

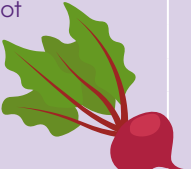






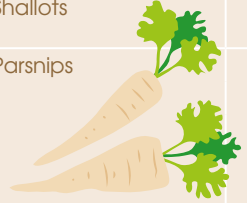















# Dietary Diversity '30 a Week Rainbow Challenge'

Name: \_\_\_\_\_

Week commencing: \_\_\_\_\_

Put a tick next to each of the fruit and vegetables you eat this week. Add the totals to assess your dietary diversity

Green	Red	Yellow/Orange	Purple/Blue	White/Brown
Spinach	Red pepper 	Carrots 	Beetroot 	Cauliflower
Kale				Brown pears
Asparagus				Mushrooms 
Broccoli		Yellow carrots		
Peas	Radishes	Sweet potato		
Green beans	Radicchio	Pumpkin 	Purple cabbage	White peaches
Lettuce	Red onion		Aubergine 	Garlic 
Cabbage (many types)	Red cabbage			
Celery	Red chillies 	Sweet corn		Onions
Cucumber	Red leaf lettuce	Squash (many types)	Purple sprouting broccoli	Shallots
Green pepper			Purple carrots 	Parsnips 
Watercress	Red potatoes	Yellow courgettes		
Swiss chard	Red carrots	Golden beetroot		
Parsley	Rhubarb	Yellow pepper	Purple sweet potatoes	
Coriander	Ocha/Oca	Orange pepper	Ocha/Oca	Turnip 
Mint	Tomato 	Sweet potato	Purple endives	
Dill		Turmeric	Purple Cauliflower	
Rocket		Ginger		
Bok Choy		Yellow tomatoes		
Pak Choy	Strawberries 	Peaches	Blackberries 	Celeriac
Collard greens		Nectarines		Potatoes
Brussels Sprouts		Apricots		Jerusalem artichoke
Globe artichokes		Grapefruit		Spring onions
Samphire	Cherries 	Rockmelon		Leeks 
Turnip greens		Lemons	Blueberries	
Beet greens		Pineapples	Purple grapes	
Courgette	Red grapes	Mangoes	Plums 	Dates 
Sugar snaps	Raspberries	Oranges		
Mange Tout	Watermelon	Yellow watermelon		
Romanesco cauliflower	Red apples 	Cantaloupe melon	Figs 	Coconut 
Green apples		Papaya		
Green grapes		Persimmons		
Limes 	Blood oranges	Tangerines	Blackcurrants	
	Pink grapefruit	Clementine	Prunes	
Kiwifruit	Red pears	Physalis	Elderberries	Lychees
Pears	Pomegranate	Bananas 	Other:	Other:
Honeydew melon	Cranberries			
Avocados	Red currants			
Other:	Other:	Other:		

Total:

Total:

Total:

Total:

Total:

TOTAL FOR THE WEEK: \_\_\_\_\_ /30