



# 30 PLANT POINTS

Fuel your gut and reap the rewards!

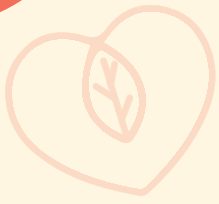


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VITALITY





# 30 PLANT POINTS

Fuel your gut and reap the rewards!



## Why?

We're all aware of how important it is to consume our '5ADay,' 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



## Wholegrains

Oats (100% rolled), oatcakes

Rice – black, brown, or wild

Buckwheat, bulgur wheat, pearl barley, quinoa, spelt

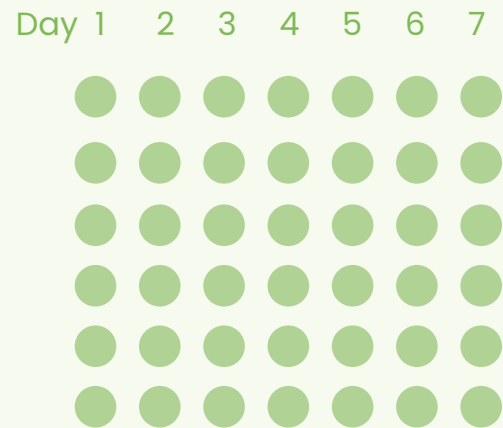
Wholegrain rice or pasta

Wholemeal flour

Other:

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

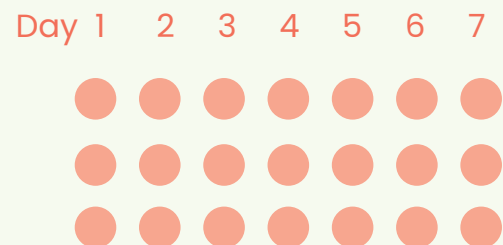
Chickpeas or lentils

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

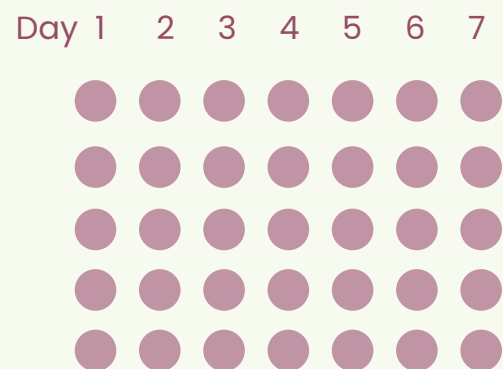
Basil, coriander, dill, oregano, parsley, peppermint, rosemary, sage, mint

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!

