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**PLANT**

**FOODS**

**It is recommended that you should try to eat around 30 different**

 **plant foods each week. Tick off all those you consume over a 7-day period.**

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| **FOOD** | **TICK** |
| 1. Broccoli
 |  |
| 1. Spring Cabbage
 |  |
| 1. Sprouts
 |  |
| 1. Leeks
 |  |
| 1. Onions
 |  |
| 1. Garlic
 |  |
| 1. Kefir
 |  |
| 1. Saurkraut
 |  |
| 1. Mushrooms
 |  |
| 1. Beetroot
 |  |
| 1. Aubergine
 |  |
| 1. Chillies
 |  |
| 1. Celery
 |  |
| 1. Kale
 |  |
| 1. Spinach
 |  |
| 1. Carrots
 |  |
| 1. Parsnips
 |  |
| 1. Butternut Squash
 |  |
| 1. Sweet Potatoes
 |  |
| 1. Courgettes
 |  |
| 1. Peas
 |  |
| 1. Fennel
 |  |
| 1. Baked Beans
 |  |
| 1. Chick Peas
 |  |
| 1. Lentils
 |  |

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| 1. Jacket Potatoes
 |  |
| 1. Seeded Bread
 |  |
| 1. Wholemeal Pasta
 |  |
| 1. Wholegrain Rice
 |  |
| 1. Almonds
 |  |
| 1. Walnuts
 |  |
| 1. Sourdough Bread
 |  |
| 1. Porridge oats
 |  |
| 1. Shredded wheat
 |  |
| 1. Chia seeds
 |  |
| 1. Sunflower seeds
 |  |
| 1. Pumpkin seeds
 |  |
| 1. Sesame seeds
 |  |
| 1. Tomatoes
 |  |
| 1. Cucumber
 |  |
| 1. Darker green lettuce
 |  |
| 1. Grapes
 |  |
| 1. Oranges
 |  |
| 1. Bananas
 |  |
| 1. Pears
 |  |
| 1. Apples
 |  |
| 1. Tofu
 |  |
| 1. Red Peppers
 |  |
| 1. Yellow peppers
 |  |
| 1. Green peppers
 |  |
| 1. Kiwi fruit
 |  |
| 1. Green tea
 |  |
| 1. Strawberries
 |  |
| 1. Blueberries
 |  |
| 1. Raspberries
 |  |
| 1. Mango
 |  |
| 1. Unpeeled new potatoes
 |  |
| 1. Fresh herbs
 |  |
| 1. Rhubarb
 |  |
| 1. Sweetcorn
 |  |