



# 30 PLANT POINTS

Fuel your gut and reap the rewards!

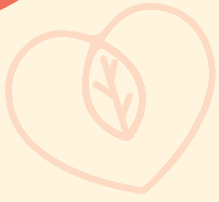


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VITALITY





# 30 PLANT POINTS

Fuel your gut and reap the rewards!



## Why?

We're all aware of how important it is to consume our '5A Day,' which is a good starting point. However, this doesn't consider the microbes in our gut. Your gut microbes are foodies by nature too and love to feed off plant-based foods (fibre is their favourite nutrient). Evidence shows **the more diverse your diet is, the more diverse your gut microbes are likely to be, and the more health benefits you are likely to reap.**

## How?

Some of the benefits of promoting diverse gut bacteria through a varied plant-based diet include:

- Increased resistance to infections
- Strengthening of our gut barrier
- Production of vitamins and regulation of hormones
- Communication with our brain
- Balancing of blood sugar levels, reducing blood fats, and helping to prevent many diseases

## What counts?



1  
point

per fruit or vegetable



Fruits & vegetables

1  
point

per wholegrain



Wholegrains

1  
point

per nut or seed



Nuts & seeds

1  
point

per pulse or legume



Pulses & legumes

1/4  
points

per herb or spice



Herbs & spices  
(Including tea, coffee and dark chocolate)

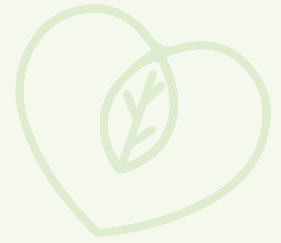


Each different plant food counts towards a point! It's the variety of foods that make all the difference

# 30 PLANT POINTS CALCULATOR

Over the course of one week, note down the different types of plants you eat to work out how many plant points you've achieved.

If there are any other plants you have eaten that aren't mentioned below, add them to the 'other' section.



## Vegetables (fresh/frozen)

Cruciferous: rocket, broccoli, Brussels sprouts, cabbage, cauliflower, kale, swede, watercress

Leafy greens: spinach, lettuce, spring greens

Salad: avocado, radish, celery, cucumber, radicchio, tomato

Alliums: spring onions, onion, fennel, leek, garlic

Root: carrots, beetroot, parsnips, celeriac

Other: peppers, chilli, peas, mushrooms, aubergine, courgette, sweetcorn

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Day	1	2	3	4	5	6	7
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

## Fruits (fresh/frozen)

Citrus: lemon, orange, grapefruit

Berries: blueberries, blackberries, raspberries, strawberries

Tree fruit: apples, apricots, cherries, grapes, pears, plums, nectarines

Other: bananas, kiwi, mangoes, melon, pineapple

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Day	1	2	3	4	5	6	7
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

## Nuts & seeds (unprocessed/unsalted)

Almonds, brazils, cashews, hazelnuts, pecans, peanuts, walnuts

Other:

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Day	1	2	3	4	5	6	7
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

## Wholegrains

Oats (100% rolled), oatcakes

Rice – black, brown, or wild

Buckwheat, bulgur wheat, pearl barley, quinoa, spelt

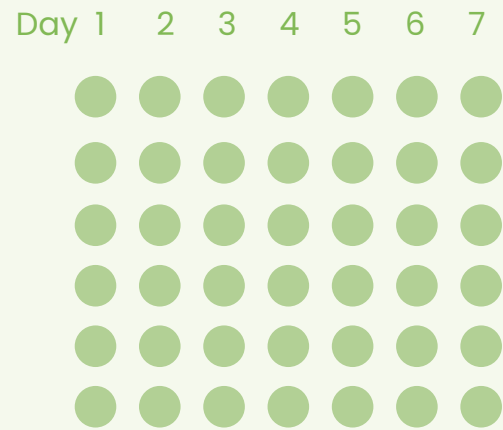
Wholegrain rice or pasta

Wholemeal flour

Other:

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## Pulses & legumes (canned, cooked or dried)

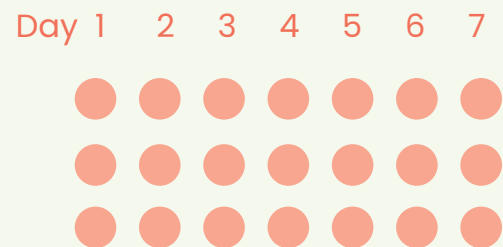
Chickpeas or lentils

Beans: black, butter, cannellini, kidney, pinto, edamame, mung

Other:

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## Herbs & spices (fresh or dried)

Cinnamon, cloves, ginger, nutmeg, star anise

Chilli powder/flakes, cumin, curry powder, paprika, turmeric

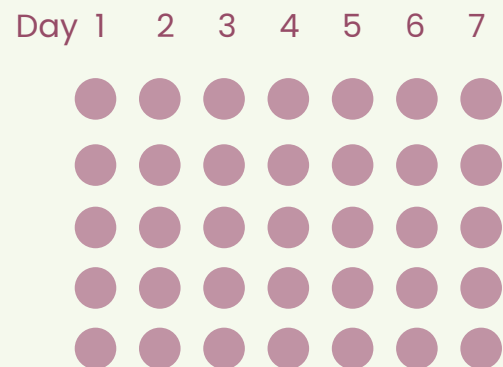
Basil, coriander, dill, oregano, parsley, peppermint, rosemary, sage, mint

Tea, coffee, dark chocolate, extra virgin olive oil

Other:

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- < 10 Spice it up with a dash of diversity!
- 10-19 Sprinkle some variety into your plate!
- 20-29 Keep cruising, you're on the road!
- 30+ WAHOO! You've hit the plant point!

