

How varied is your diet?

Can you eat 50 fresh, colourful vegetables in a week?

A varied diet rich in colourful foods helps to feed a diverse gut flora. 50 vegetables a week is approx. 7-a-day. Add some fruit from overleaf to make it 8/9-a-day! Tick off each item as you eat it in the next seven days. You can tick items more than once if there is more than one type, e.g. red/yellow/green pepper.



Artichoke	Cauliflower	Green Peas	Potato	Sprouted Seeds
Asparagus	Celeriac	Kale	Plantain	Spring Greens
Aubergine	Celery	Leeks	Pumpkin	Squash
Avocado	Chard	Lettuce	Radish	Sugar Snap Peas
Beans (dried/cans)	Chicory/Endive	Mangetout	Rocket	Sweet Potato
Beetroot	Chinese Greens	Marrow	Spinach	Sweetcorn
Broad Beans	Courgette	Mushrooms	Spring Greens	Swede
Broccoli	Cucumber	Onions	Spring Onions	Tomato
Cabbage	Fennel	Parsnips	Sprouts	Turnip
Carrot	Green Beans	Peppers	Sprouted Beans	Watercress