

Aim for 30+ different varieties each week: 7 portions of colourful vegetables and 2-3 portions of fruit daily: a portion size = a clenched fist or 60-80g.

RED	GREEN	BLUE/PURPLE	WHITE	YELLOW/ORANGE
Rhubarb	Spinach	Blueberries	Garlic	Apricots
Blood Oranges	Celery	Blackberries	Ginger	Butternut Squash
Red Cabbage	Broccoli	Beetroot	Cauliflower	Carrots
Cranberries	Kale and Green Cabbages	Plums	Mushrooms	Grapefruits
Cherries	Brussels Sprouts	Aubergine	Onions	Cantaloupe
Pomegranates	Green Beans	Purple Carrots	Shallots	Lemons
Radishes	Cucumber	Figs	Turnips	Oranges
Red Peppers	Leafy Greens	Purple Asparagus	Pears	Mangoes
Raspberries	Asparagus	Purple Broccoli	Yam	Papayas
Strawberries	Avocado	Black Grapes	White Peaches	Pumpkins
Tomatoes	Kiwi	Elderberries	Coconut	Sweet Potatoes
Red Grapes	Courgette	Red Cabbage	Lychees	Tangerines
Red Apples	Green Apples	Purple Cauliflower	Jerusalem Artichokes	Pinapples
Red Onions	Fresh and Dried Herbs	Black Garlic	Fennel	Turmeric and Spices

Why so many vegetables and fruits?

More diversity = more phytochemicals, fibre and prebiotics that protect us from chronic conditions, improve our microbiome health and support healthy ageing, vitality and feelings of wellbeing. Including a diverse range of plants every week helps support...

BRAIN HEALTH

GUT & MICROBIOME HEALTH

SKIN HEALTH

REPRODUCTIVE HEALTH

EYE HEALTH

CARDIO-VASCULAR HEALTH

IMMUNE HEALTH

TOP TIP: If you're not eating a diverse range of plants now, go low and slow. Simply start by adding in one extra portion from the list to one meal a week. Try it for 2-3 weeks. Then add in another. Aim: consistency over time, not perfection now. Enjoy!

Take the Diversity Challenge every week

Use this guide to inspire your shopping list.