



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## HEALTHY LIVING AT THE YMCA

Enjoy this "Negative Calorie" Foods

---

### VEGETABLES

- Asparagus
- Beet Root
- Broccoli
- Cauliflower
- Carrots
- Celery
- Cucumber
- Fennel
- Garlic
- Greens
- Green Beans
- Kale
- Leeks
- Onions
- Peppers
- Spinach

### FRUITS

- Apples
- Apricots
- Cranberries
- Grapefruit
- Lemon
- Orange
- Pineapple
- Plus
- Raspberries
- Strawberries
- Tomato
- Watermelon