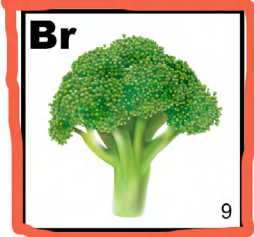
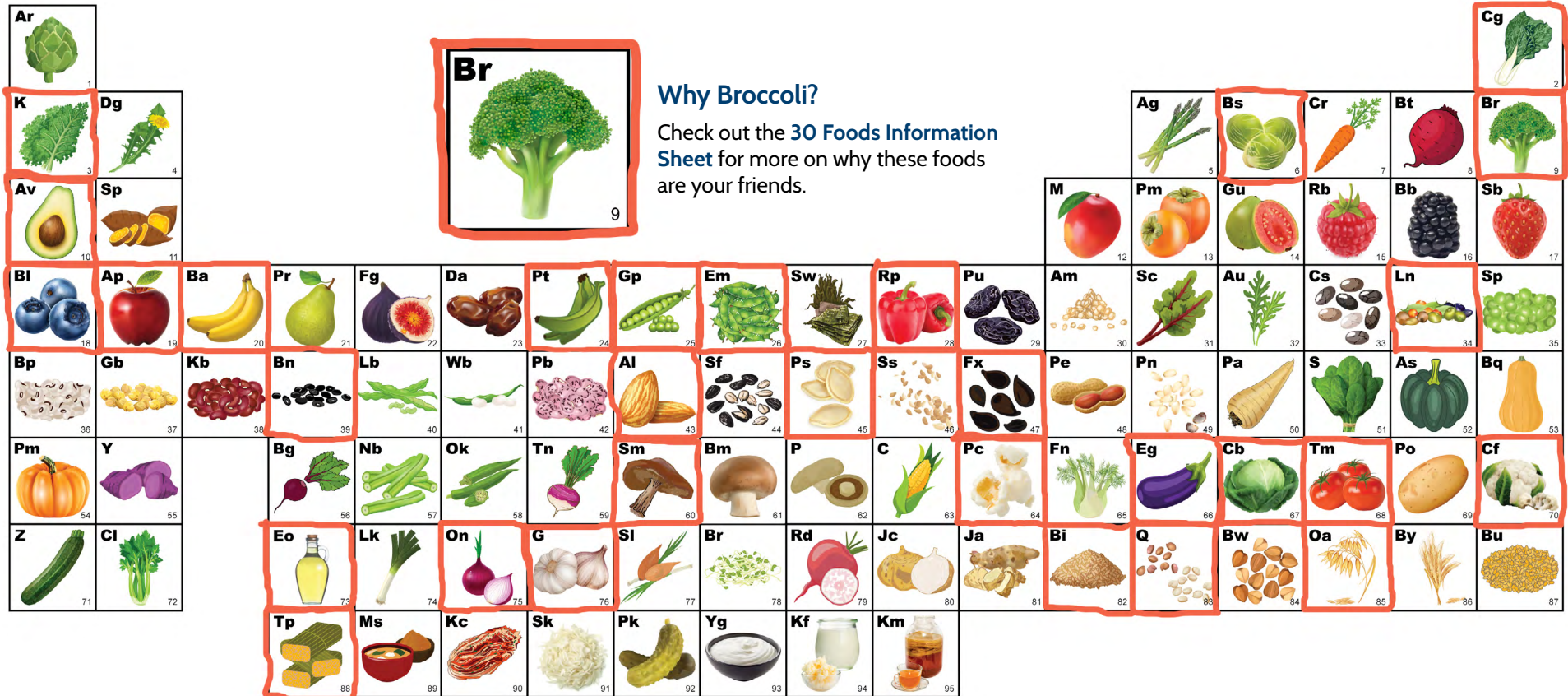




30 FOODS in 30 Days



Why Broccoli?
Check out the **30 Foods Information Sheet** for more on why these foods are your friends.

- | | | | | | | | |
|--------------------------------|-----------------------------|--------------------------------|--------------------------------|----------------------------------|-----------------------------------|---------------------------------------|---------------------------|
| 1.) Ar Artichoke | 13.) Pm Persimmon | 25.) Gp Green Peas | 37.) Gb Garbanzo Beans | 49.) Pn Pine Nuts | 61.) Bm Button Mushroom | 73.) Eo Extra Virgin Olive Oil | 85.) Oa Oats |
| 2.) Cg Collard Greens | 14.) Gu Guava | 26.) Em Edamame | 38.) Kb Kidney Beans | 50.) Pa Parsnip | 62.) P Portobello Mushroom | 74.) Lk Leek | 86.) By Barley |
| 3.) K Kale | 15.) Rb Raspberries | 27.) Sw Seaweed | 39.) Bn Black Beans | 51.) S Spinach | 63.) C Corn | 75.) On Onion | 87.) Bu Bulgur |
| 4.) Dg Dandelion Greens | 16.) Bb Blackberries | 28.) Rp Red Bell Pepper | 40.) Lb Lima Beans | 52.) As Acorn Squash | 64.) Pc Popcorn | 76.) G Garlic | 88.) Tp Tempeh |
| 5.) Ag Asparagus | 17.) Sb Strawberries | 29.) Pu Prunes | 41.) Wb White Beans | 53.) Bq Butternut Squash | 65.) Fn Fennel | 77.) Sl Shallot | 89.) Ms Miso |
| 6.) Bs Brussels Sprouts | 18.) Bl Blueberries | 30.) Am Amaranth | 42.) Pb Pinto Beans | 54.) Pm Pumpkin | 66.) Eg Eggplant | 78.) Br Bean Sprouts | 90.) Kc Kimchi |
| 7.) Cr Carrot | 19.) Ap Apple | 31.) Sc Swiss Chard | 43.) Al Almonds | 55.) Y Yam | 67.) Cb Cabbage | 79.) Rd Radish | 91.) Sk Sauerkraut |
| 8.) Bt Beet | 20.) Ba Banana | 32.) Au Arugula | 44.) Sf Sunflower Seeds | 56.) Bg Beet Greens | 68.) Tm Tomato | 80.) Jc Jicama | 92.) Pk Pickles |
| 9.) Br Broccoli | 21.) Pr Pear | 33.) Cs Chia Seeds | 45.) Ps Pumpkin Seeds | 57.) Nb Green Beans | 69.) Po Potato | 81.) Ja Jerusalem Artichoke | 93.) Yg Yogurt |
| 10.) Av Avocado | 22.) Fg Fig | 34.) Ln Lentils | 46.) Ss Sesame Seeds | 58.) Ok Okra | 70.) Cf Cauliflower | 82.) Bi Brown Rice | 94.) Kf Kefir |
| 11.) Sp Sweet Potato | 23.) Da Dates | 35.) Sp Split Peas | 47.) Fx Flax Seeds | 59.) Tn Turnip | 71.) Z Zucchini | 83.) Q Quinoa | 95.) Km Kombucha |
| 12.) M Mango | 24.) Pt Plantains | 36.) Bp Black Eyed Peas | 48.) Pe Peanuts | 60.) Sm Shiitake Mushroom | 72.) Cl Celery | 84.) Bw Buckwheat | |

How does it work? We picked 30 foods for you to eat during the 30 days in September. It's flexible - you choose what you want to eat when. Explore the recipes at pcf.org/pcam2022/recipes to get started. Overachievers: feel free to try eating all 95 foods in the table!

30 FOODS

in 30 Days



In Honor of Prostate Cancer Awareness Month

Challenge Action Checklist

- Check out the information sheet in the email for more on how each of the 30 foods may benefit your health!
- Pick one food to cook with each day, then check it off the list. Find over 10 healthy recipes to get started at pcf.org/pcam22/recipes.
- At the end of the month, send a picture of the front of this sheet with all the foods you ate crossed out. Go to pcf.org/pcam2022/30foods for details.

Want More on Health & Wellness?

- Take the 108 Miles in September fitness challenge. Register at pcf.org/pcam2022/108miles.
- Register for PCF's Health & Wellness webinar on September 20th. Info at pcf.org/pcf-webinar-series.