



The Wholefood Challenge

| Wholefood Item | Amount | Amount | Amount | Amount | Amount | Amount | Amount |
|----------------|--------|--------|--------|--------|--------|--------|--------|
| 1. | | | | | | | |
| 2. | | | | | | | |
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| 40. | | | | | | | |

Eating up to 40 wholefoods per week, increases your gut diversity and ensures that you are feeding a variety of good bacteria.

Wholefoods are: vegetables, fruit (in their natural or cooked state, not in canned foods), rice, cocoa and green tea.

Wild, basmati and jasmine rice would be considered as 3 different wholefoods.

Pink lady, fuji and jonathan apples would also be considered as 3 different wholefoods.