

1

Green leaves
such as spinach,
chard, mache lettuce
and nettles



THE TEN HEALTHIEST VEGETABLES

*ACCORDING TO THE SWEDISH
NATIONAL FOOD AGENCY

2

Green beans
Haricot verts

3

Broccoli



4

**Green peas and
sugar snap peas**



THE TEN HEALTHIEST VEGETABLES

5

Avocado



6

White beans



7

Leeks



8

Cauliflower



THE TEN HEALTHIEST VEGETABLES

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9

Lentils



10

Chickpeas

