

FOOD VARIETY CHECKLIST

Instructions:

- 1) There are various food groups, (viz. fruit, vegetable, legumes, meat etc). Each food group is further divided into food categories. (e.g. The fruit food group consists of the following food categories, apples, citrus, stone fruit etc).
- 2) Score one point for each food category eaten throughout one week. Count each food category only once; (i.e. if you consume 5 apples a week, this only score 1 point; if you consume 1 orange a week, this scores 1 point).
- 3) Kindly note, all foods listed refer to fresh ingredients, not pre-packaged, processed or pre-frozen meals.
- 4) A recipe should be made from SCRATCH to be considered healthy. Ingredients that are pre-package, for example, instant soups, instant noodles, prepackaged frozen foods, and tinned foods, added to a recipe will be considered as an unhealthy meal given that the instant component will consist of preservatives and falls under the category of processed foods; So, please keep this in mind when preparing meals. Please note, if ingredients have high chemical-based additives, then you generally shouldn't add such to a meal.

FOOD GROUP	SCORE
Fruit	
Apples and pears	
Citrus: oranges, grapefruits, mandarin, and limes	
Stone fruit: Nectarines, apricots, peaches and plums	
Tropical and exotic: Bananas and mangos	
Berries: Strawberries, raspberries, blueberries, kiwifruit and passionfruit	
Melons: Water melons	
Tomatoes and avocados	
Vegetables	
Leafy greens: Lettuce, spinach and chard	
Cruciferous: Cabbage, cauliflower, Brussel sprouts and broccoli	
Marrow: Pumpkin, cucumber and zucchini	
Root: Potato, sweet potato and yam	
Edible plant stem: Celery and asparagus	
Allium: Onion, garlic and shallot	
Legumes	
Soy product: Tofu and soybeans	
Legume flours: Chickpea flours, lentil flours and soy flours	
Dried beans and peas: Haricots beans, red kidney beans, chickpeas, and lentils	
Fresh beans and peas: Green peas, green beans, butter beans, broad beans and snow peas	



Grains and Cereals	
Wheat	
Rye	
Barley	
Oats	
Rice	
Corn	
All other grains and cereal (e.g. Quinoa, sago, semolina)	
Pasta	
Meat	
Beef	
Chicken	
Lamb	
Other	
Seafood	
Shellfish (mussels, oysters)	
Crustaceans (prawns, shrimp, lobster)	
Fatty fish (Tuna, salmon, sardines)	
Saltwater fish	
Freshwater fish	
Other	
Dairy	
All types of milk	
Cheese: Hard natural cheese (Mozzarella, Swiss, Parmesan), soft cheeses (Ricotta, Cottage cheese)	
Yogurt: full-fat yogurt	
Eggs	
All varieties	
Nuts and Seeds	
<u>Nuts</u>	
Almonds	
Brazil nuts	
Cashew nuts	
Hazel nuts	
Macadamia	
Pecans	
Pine nuts	
Pistachios	
Walnuts	
Peanuts and legumes; (these are classified as nuts due to their similar characteristics to other tree nut)	

Seeds	
Pumpkin seeds	
Flax seeds	
Sesame seeds	
Poppy seeds	
Sunflower Seeds	
Psyllium seeds	
Chia seeds	
Fats	
Oil	
Hard / soft spreads	
Fermented foods	
Kimchee (Fermented cabbage)	
Miso (Fermented soybean paste)	
Tempeh (Fermented soybeans)	
Fermented Drinks	
Kombucha (Sweetened tea made via a fermentation process)	
Apple cider vinegar (Fermented apply juice)	
Herbs and spices	
Regular use	
TOTAL AMOUNT OF DIFFERENT FOODS FOR A ONE WEEK PERIOD	

Check your score:

Score	Classification
30 +	Very good
25 – 29	Good
20 – 24	Fair
10 – 19	Poor
0 – 9	Very poor

Did you know:

- Current research shows that women who eat fast food four times a week or more have a 16% higher chance of infertility.
- Food variety is important; eating different foods will help you to meet your daily nutritional requirements.

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