

Food variety and our health are related. With very few foods in our diet the chances of deficiencies of vitamins & minerals or food intolerances increases. To establish your Food Variety Index please tick the foods listed below as follows: Tick in the column R if the food is eaten regularly throughout the year (weekly or daily), tick the O column if the food is eaten only occasionally, but at least twice a year, tick the S column if the food is eaten regularly when in season or between R and O. Leave the columns blank if you do not eat the food.

FOOD	R	S	O	FOOD	R	S	O	FOOD	R	S	O	FOOD	R	S	O
Nuts & seeds				Vegetables				Grains/pulses				Fish			
Almonds				Artichoke/Globe				Arrowroot				Cod			
Brazil Nuts				Artichoke/Jerm				Barley				Coley			
Chestnuts				Asparagus				Bran				Crab			
Carob				Aubergine				Buckwheat				Dogfish			
Cashew Nuts				Bamboo shoots				Beans/baked				Eel			
Cob Nuts				Beans/Green				Beans/butter				Haddock			
Coconut				Beet greens				Beans/Lima				Halibut			
Hazelnuts				Beetroot				Beans/mung				Herring			
Peanuts				Broad beans				Beans/red				Lemon sole			
Pumpkin Seeds				Broccoli				Chick peas				Dover Sole			
Sunflower Seeds				Brussel sprouts				Cornflower				Lobster			
Walnuts				Cabbage				Lentils				Mackerel			
Pecan Nuts				Carrots				Millet				Monkfish			
Fruit				Cauliflower				Oats				Mussels			
Apricots				Celeriac				Pearl barley				Oysters			
Apples				Celery				Rice				Pilchards			
Avocado Pear				Chicory				Rye				Plaice			
Banana				Chillies				Semolina				Prawns			
Bilberries				Corn on the Cob				Tapioca				Roes			
Blackberries				Courgettes				Wheat				Salmon			
Cherries				Cress & mustard				Dairy produce				Sardines			
Cranberries				Cress/water				Butter				Scallops			
Damsons				Cucumber				Cheese/cow				Scampi			
Dates				Daikon				Cheese/goat				Skate			
Gooseberries				Endive				Cheese/sheep				Sprats			
Grapes				Garlic				Cream				Trout			
Grapefruit				Kale				Eggs/hen				Tuna			
Guavas				Leeks				Eggs/quail				Whelks			
Kiwi fruit				Lettuce				Eggs/duck				Whitebait			
Lemons				Marrow				Milk/cow				Whiting			
Limes				Mushrooms				Milk/goat				Oils			
Lychees				Okra				Yoghurt/cow				Cod liver oil			
Loganberries				Olives				Yoghurt/sheep				Corn oil			
Mangoes				Onion				Yoghurt/goat				Cottonseed oil			
Medlar				Onion/spring								Margarine			
Melon				Parsley				Meats				Maize oil			
Mulberries				Parsnips				Beef				Olive oil			
Nectarines				Peas				Chicken				Palm oil			
Oranges				Peppers/grn,red				Duck				Peanut oil			
Passion Fruit				Potatoes				Goose				Rapeseed oil			
Paw Paw				Pumpkin				Grouse				Safflower oil			
Peaches				Radish				Hare				Soya bean oil			
Pears				Soya				Heart				Sunflower oil			
Pineapple				Spinach				Kidney				Vegetable oil			
Plantain				Salsify				Lamb				Wheatgerm oil			
Plums				Secale				Liver				Totals			
Pomegranate				Spring greens				Pheasant				Base index			
Quince				Squash				Partridge							
Raspberries				Swede				Pigeon							
Redcurrants				Sweet potatoes				Pork				Weighted index			
Rhubarb				Swiss chard				Quail							
Strawberries				Tomatoes				Rabbit							
Tangerines				Turnip				Turkey				Reference			
White Currants				Yams				Venison							
Totals				Totals				Totals							