EAT 50 DIFFERENT FOODS IN A WEEK. THIS WILL GIVE YOU DIVERSE NUTRIENTS AND ALSO STOP YOU OVER-DOING ONE FOOD.

Wheat counts as one food. So bread, a roll, a pizza will count as one food. Different coloured foods count as separate foods as they have different nutrients, so a red pepper, yellow pepper and green pepper ARE different. Enter your food below and try and improve each week