

Can You Eat 30 Different Plant Foods in a Week?

30

The goal: 30 plant points per week. One plant food gives you 1 plant point, while one herb or spice gives you one-fourth of a plant point. Even coffee counts as a plant!

- Each food item only counts once in the week, even if you eat it lots of times.
- You do not have to count portions, or eat a specific amount.
- Why? To increase plant diversity in your diet which improves gut health.
- Learn to love new plants! Get creative with ways to add plant-food variety to each meal.

EG: Oatmeal with walnuts, raisins, & cinnamon
= 3-1/4 plant points!



+1
per variety

VEGETABLES

☐ arugula
☐ asparagus
☐ beets
☐ bell pepper (+1 for each color)
☐ broccoli
☐ Brussels sprouts
☐ cabbage (+1 for each variety)
☐ carrots
☐ cauliflower
☐ celery
☐ corn
☐ cucumber
☐ eggplant
☐ garlic
☐ green beans
☐ jalapeno pepper
☐ kale
☐ leek
☐ lettuce (+1 for each variety)
☐ mushrooms
☐ olives
☐ onion (+1 for red, green, white)
☐ peas
☐ potatoes (+1 for each variety)
☐ spinach
☐ squash (+1 for each variety)
☐ Swiss chard
☐ zucchini
☐ other



+1
per variety

FRUITS

☐ apple (+1 for each color)
☐ apricot
☐ avocado
☐ banana
☐ blueberries
☐ cherries
☐ coconut
☐ grapefruit
☐ grapes
☐ jack fruit
☐ kiwi
☐ lemon
☐ lime
☐ mango
☐ melon (+1 for each variety)
☐ nectarine
☐ orange
☐ papaya
☐ peach
☐ pear
☐ pineapple
☐ plums
☐ raisins
☐ raspberries
☐ strawberries
☐ tomato
☐ watermelon
☐ other

*juice does not count



+1
per variety

NUTS

☐ almonds
☐ Brazil nuts
☐ cashews
☐ hazelnuts
☐ nut butter (+1 for each variety)
☐ peanuts
☐ pecans
☐ pine nuts
☐ pistachios
☐ walnuts
☐ other



+1
per variety

SEEDS

☐ chia seeds
☐ dark chocolate (70%+)
☐ flaxseeds
☐ hemp seeds
☐ pumpkin seeds
☐ sesame seeds
☐ sunflower seeds
☐ other

BEVERAGES

☐ coffee
☐ milk alt. (+1 for each variety)
☐ tea (+1 for each variety)



+1
per variety



+1
per variety

GRAINS

☐ barley
☐ brown rice
☐ bulgar wheat
☐ corn meal
☐ oats
☐ popcorn
☐ quinoa
☐ whole grain bread
☐ whole grain pasta
☐ whole wheat flour
☐ other



+1
per variety

BEANS/LEGUMES

☐ black beans
☐ cannellini beans
☐ chickpeas
☐ kidney beans
☐ lentils (+1 for each color)
☐ lima beans
☐ split peas
☐ pinto beans
☐ red beans
☐ soybeans/edamame
☐ soy milk
☐ tofu
☐ other

HERBS & SPICES

☐ all spice, ☐ basil, ☐ black pepper, ☐ cardamom,
☐ chili powder, ☐ chive, ☐ cilantro, ☐ cinnamon, ☐ clove, ☐ cumin, ☐ curry, ☐ dill,
☐ garlic powder, ☐ ginger, ☐ mint, ☐ mustard seed, ☐ nutmeg, ☐ red pepper, ☐ rosemary,
☐ turmeric, ☐ salt, ☐ saffron, ☐ sage, ☐ oregano, ☐ parsley, ☐ paprika, ☐ thyme, ☐ other

+1/4
per variety



City of
Louisville

Recreation & Senior Center