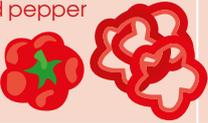
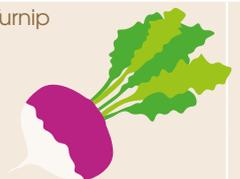


Dietary Diversity '30 a Week Rainbow Challenge'

Name: _____

Week commencing: _____

Put a tick next to each of the fruit and vegetables you eat this week. Add the totals to assess your dietary diversity

Green	Red	Yellow/Orange	Purple/Blue	White/Brown
Spinach	Red pepper 	Carrots 	Beetroot 	Cauliflower
Kale				Brown pears
Asparagus				Mushrooms 
Broccoli		Yellow carrots		
Peas	Radishes	Sweet potato		
Green beans	Radicchio	Pumpkin 	Purple cabbage	White peaches
Lettuce	Red onion		Aubergine 	Garlic 
Cabbage (many types)	Red cabbage			
Celery	Red chillies 	Sweet corn		Onions
Cucumber	Red leaf lettuce	Squash (many types)	Purple sprouting broccoli	Shallots
Green pepper	Red potatoes	Yellow courgettes	Purple carrots 	Parsnips 
Watercress	Red carrots	Golden beetroot		
Swiss chard	Rhubarb	Yellow pepper		
Parsley	Ocha/Oca	Orange pepper	Purple sweet potatoes	
Coriander	Tomato 	Sweet potato	Ocha/Oca	
Mint		Turmeric	Purple endives	Turnip 
Dill		Ginger	Purple Cauliflower	
Rocket		Yellow tomatoes		
Bok Choy	Strawberries 	Peaches		
Pak Choy		Nectarines		
Collard greens		Apricots		
Brussels Sprouts		Grapefruit	Blackberries 	Celeriac
Globe artichokes	Cherries 	Rockmelon		Potatoes
Samphire		Lemons		Jerusalem artichoke
Turnip greens		Pineapples	Blueberries	Spring onions
Beet greens	Red grapes	Mangoes	Purple grapes	Leeks 
Courgette	Raspberries	Oranges	Plums 	
Sugar snaps	Watermelon	Yellow watermelon		Dates 
Mange Tout	Red apples 	Cantaloupe melon	Figs 	Coconut 
Romanesco cauliflower		Papaya		
Green apples		Persimmons		
Green grapes	Blood oranges	Tangerines	Blackcurrants	
Limes 	Pink grapefruit	Clementine	Prunes	
Kiwifruit	Red pears	Physalis	Elderberries	Lychees
Pears	Pomegranate	Bananas 	Other:	Other:
Honeydew melon	Cranberries			
Avocados	Red currants			
Other:	Other:	Other:		

Total:

Total:

Total:

Total:

Total:

TOTAL FOR THE WEEK: _____ /30