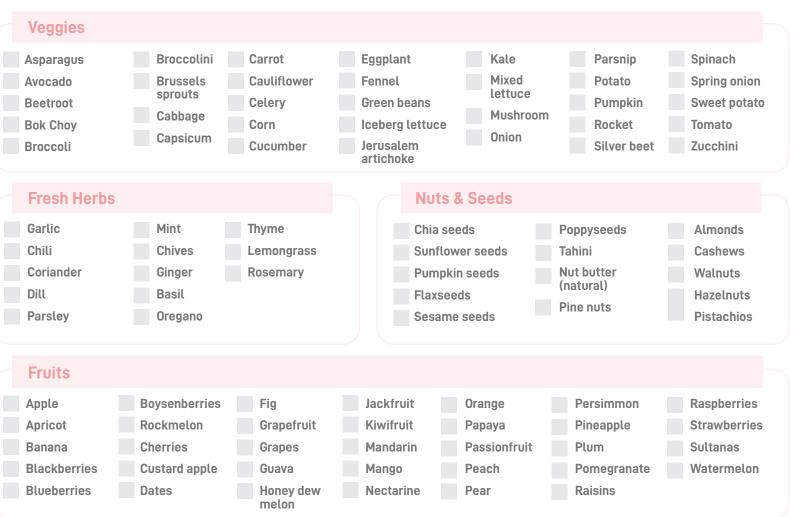
Veggies Asparagus Avocado Beetroot **Bok Choy** Broccoli **Fresh Herbs** Garlic Chili Coriander Dill **Parsley Fruits** Apple **Apricot** Banana **Blackberries** Blueberries Legumes Beans

Aim for 30+ plants each week

Eating a variety of plants each weeks supports a healthy gut. Using the table below, tick off the plant foods you eat each week. **Your goal is 30 different types – but the more, the merrier!**



Whole grains Brown rice Wild rice

Barley Rve

Bulgar wheat

Buckwheat Teff

Millet

Sorghum

Amaranth

Quinoa Oats

Popcorn

Whole grain bread

Whole grain crackers

High fibre breakfast cereals



