



30+
Plant Points

GUT HEALTH

Can we Challenge you to 30 Plant Points a Week?

Eating 30 different plant foods each week is a simple way to support your gut health. It has been shown to create a more diverse gut microbiome which is linked to improved digestive, immune and overall health.

WHAT COUNTS AS A PLANT POINT?

- Fruits
- Vegetables
- Wholegrains
- Pulses & Legumes
- Nuts & Seeds
- Herbs & Spices

Each different fruit, vegetable, wholegrain, pulse, legume, nut, seed counts as 1 point. Each different herb and spice counts as $\frac{1}{4}$ of a plant point.

MIX IT UP AND EMBRACE VARIETY TO HELP BOOST YOUR PLANT DIVERSITY

- Don't stick to your usual fruit and veg, buy something new
- Add nuts and seeds to your breakfast, salad, soup
- Swap refined grains for wholegrains
- Fresh, dried, tinned and frozen fruit and veg all count
- Include different colours of the same veg- yellow, green and red peppers count as a different point
- Add beans and lentils to your dishes either instead of the meat or on top