

# How varied is your diet?

Can you eat 30 other foods in a week?

You can count two fruits in addition to the seven vegetables to make up an optimum 9-a-day, or they can count as two items in your 7-a-day list if you don't manage seven vegetables. 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/green apples, red/brown lentils or wild/white/brown rice.



Apple (eating)	Grapefruit	Pomegranate	Beans	Pumpkin Seeds
Apple (cooking)	Grapes	Pear	Lentils	Sunflower Seeds
Banana	Gooseberries	Plum	Rice	Cashews
Blackberries	Guava	Peach	Grains	Walnuts
Blueberries	Kiwi Fruit	Persimmon	Quinoa	Hazelnuts
Blackcurrants	Lemon	Pineapple	Buckwheat	Brazil Nuts
Clementine etc	Mango	Raspberries	Fish	Almonds
Coconut	Melon	Rhubarb	Seafood	Ginger
Dragon Fruit	Nectarine	Redcurrants	Red Meat	Garlic
Fig	Orange	Strawberries	White meat	Fresh Herbs