

DIET DIVERSITY CHALLENGE

Tick the foods you have eaten in the last 3 days...

5 glasses water
daily

☐

Vegetables

☐

Dairy, milk, yogurt

☐

Tea, coffee, herb
teas

☐

Fruit

☐

Cheese

☐

Red meat

☐

Green foods

☐

Rice

☐

Eggs

☐

Red foods

☐

Pasta / grains

☐

Chicken or fowl

☐

Purple foods

☐

Nuts / seeds

☐

Organ meats like
liver, kidney, pate

☐

Yellow foods

☐

Legumes / pulses

☐

Fish / seafood

☐

White foods

☐

Fermented Foods

☐

Herbs & spices

☐

Brown foods

☐

Categories to limit. Tick if you eat and then reduce

Sweets

☐

Chocolate

☐

Packet food

☐

Cakes / pastries

☐

Fizzy drinks

☐

Crisps

☐

Diet foods
/ Sweeteners

☐

Pizza

☐

Seed oils

☐