

## 30 Wholefoods a week challenge!

### Why it's great for your gut

**Go for diversity in your diet** Dr Megan Rossi the award-winning Gut Health Nutritionist and Research Lead at King's College London advocates eating thirty different plant-based foods a week and **50g of fibre per day** (the government recommends 30g fibre per day). So cram in colourful foods such as whole grains, beans, fruit, vegetables, seeds and nuts.

Gut health is the mega trend, intrinsically linked to our energy levels, recovery from sport as well as our long-term physical health and mental wellbeing. A healthy gut is vital to reduce the risk of heart disease, diabetes and Parkinson's; and keeping us feeling perky as **70%** of the body's immune cells are located in the gut and **90%** of its serotonin, the happy hormone, is generated here!

### So what counts towards your 30 wholefoods?

- ⇒ **All Nuts!** E.g. Cashew, Peanuts, Walnuts, Almonds, Hazelnuts will count as 5 different wholefoods
- ⇒ **All Seeds!** E.g. Pumpkin, Chia, Sunflower Seeds, Linseeds (also known as flax seeds), Quinoa will count as 5 different wholefoods
- ⇒ **All grains!** E.g. Oats, Brown Rice, Black Rice, White Rice, Corn will count as 5 different wholefoods
- ⇒ **All vegetables!** E.g. Carrots, Beetroot, Cucumber, Sweet Potatoes, Sugar Snaps, Courgettes, Yellow Pepper, Red Pepper, Orange Pepper, Tomatoes will count as 10 different wholefoods
- ⇒ **All Fruit!** E.g. Apples, Banana's, Strawberries, Coconut and Oranges will count as 5 different wholefoods
- ⇒ **Pulses & Beans!** E.g. Peas, Soya, Red Lentils, Green Lentils and Chickpeas will count as 5 different wholefoods

# 30 wholefoods challenge sheet



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| <b>3</b>  | <b>18</b> |
| <b>4</b>  | <b>19</b> |
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| <b>15</b> | <b>30</b> |

**Biggest Challenges?**

**Top Tips?**