50 Foods in a Week Diet Tracker Start date: End date:		A varied diet that's rich in colourful foods helps feed a diverse, healthy gut flora. Make healthy eating fun by keeping track of every food you eat in a week. Aim for at least 50, the more colourful the better. Count oils and herbs & spices that you have in moderate to large amounts. Red & white onion count as 2 different foods as do regular broccoli and purple sprouting broccoli. Bread whether a roll, toast or pitta etc counts as one food – wheat.			Flavourings that you consume in very small amounts eg: black pepper, sea salt, chilli, cider vinegar etc
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