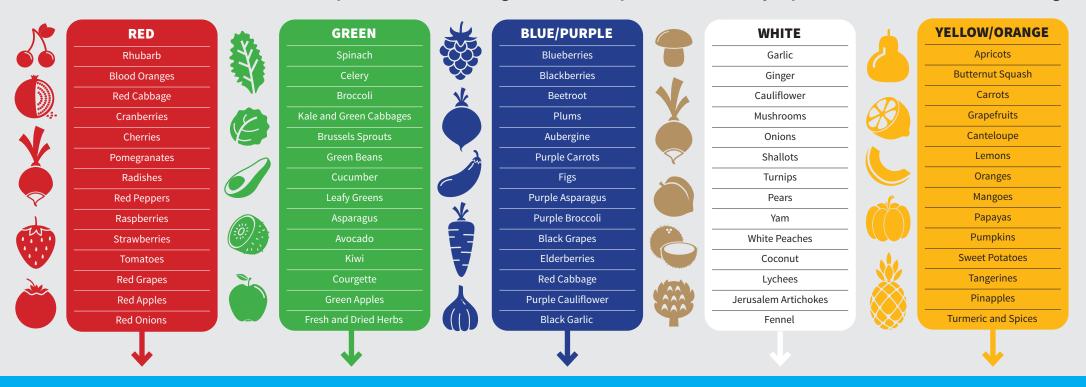
Aim for 30+ different varieties each week: 7 portions of colourful vegetables and 2-3 portions of fruit daily: a portion size = a clenched fist or 60-80g.



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...



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.