

VARIETY CHECKLIST

From a one week food record, check off each of the food groups you have eaten, using the list on the next page.

Tally up each food group you have marked. Use the table below to assess your variety and make adjustments to your diet if needed. Do another variety checklist later on to see if you have mastered the variety challenge.

<i>FOOD VARIETY</i>	<i>My score is: _____</i>	<i>RESULTS</i>
>40	Great	Keep up good work
35 – 40	Good	But aim for a couple more next time
30 – 35	Fair	Add a few more please
25 – 30	Just OK	Definitely need to increase variety
<25	Poor	Urgently need to eat more variety

- Ⓢ **75%** of Australians are not consuming the recommended five serves (2.5cups min.) of vegetables daily.

Nutrients at risk of deficiency in the Australian Population include:

- Ⓢ Folate (green leafy vegies, offal, lean beef, eggs, legumes, asparagus)
- Ⓢ Calcium (dairy, bones in fish, soy/tofu, spinach (greens), almonds, tahini)
- Ⓢ Iron (offal, red meat, egg, legumes, whole grains, molasses, wheatgerm)
- Ⓢ Iodine (iodised table salt, all types of seafood, water, all vegetables)
- Ⓢ Selenium (lean meat, seafood, brazil nuts, sunflower seeds)

- Ⓢ Appropriate **Portion sizes** are essential to good health. For the main meal include: **palm** size of protein (eg meat), **fist** size of starch (eg rice) and half plate of non-starch vegetables (eg carrot, greens, onion...)

Nutrition Australia recommends that we eat 30 Different foods each DAY!

Many studies have evidenced that eating a variety of foods provides the wide range of nutrients our bodies need and therefore provide protective benefits of today's typical diseases, of heart disease, cancers and diabetes.

Vegetables

- Red root eg. carrot, sweet potato, beetroot
- Other roots eg. potato, bamboo shoot, ginger, radish
- Leafy Greens eg. spinach, cabbage
- Broccoli, cauliflower, sprouts
- Salad greens eg. lettuce, celery
- Onions, garlic, chives, leeks
- Capsicum, chilli
- Tomatoes
- Green marrow-like eg. cucumber, zucchini, squash, choco
- Other marrow-like eg pumpkin, eggplant, turnip,
- Other vegetables

FRUIT

- Stone fruits eg. apricot, nectarine, plum, prune
- Apples
- Bananas
- Berries including cherries
- Grapes including sultanas, raisins
- Figs, dates, prunes
- Olives, avocados
- Melons, pineapple
- Tropical fruits eg. lychee, mango
- Kiwi fruit, passionfruit
- Other

LEGUMES

- Beans (green) eg. snow peas, green beans, peas
- Baked Beans
- Other legumes eg. chick peas, kidney beans, lentils, soy bean/milk, tofu, refried beans

GRAINS

- wheat based breakfast cereal
- Wholegrain/wholemeal bread
- Unleavened bread (flat breads)
- rye based products
- oat based products
- Rice
- Corn
- Other grains eg. millet, buckwheat

MEATS

- Pork
- Lamb
- Poultry eg chicken, turkey, duck
- Game poultry quail, wild duck, emu
- Game eg. crocodile, kangaroo, rabbit, venison
- Beef or veal
- Offal eg. brain, liver, kidney

SEAFOOD

- Shellfish / molluscs eg. squid, scallops, mussels, oysters
- Crustaceans eg. prawns, crabs
- Cold water fish eg. Salmon, sardines, trout
- Freshwater fish eg. barramundi, nile perch
- Saltwater fish eg. cod, reef fish

DAIRY

- Milk, ice cream, cream
- Cheese
- Cultured milk (eg yoghurt)

EGGS

- Any

FATS

- Oils
- Spread (either margarine/butter)

HERBS and SPICES

- Pepper, chilli, curry
- Tumeric, paprika, cumin
- Ginger, garlic
- Other spices
- Herbs eg parsley, basil, mixed herbs

NUTS and SEEDS

- Nuts eg. Almond, brazil, cashew, pecan, walnut.
- Seeds eg. Sesame, pumpkin, linseed, sunflower.

BEVERAGES

- Tea, all types
- Coffee, milo, cocoa,
- Juice, fresh (vegetable or fruit)
- Alcoholic
- Water (include soda/spring water)
- other

OTHER

- Fermented foods eg. sauerkraut, tempeh, miso
- Vinegar, all types
- Processed foods eg. lollies, jams
- Yeast eg. vegemite, brewers yeast