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**Grains and pulses**
Wholegrains are good sources of fiber and magnesium and provide some protein. Individual whole grains vary; several types are also good sources of manganese, thiamin, nicin, vitamin B-6 and/or selenium. Choose from brown rice, oatmeal, corn, wholewheat bread, barley, bulgur, quinoa, millet and more.

**Culinary herbs**
These contain compounds, which can be beneficial for health and are very useful for flavouring dishes so that you need less salt and sugar. Try including fresh and dried herbs and spices such as basil, oregano, thyme, parsley, coriander, turmeric, ginger, cinnamon, cardamom, cumin, black pepper, chilli and garlic.

**Cruciferous vegetables**
Nearly all are excellent or good sources of vitamin C and some are good sources of manganese. Dark greens are high in vitamin K. Choose from broccoli, red cabbage, brussels sprouts, cauliflower, turnips, kale and spring greens.

**Healthy fats**
Healthy fats are good sources of energy and essential for brain health. Choose varieties such as olive/rapeseed oil, and use hard fats like butter, spreads and coconut oil only in small amounts. Foods such as nuts and seeds and their spreads, avocados and oily fish are all good sources of healthy fats.
How many different vegetables and fruit can you eat in one week?

Aim for a 4:1 ratio of vegetables and fruit per day (40% veg and 10% fruit). Include all six colours of the ‘rainbow’ (green, red, yellow, orange, purple, and white/tan).