Eat the Rainbow

WEEKLY PLANT-BASED FOOD TRACKER

Feed those bugs! Research has shown that for optimal gut health, one should eat at least 30 different plant foods every week[1]. Use this page to track the variety of whole, plant-based foods you're getting in. Aim for 40 per week!

1 Buschman, H. 2018, *Big Data from World's Largest Citizen Science Microbiome Project Serves Food for Thought.* UC San Diego Health, viewed 5 Feb 2021, <https://health.ucsd.edu/news/releases/Pages/2018-05-15-big-data-from-worlds-largest-citizen-science-microbiome-project-serves-food-for-thought.aspx>.

Legumes

Total: _____

Vegetables

Total: _____

Whole Grains

Total: _____

Fruits

Total: _____

Nuts & Seeds

Total: _____

Herbs & Spices

Total: _____

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Weekly plant-diversity total: