

EAT 30 CHALLENGE

In one week eat 30 different plant foods: how diverse and interesting can you be? A varied diet that is loaded with rainbow-coloured foods helps keep our guts happy. A happy gut = a happy brain and a well-functioning body.

What counts? All plant foods: vegetables, fruit, fresh herbs, nuts and seeds. If you're worried about the cost, remember that not everything needs to be fresh — you can buy many of these foods frozen, tinned or in bulk.

Keep track of each plant food you eat for a week:

1	7	13	19	25
2	8	14 Halfway, the home fans are cheering ...	20	26
3	9	15	21 	27
4	10 	16	22	28
5	11	17	23	29
6 Great streak, keep it up!	12	18	24	30 A packed out stadium, League winners!