



Why not use the following Food Variety Checklist to test how varied your diet is for one week?

Simply following these two easy steps:

- Give yourself one point for each food category eaten throughout the week.
- Only score each food category once.

Food Variety Checklist	Your score
Give yourself one point for each food category you have eaten throughout one week. Count each food category only once.	
Fruit	
Stone Fruit (e.g. apricot, avocado, cherries, nectarine, olive, peach, plum, prune)	
Citrus (e.g. orange, lemon)	
Apples	
Bananas	
Berries (e.g. raspberry, strawberry)	
Grapes (including raisins, sultanas)	
Melons (e.g. honeydew, rockmelon, watermelon)	
Pears, nashi	
Tropical fruit (e.g. guava, jackfruit, lychee, mango, papaya, pineapple, starfruit)	
Dates, kiwifruit, passionfruit	
Vegetables	
Root vegetables (e.g. carrots, sweet potatoes, potatoes, bamboo shoots, beetroot, ginger, parsnip, radish, water chestnut)	

Leafy Greens (e.g. spinach, cabbage, burssell sprouts, silverbeet)	
Marrow-like vegetables (e.g. cucumber, eggplant, marrow, pumpkin, squash, swede, turnip, zucchini)	
Flowers (e.g. broccoli, cauliflower, edive, chicory, lettuce)	
Stalks (e.g. celery)	
Onions (e.g. spring onion, garlic, leek)	
Peppers (e.g. capsicum)	
Tomatoes, okra	
Legumes/Pulses	
Beans (e.g. green beans, snow peas, snap beans, dried peas)	
Adzuki, baked beans, haricot, black beans, black eyed beasn, borlotti beans, cannelini beans, chickpeas kidney beans, lentils, lima beans, lupins, mung beans (sprouts), pinto beans, soya beans (sprouts), soya milk, bean curd	
Grains and Cereals	
Wheat (including ready-to-eat cereals such as Weebix, brans flakes and wholemeal/white bread)	
Rye (includes ready-to-eat products)	
Barley (includes ready-to-eat products)	
Oats (includes ready-to-eat products)	
Rice (includes ready-to-eat products)	
Corn (includes ready-to-eat products)	
All other grains and cereals (e.g. buckwheat, millet, quinoa, sago, semolina, tapioca, triticale)	
Meat	
Pork (including ham and bacon)	
Lamb, beef, veal	
Poultry (e.g. chicken, turkey, duck)	
Game (e.g. quail, wild duck, pigeon)	

Liver, brain, all other organ meats	
Seafood	
Shellfish and molluscs (e.g. mussels, squid, oysters, scallops)	
Crustaceans (e.g. prawns, lobster, crabs, shrimps)	
Fatty Fish (e.g. anchovies, tuna, salmon, sardines, herring, mackerel, kipper, pilchards)	
Fish (saltwater)	
Fish (freshwater)	
Roe (caviar)	
Dairy	
Milk, yoghurt (without live culture), ice cream, cheese	
Live Cultures (yoghurt with live culture e.g. acidophilus, bifidobacteria)	
Eggs	
All varieties	
Fats	
Oil	
Hard/soft spreads	
Herbs and Spices	
Use regularly	
Nuts and Seeds	
Almond, brazil, chashew, chestnut, coconut, hazelnut, peanuts, peanut butter, pecan, pine nut, pistachio, pumpkin seed, sesame seed, tahini, hommus, sunflower seed, walnut	
Fermented Foods	
Miso, tempeh, soya sauce	
Sauerkraut	
All other varieties	

Beverages	
Non-alcoholic (e.g. tea, coffee, cocoa)	
Alcoholic	
Other	
Sugar, syrup, honey, confectionary, jam, marmalade, chocolate, soft drinks	
Yeast (e.g. vegemite, marmite, brewers yeast)	
Water including mineral and spring water	
TOTAL AMOUNT OF DIFFERENT FOODS	

References:

Savidge, G.S., Hau-Hage, B. and Wahlqvist, M.L. Food Variety as Nutritional Therapy. Current Therapeutics, March 1997, p. 62.

Walker, J. and Fisher, G. (1997) Food Secrets: Brisbane: The Australian Nutrition Foundation (Qld Div) Inc.

How Did You Go?

Check you score on food variety and dietary adequacy using the following chart:

Total Food Variety Score	Dietary Adequacy
>30/week	Very Good
25-29/week	Good
20-24/week	Fair
<20/week	Poor
<10/week	Very Poor