### Seasonal Calendar of Fruits and Vegetables for a Diversified Diet

#### Dark Green Leafy Vegetables

<table>
<thead>
<tr>
<th>Month</th>
<th>November</th>
<th>December</th>
<th>January</th>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Species</td>
<td>Spinach</td>
<td>Collard greens</td>
<td>Arugula</td>
<td>Mustard</td>
<td>Chard</td>
</tr>
</tbody>
</table>

#### Fruits

<table>
<thead>
<tr>
<th>Month</th>
<th>November</th>
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<th>January</th>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Species</td>
<td>Apple</td>
<td>Orange</td>
<td>Mango</td>
<td>Guava</td>
<td>Jackfruit</td>
</tr>
</tbody>
</table>

#### Vitamin A Rich Fruits and Vegetables

- Important for vision, immune systems and reproduction

#### Food

<table>
<thead>
<tr>
<th>Month</th>
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<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Species</td>
<td>Beef</td>
<td>Chicken</td>
<td>Fish</td>
<td>Milk</td>
<td>Eggs</td>
</tr>
</tbody>
</table>

### Diet Diversity for Good Nutrition and Health

- Variety in food is not only the opinion of life but also the measure of wisdom and health.

### Summary

- Eat moderately, avoid excesses of any kind.
- Include a variety of fruits, vegetables, and proteins.
- Ensure adequate intake of nutrients.
- Promote biodiversity through diversified diets.

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**Authors:**

- Biodiversity Value Chains, Climate Adaptation, and Nutrition: Empowering the Poor to

**Illustrations:**

- Food and Nutrition Security: Policies and Practices
- Food Security and Nutrition in India

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**Contact:**

- For more information, please contact info@biodiversityvaluechains.org

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