know your fruit from your veg? Well, if the results of a recent survey for Gardening Express are anything to go by it seems there are a

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lot of people who are a little confused by which is which. Here are the top 10 fruits that are commonly mistaken for vegetables (I think some of these will surprise you!).

## **10 Vegetables That Are Actually Fruits**

Fruit vegetables — vegetable-like fruits,

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and the plants that bear them. For more on this term in a United States context, see: Nix v. Hedden. Subcategories. This category has the following 6 subcategories, out of 6 total. C

### **Category:Fruit vegetables - Wikipedia**

It is sometimes called an avocado pear.

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Avocado is often mistaken for a vegetable because we eat it like a salad vegetable, but it is actually a fruit. Avocados are at their best when they are ripe and very easy to prepare. They can simply be cut in half with the stone removed and eaten with a little salad dressing or chopped into a salad.

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## **A-Z of fruit and veg - Great Grub Club**

A lot of foods that are (botanically speaking) fruits, but which are savory rather than sweet, are typically considered vegetables by chefs. This includes such botanical fruits as eggplants, bell...

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## **What's the Difference Between a Fruit and a Vegetable ...**

How to Eat More Fruit and Vegetables  
Breakfast. Eat melon, grapefruit or other fruit. Add bananas, raisins or berries to your cereal. Lunch. Have a fruit or vegetable salad with lunch. Snacks. Keep raw veggie sticks handy, such as green or red bell peppers, green

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beans,... Take the Next Step. If ...

## **How to Eat More Fruit and Vegetables | American Heart ...**

Vitamins and minerals in fruit and vegetables. Fruits and vegetables contain many vitamins and minerals that are good for your health. These include vitamins A (beta-carotene), C and E,



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magnesium, zinc, phosphorous and folic acid. Folic acid may reduce blood levels of homocysteine, a substance that may be a risk factor for coronary heart disease.

### **Fruit and vegetables - Better Health Channel**

\*\*Fruit and vegetable juices can be part

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of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium.

### **Fruits and Vegetables Serving Sizes | American Heart ...**

Grapefruit is one of the healthiest citrus

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fruits. Besides being a good source of vitamins and minerals, it is known for its ability to aid weight loss and reduce insulin resistance. For example,...

### **The 20 Healthiest Fruits on the Planet**

Keep a bowl of fruit on the counter and some cut-up vegetables in the

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refrigerator for healthy snacks.  
Remember that while 100% fruit juice is a good choice, whole or cut-up fruit has the added ...

### **With Fruits and Veggies, More Matters**

Scientists define fruit as the part of a plant that develops from a flower and

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has seeds. So that means bell peppers -- along with squash, cucumbers, and pumpkins -- are fruits.

### **Fruits and Vegetables: Fun Facts**

Fruits, Vegetables and Other Produce Recipes Find recipes for all kinds of fruits and vegetables, including broccoli, apples, strawberries, zucchini... we have

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it all! Mushrooms, beans and peas, too.

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