

# 50 Fresh or Seasonal Ingredients

## Why should you take on this challenge?

Our 'good' gut bugs thrive when you eat a varied, colourful diet that includes as many colours from fresh and seasonal ingredients as possible.

Cooking from scratch ensures you are getting more fresh foods and less of the processed foods and additives we are all trying to cut down on, especially sugar and salt.

To discover how varied your diet really is, try our '50 Fresh and Seasonal Food Challenge'.

## How it works

- Make a daily note of every different ingredient you eat over the next 7 days
- Aim for as much colour as possible: Think of a rainbow of options in your shopping basket
- Include each food just once on the list
- Fresh or dried herbs and olive oil can be included
- Foods such as white and red onions count as 2 different foods
- Each type of salad leaf (e.g. endive, chicory, rocket, spinach, red leaf) can count separately
- Frozen fruits, berries and vegetables also count *(freezing helps hold on to their nutrients, and gives you options in the winter when fresh foods are less plentiful)*

Day	New Ingredients	Yellow	Orange	Red	Green	Blue	Purple	Brown
1								
2								
3								
4								
5								
6								
7								