

WEEKLY PLANT FOOD Checklist

Research shows that a more diverse mix of gut bacteria (microbiome) means a more healthy gut. There are many health and well-being benefits to having a healthy microbiome and gut. Work towards your more diverse microbiome by eating 30 or more different plant foods in a week.

Use this checklist to keep a weekly tally and see how close you are to hitting the 30+ per week goal.

- Onion
- Garlic
- Ginger
- Capsicum/peppers
- Salad leaves
- Potatoes
- Herbs and spices
- Carrot, pumpkin
- Broccoli, cauliflower
- Asparagus
- Legumes
- Avocado
- Nuts
- Seeds
- Oats
- Rice
- Pasta,
- Bread or other wheat based food
- Quinoa

- Apples, pears or stone fruit
- Bananas
- Citrus - lemon, lime, orange etc
- Plant based milks
- Olive oil/olives
- Fermented food- sauerkraut, kimchi, kombucha

Other plant foods you have included this week

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Weekly total

/ 30

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The more variety and colours you add over the week the better!
For advice on increasing variety into your diet, speak to an accredited practicing dietitian