

Artichoke	Edamame beans
Asparagus	Green beans
Avocado	Peas
Bamboo shoots	Rocket
Green peppers	Spinach
Bok choy	Swiss chard
Broccoli	Spring greens
Brussels sprouts	Kale
Cabbage	Okra
Celery	Horseradish
Cucumber	Watercress

Red peppers
Beetroot
Red onions
Red cabbage
Radish
Rhubarb
Tomato
Radicchio
Chillies
Saffron
Kidney beans

Sweetcorn
Yellow peppers
Ginger root
Summer squash
Lemons
Plantain
Lentils
Butterbeans

Carrots
Orange peppers
Pumpkin
Butternut
Squash
Sweet potato
Turmeric root

Olives
Purple carrots
Purple sweet potatoes
Blueberries
Red cabbage
Black rice
Aubergine
Sea vegetables
Black-eyed peas

Chickpeas
Cauliflower
Mushrooms
Seeds
Onions
Garlic
Turnips
Fennel
Nuts
Parsnips

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Grains and pulses

Wholegrains are good sources of fiber and magnesium and provide some protein. Individual whole grains vary; several types are also good sources of manganese, thiamin, nicotin, vitamin B-6 and/or selenium. Choose from brown rice, oatmeal, corn, wholewheat bread, barley, bulgur, quinoa, millet and more.

Culinary herbs

These contain compounds, which can be beneficial for health and are very useful for flavouring dishes so that you need less salt and sugar. Try including fresh and dried herbs and spices such as basil, oregano, thyme, parsley, coriander, turmeric, ginger, cinnamon, cardamom, cumin, black pepper, chilli and garlic.

Cruciferous vegetables

Nearly all are excellent or good sources of vitamin C and some are good sources of manganese. Dark greens are high in vitamin K. Choose from broccoli, red cabbage, brussels sprouts, cauliflower, turnips, kale and spring greens.

Healthy fats

Healthy fats are good sources of energy and essential for brain health. Choose varieties such as olive/rapeseed oil, and use hard fats like butter, spreads and coconut oil only in small amounts. Foods such as nuts and seeds and their spreads, avocados and oily fish are all good sources of healthy fats.

How many different vegetables and fruit can you eat in one week?

Aim for a 4:1 ratio of vegetables and fruit per day (40% veg and 10% fruit). Include all six colours of the 'rainbow' (green, red, yellow, orange, purple, and white/tan).

[illegible]