

JEANNETTE HYDE

NUTRITIONAL THERAPIST

The Diversity Challenge

Write down each different **vegetable, herb, fruit, nut, seed, spice, pulse** and **bean** you eat this week. Try to aim for at least 30 different types. You can note down one type eaten just once during the whole week. So for instance if you have a green apple, that is noted just one time. If you then have a red apple, that can be noted once, as it is a different type of apple with different plant chemicals in the colours to the green one. The same idea with onions: if you have a spring onion today, have a red one tomorrow, and a white one the next day, so you can note down three different types and feed your gut bacteria lots of different types of plant chemicals and fibre. Good luck!

Date of week started

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60