

See how easy it is to eat at least 30 different foods a day.

Average Diet	Diet with Plenty of Variety
<p>Breakfast:</p> <p>Wheat based cereal with milk</p> <p>Slice white toast with margarine and apricot jam</p>	<p>Breakfast:</p> <p>Bowl of grain and fruit combination</p> <p>breakfast cereal (oats/muesli) with low fat Greek yogurt</p> <p>and strawberries, blueberries, goji berries</p> <p>Glass spicy tomato juice</p>
<p>Snack:</p> <p>Banana</p> <p>Water</p>	<p>Snack:</p> <p>Dried fruit and nut mix (apricots, raisins, dates and nuts)</p> <p>Cup of tea or coffee</p>
<p>Lunch:</p> <p>Wholemeal sandwich with vegemite & cheese</p> <p>Peach</p> <p>Water</p>	<p>Lunch:</p> <p>Rye/wholegrain bread sandwich (2-3) with smoked salmon, low fat cream cheese, spinach leaves and Spanish onion.</p> <p>Pear or Nashi</p> <p>Water</p>
<p>Snack:</p> <p>Yoghurt</p>	<p>Snack:</p> <p>Yoghurt with a, b & c cultures.</p> <p>Mineral water</p>
<p>Dinner:</p>	<p>Dinner:</p>

<p>Pasta with bolognaise sauce</p> <p>White bread roll with margarine</p> <p>Water</p> <p>Ice cream</p>	<p>Chicken (marinated in honey and soy sauce) & vegetable stirfry with broccoli, squash, red and green capsicum, snow peas, water chestnuts and baby corn, stir fried in olive oil, with garlic and ginger.</p> <p>Served on a bed of rice noodles</p> <p>Glass of wine</p> <p>Fruit salad (pineapple, orange, rockmelon, banana and passionfruit) with low fat ice-cream/yoghourt</p>
<p>Food Variety Score = 9</p>	<p>Food Variety Score = 35</p>