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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 |  |