



HOW VARIED IS YOUR DIET?

Keep track of the foods you eat (yes every ingredient) for 1 week to see if you can **fill 50 boxes!**

A varied diet that's rich in colourful foods helps feed a diverse gut flora and ensures a rich and varied spectrum of nutrients.

Handy hint: red and white onions count as 2 different foods. Wheat-based products, such as bread and pasta, count as one, whilst a rye sourdough and spelt sourdough count as 2 different foods. Herbs, spices and oils count as individual ingredients.

eg. spinach				
eg. brown rice				
eg. walnuts				
eg. basil				
eg. olive oil				