



Jo Brewer Kinesiology 50 Foods Challenge

Variety in our food really does help ensure we cover all bases as far as nutrients are concerned, as well as making our meals more interesting.

See if you can reach 50 different foods in a week - record below each different food/ingredient you eat during a week just once. Try adding in lots of different coloured foods, herbs, spices, nuts and seeds to your usual meals. Include fresh, frozen, dried, tinned, but not highly processed foods, and don't forget to add each different 'oil' such as olive, sunflower, coconut, butter - each individual ingredient has different nutrients.

	Vegetables	Fruits	Meat/Fish	Herb/Spices	Nuts/seeds/grains	Oils	Other
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
Totals							
						Total for Week	