



Food Variety Checklist

Score one point for each food category you have eaten throughout one week.
Count each food category only once

Fruit

- Stone fruit (e.g. apricot, avocado, cherries, Nectarine, olive, peach, plum, prune)
- Citrus (e.g. orange, lemon)
- Apples
- Banana's
- Berries (e.g. raspberry, strawberry)
- Grapes (including raisins, sultana's)
- Melons (e.g. honeydew, rockmelon, watermelon)
- Pears, nashi
- Tropical fruit (e.g. guava, jackfruit, lychee, mango, papaya, pineapple, star fruit)
- Date, kiwifruit, passionfruit

Vegetables

- Root (e.g. carrots, kumara, potatoes, bamboo shoots, beet-root, ginger, parsnip, radish, water chestnut)
- Leafy greens (e.g. spinach, cabbage, brussell sprouts, silver beet)
- Marrow-like (e.g. cucumber, eggplant, marrow, pumpkin, squash, swede, turnip, zucchini)
- Flowers (e.g. broccoli, cauliflower, endive, chicory, lettuce)
- Stalks (e.g. celery)
- Onion (e.g. spring onion, garlic, leek)
- Peppers (e.g. capsicum)
- Tomatoes, okra

Legumes / Pulses

- Beans (e.g. green beans, snow peas, snap beans, dried peas)
- Adzuki, baked beans, haricot, black beans, black eyed beans, borlotti beans, cannellini beans, chickpeas, kidney beans, lentils, lima beans, lupins, mung beans, pinto beans, soya beans, soya milk, tofu

Grains and cereals

- Wheat (including ready-to-eat cereals such as Weetbix, bran flakes & wholemeal/white bread)
- Rye (includes ready-to-eat products)
- Barley (includes ready-to-eat products)
- Oats (includes ready-to-eat products)
- Rice (includes ready-to-eat products)
- Corn (includes ready-to-eat products)
- All other grains and cereals (e.g. buckwheat, millet, quinoa, sago, semolina, tapioca, triticale)

Meats

- Pork (including ham and bacon)
- Lamb, beef, veal
- Poultry (e.g. chicken, turkey, duck)
- Game (e.g. quail, wild duck, pigeon)
- Game (e.g. kangaroo, rabbit, venison)
- Liver, brain, all other organ meats

Seafood

- Shellfish and molluscs (e.g. mussels, squid, oysters, scallops)
- Crustaceans (e.g. prawns, lobster, crabs, shrimps)
- Fatty fish (e.g. anchovies, tuna, salmon, sardines, herring, mackerel, kipper, pilchards)
- Fish (saltwater)
- Fish (freshwater)
- Roe (caviar)

Dairy

- Milk, yoghurt, ice cream, cheese
- Live Cultures (yoghurt with live culture e.g. acidophilus, bifidobacteria)

Eggs

- All varieties

Fats

- Oil
- Hard / soft spreads

Herbs and spices

- Use regularly

Nuts and Seeds

- Almond, brazil, cashew, chestnut, coconut, hazelnut, peanuts, peanut butter, pecan, pine nut, pistachio, pumpkin seeds, sesame seed, tahini, hummus, sunflower seed, walnut

Fermented Foods

- Miso, tempeh, soya sauce
- Sauerkraut
- All other varieties including vinegar, beer, sour cream, camembert and other fermented cheeses, yoghurt (non-live culture), sour dough bread

Beverages

- Non-alcoholic (e.g. tea, coffee, cocoa)
- Alcoholic

Other

- Sugar, syrup, honey, confectionary, jam, marmalade, chocolate, soft drinks
- Yeast (e.g. vegemite, marmite, Brewers yeast)
- Water, including mineral and spring water

Total amount of different foods _____

Check your score
>30 Very good
25-29 Good
20-24 Fair
<20 Poor
<10 Very Poor

Reference: Savige, G.S et al;
 Current therapeutics, March 1997
 p 62
 Nutrition Australia