

Gut to know: Phyto variety tracker



	Fruits e.g. banana, apples, berries	Vegetables e.g. carrot, broccoli, peppers, potatoes	Wholegrains e.g. quinoa, rice, wholewheat, rye, spelt	Legumes e.g. chickpeas, lentils	Nuts & seeds e.g. almonds, sunflower seeds	Herbs & spices e.g. turmeric, rosemary, mint ¼ a point
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						