



# Performance Nutrition Pathway Program

## FOOD VAREITY CHECKLIST

Score one point for each food category you have eaten in one day (use the boxes on the right side to add up your score). 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)	
Date, kiwifruit, passionfruit	
VEGETABLES	
Root (e.g. carrots, sweet potatoes, potatoes, bamboo shoots,beetroot, ginger, parsnip, radish, water chestnut)	
Leafy greens (e.g. spinach, cabbage, brussel sprouts,silverbeet)	
Marrow-like (e.g. cucumber, eggplant, marrow, pumpkin,squash, swede, turnip, zucchini)	
Flowers (e.g. broccoli, cauliflower, endive, chicory, lettuce)	
Stalks (e.g. celery)	
Onion (e.g. spring onion, garlic leek)	



# Performance Nutrition Pathway Program

Peppers (e.g. capsicum)	
Tomatoes, okra	
<b>LEGUMES AND PULSES</b>	
Beans (e.g. green beans, snow peas, snap beans, dried peas)	
Adzuki, baked beans, haricot, black beans, black eyed beans, borlotti beans, cannellini beans, chickpeas, kidney beans, lentils, lima beans, lupins, mung beans (sprouts), pinto beans, soya beans (sprouts), soya milk, bean curd	
<b>GRAINS AND CEREALS</b>	
Wheat ( including ready-to-eat cereals such as Weetbix, bran flakes, & 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)	
<b>MEAT</b>	
Pork (including ham and bacon)	
Lamb, beef, veal	
Poultry (e.g. chicken, turkey, duck)	
Game (e.g. quail, wild duck, pigeon)	
Game (e.g. kangaroo, rabbit, venison)	



# Performance Nutrition Pathway Program

Liver, brain, all other organ meats	
<b>SEAFOOD</b>	
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)	
<b>Dairy</b>	
Milk, yoghurt (without live culture), ice cream, cheese	
Live Cultures (yoghurt with live culture e.g. acidophilus, bifidobacteria)	
<b>Eggs</b>	
All varieties	
<b>Fats</b>	
Oil: olive, rice bran, canola	
Hard/soft spreads	
<b>Herbs and Spices</b>	
Use regularly	
<b>Nuts and Seeds</b>	



# Performance Nutrition Pathway Program

Almond, brazil, cashew, chestnut, coconut, hazelnut, peanuts, peanut butter, pecan, pine nut, pistachio, pumpkin seed, sesame seed, tahini, hummus, sunflower seed, walnut	
<b>Fermented Foods</b>	
Miso, tempeh, soya sauce	
Sauerkraut	
All other varieties	
<b>Beverages</b>	
Non-alcoholic (e.g. tea, coffee, cocoa)	
Alcoholic	
<b>Other</b>	
Sugar, syrup, honey, confectionary, jam, marmalade, chocolate, soft drinks	
Yeast (e.g. vegemite, marmite, Brewers yeast)	
Water, including mineral and spring water	
<b>Total amount of different foods</b>	



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Check your score of food variety and dietary adequacy using this chart.

Total food variety score	Dietary adequacy
More than 30 a day	Excellent
25-29 per day	Very Good
20-24 per day	Good
<20 per day	Fair
<10 per day	Poor

**Reference:** *Savidge, G.S., Hau-Hage, B. and Wahlqvist, M.L. 1997. Food Variety as Nutritional Therapy. Current Therapeutics, 38 (March): p.62.*