Food Variety Checklist

Score one point for each food category you have eaten in one WEEK, at least 1 tablespoon/15 grams (use the boxes on the right side to add up your score). Count each food category only once.

Fruit	
Stone fruit (e.g. apricot, avocado, cherries, nectarine, olive, peach, plum, prune)	
Citrus (e.g. orange, lemon, satsumas, clementines)	
Apples	
Bananas	
Berries (e.g. raspberry, strawberry)	
Grapes (including raisins, sultanas)	
Melons (e.g. honeydew, gala, watermelon)	
Pears	
Tropical fruit (e.g. guava, jackfruit, lychee, mango, papaya, pineapple, starfruit, passionfruit)	
Date, kiwifruit	
Vegetables	
Root (e.g. carrots, sweet potatoes, potatoes, bamboo shoots, beetroot, ginger, parsnip, radish, water chestnut)	
Leafy greens (e.g. spinach, cabbage, Brussel sprouts, chard, kale, spring greens)	
Marrow-like (e.g. cucumber, aubergine, marrow, pumpkin, squash, swede, turnip, courgette)	
Flowers (e.g. broccoli, cauliflower, endive, chicory, lettuce)	

Stalks (e.g. celery, fennel)	
Onion (including spring onion, garlic, leek)	
Mushrooms	

Peppers (e.g. red peppers, sweet chili)	
Tomatoes, okra	
Legumes/Pulses	
Beans (e.g. green beans, snow peas, snap beans, dried peas)	
Adzuki, baked beans, haricot, black beans, black eyed beans, borlotti beans, cannellini beans, chickpeas, kidney beans, lentils, lima beans, lupins, mung beans, pinto beans, soya beans,	
Soya products: bean curd, tofu, tempeh	
Bean Sprouts	
Grains and Cereals	
Wheat (including ready-to-eat cereals such as Weetbix, bran flakes, & wholemeal/white bread)	
Rye (includes ready-to-eat products)	
Barley (includes ready-to-eat products)	
Oats (includes ready-to-eat products)	
Rice (includes ready-to-eat products)	
Corn (includes ready-to-eat products)	
All other grains and cereals (e.g. buckwheat, millet, quinoa, sago, semolina, tapioca, spelt)	
Meat	

Pork	
Lamb, beef, veal	
Poultry (e.g. chicken, turkey, duck)	
Game (e.g. quail, wild duck, pigeon)	
Game (e.g. kangaroo, rabbit, venison)	
Liver, brain, all other organ meat	
Seafood	
Shellfish and molluscs (e.g. mussels, squid, oysters, scallops)	
Crustaceans (e.g. prawns, lobster, crabs, shrimps)	

Oily Fish (e.g. anchovies, tuna, salmon, sardines, herring, mackerel, kipper, pilchards)	
White Fish (e.g. cod, haddock, seabass)	
Roe (caviar)	
Dairy	
Milk, cheese	
Live Cultures (dairy yoghurt with live culture e.g. acidophilus, bifidobacterial)	
Plant milk (almond, soya, oat, rice) – not vegan cheese	
Eggs	
All varieties	
Fats	
Oil: olive, rice bran, rapeseed, sunflower	

Fat spreads	
Hard fats: butter, coconut oil, palm oil	
Herbs and Spices	
Use herbs daily (fresh, dried or frozen – not jars or tubes)	
Use spices daily	
Nuts and Seeds	
Almond, brazil, cashew, chestnut, hazelnut, pecan, pine nut	
Walnut	
Seeds: pumpkin, sesame, sunflower, seed butters (e.g. tahini)	
Other nuts: coconut, peanut, peanut butter, pistachio	
Fermented Foods	
Miso, kimchi, sauerkraut	
Fermented drinks (e.g. kefir, kombucha)	
Other	
Maple syrup, honey, jam, marmalade, chocolate.	
Yeast (e.g. vegemite, marmite, Brewers yeast, nutritional yeast)	

Total amount of different foods

Check your score of food variety and dietary adequacy using these charts.

Total food variety score	Dietary adequacy
Over 35 per week	Good
30-35 per week	Fair
21-29 per week	Poor
Less than 20 per week	Very Poor

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How many of these are plant foods? (Fruit, Vegetables, Legumes, Grains sections)

Total plant food score	Dietary adequacy
21 and more	Very Good
16-20 per week	Good
11-15 per week	Fair
7-10 per week	Poor
<6 per week	Very Poor