

# GUT HEALTH CHALLENGE

Do you eat over 30 plant-based foods in a week?  
Take the challenge to find out

MON	TUE	WED	THU	FRI	SAT	SUN

List the different plant foods you eat each day including any fruits, vegetables, wholegrains, nuts, seeds, legumes, herbs and spices.

Tally up your count of each new plant food for the week (duplicates don't count!)

VEGETABLES

WHOLE GRAINS

FRUITS

NUTS & SEEDS

LEGUMES

HERBS & SPICES

WRITE TOTAL HERE:

## TOTAL YOUR SCORE:

1 point for each plant-based food  
1/4 point for herbs and spices