

### How varied is your diet?

Eating a wide variety of foods is one of the best things you can do to support your overall health and most importantly, keep your gut bacteria happy. Keep track of your diversity here by recording your intake of plant-based foods, high in fibre and polyphenols - the brighter and more colourful the better!

**What to do:** Add in each different plant-based food you eat in a week, enter each just once. A white onion is different to a red onion. Herbs and spices are included, and encouraged! See if you can reach 30 or 40

					10
					20
					30
					40!