Penarth Nutrition

50 Different foods in a week

A varied diet that's rich in colourful foods helps feed a diverse gut flora.

Make healthy eating fun by keeping track of every different food you eat for a week and aim for at least 50 foods, mostly plant-based and of all colours of the rainbow, the brighter the better.

Note down every food only once only within the next 7 days to assess your diet's diversity.

Red and white onions count as 2 different foods, bread and pasta count as just one, i.e. wheat.

Herbs, spices and oils all count as individual ingredients.