

## THE DIVERSITY CHALLENGE!

*Time and time again, dietary diversity has been shown to be a promoter of excellent health, reducing the risk of all-cause chronic disease. By eating a range of whole foods, you gain access to a wider range of nutrients and beneficial compounds, whilst reducing the risk of potential toxicities.*

### How it works:

Step 1: Print this document off and tick off all the foods you eat over 7 days.

Step 2: Simply tally the numbers and record your grand total.

### RESULTS GUIDE:

Score (per week)	Interpretation
>50	Very good
40-50 foods	Good
30-40 foods	Above average
20-30	Average
<20	Poor
<10	Very poor

*\*As a general guide, a small handful is a good way to measure things like seeds and dried herbs, whereas vegetables and fruits are large handful (or half a cup). So, although a sprinkle of chia seeds on your porridge mightn't cut it, it adds up if you do it for a few days.*

### VEGETABLES: SALAD VEG, CRUCIFEROUS, ROOT VEG:

- Alfalfa
- Artichoke
- Asparagus
- Broccoli
- Brussels sprouts
- Beetroot
- Carrot
- Celeriac
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Chives
- Cucumber
- Daikon
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger
- Leek
- Okra
- Onions
- Pumpkin
- Radicchio
- Rhubarb
- Parsnip
- Potato
- Radish
- Shallot
- Spring onion
- Sweet potato
- Taro
- Tomato
- Turnip
- Yellow squash
- Yam
- Watercress
- Zucchini

### MUSHROOMS:

- Cultivated/ button
- Field
- Enokitake
- Shiitake
- Reishi

## LEAFY GREENS: SALAD LEAVES, ASIAN GREENS, HERBS:

- Beet greens
- Bok choy
- Chard
- Chickweed
- Collard greens
- Dandelion
- Green lettuces
- Kale
- Mustard greens
- Pak choi
- Red Lettuces
- Spinach
- Silver beet
- Rocket
- Nettles
- Basil
- Caraway
- Coriander
- Chamomile
- Dill
- Fennel
- Lemongrass
- Marjoram
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Tarragon

## FRUITS:

- Apple
- Apricot
- Avocado
- Banana
- Blackcurrant
- Blueberries
- Cherries
- Coconut
- Cranberries
- Custard apple
- Dates
- Durian
- Elderberries
- Feijoa
- Figs
- Grapefruit
- Grapes (red, purple)
- Guava
- Honeydew Melon
- Jackfruit
- Kiwifruit
- Kumquat
- Lemon
- Lemonade
- Lime
- Longan
- Lychee
- Mandarin
- Mango
- Mangosteen
- Mulberries
- Nectarine
- Olives
- Orange
- Papaya
- Passion Fruit
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Pomegranate
- Prunes
- Raspberries
- Rockmelon
- Rhubarb
- Sapote
- Star fruit
- Strawberries
- Tamarind
- Tangerine
- Watermelon

## NUTS:

- Almond
- Brazil nut
- Bunya nut
- Cashew
- Candlenut
- Chestnut
- Hazelnut
- Macadamia
- Pecan
- Peanut
- Pine nut
- Pistachio
- Walnut

## SEEDS:

- Chia
- Flaxseed / Linseed
- Pumpkin seeds
- Sesame seed
- Poppy seed
- Sunflower seed
- Hemp seed
- Wattle seed

## GRAINS + PSEUDOGRAINS:

- Amaranth
- Barley
- Buckwheat
- Corn
- Wheat
- Freekah
- Kamut
- Whole wheat
- Oats
- Quinoa
- Rye
- Spelt
- Teff
- Triticale
- Rice – black/red/wild

## MEAT:

- Beef
- Lamb
- Veal
- Pork
- Eggs
- Chicken
- Turkey
- Duck
- Kangaroo
- Fish
- Crocodile
- Goat
- Rabbit
- Venison
- Shellfish

## DAIRY:

- Cow's yoghurt
- Cow's cheese
- Cow's milk
- Cow's cream
- Cow's kefir
- Sheep/goat yoghurt
- Sheep/goat cheese
- Sheep/goat milk
- Butter

## FERMENTED FOODS:

- Kim chi
- Sauerkraut
- Miso/ Natto/ Tempeh
- Pickles
- Sourdough

## BEANS + PEAS + LUPINS:

- Chickpea
- Butter beans
- Navy beans
- Cannellini beans
- Red kidney beans
- Adzuki beans
- Soybeans
- Mung bean
- Fava / Broad bean
- Lima bean
- Black-eyed peas
- Green peas
- White peas
- Yellow peas
- Yellow lentils
- Red lentils
- Green lentils
- Black lentils

## OILS:

- Olive oil
- Hemp oil
- Macadamia oil
- Sesame oil
- Lard/ Tallow/ Ghee
- Coconut oil
- Flaxseed oil
- Walnut oil
- Other: \_\_\_\_\_

**OTHER:**

- Algae/Seaweeds
- Edible flowers
- Offal/ pate
- Cocoa/ cacao
- Raw honey
- Other: \_\_\_\_\_

**YOUR TOTAL SCORE: \_\_\_\_\_**