

## A DAY IN THE LIFE OF A LOW & HIGH VARIETY INTAKE

Let's take a look at this example of an average day's intake versus a high variety intake day, where more than 30 different foods are consumed.



	AVERAGE DAY	HIGH VARIETY DAY
<b>Breakfast:</b>	Weet-bix + milk & White toast with margarine and apricot jam + water	Bowl of grain and fruit combination breakfast cereal (oats/muesli) with low fat Greek yogurt with strawberries, blueberries + small glass vegetable juice
<b>Snack:</b>	Banana Water	Small handful dried fruit and nut mix (apricots, raisins, dates & nuts) Cup of tea or coffee
<b>Lunch:</b>	Wholemeal sandwich with vegemite & cheese Peach Water	9 Grain sandwich bread with tinned fish + avocado, spinach, cheese, red onion and tomato Pear Water
<b>Snack:</b>	Tub Yoghurt Water	Yoghurt with cultures. (probiotics) and sprinkle of nuts Water
<b>Dinner:</b>	Pasta with bolognaise sauce small white bread roll with margarine Water	Chicken (marinated in honey and soy sauce) & vegetable stir-fry with broccoli, squash, red and green capsicum, snow peas, water chestnuts and baby corn, stir fried in olive oil, with garlic and ginger. Served on a bed of rice or hokkein egg noodle
<b>Dessert:</b>	Ice cream	Fruit salad (pineapple, orange, rockmelon, banana and passionfruit) with low fat ice-cream/frozen yoghurt
	<b>Food Variety Score = 9 foods per day</b>	<b>Food Variety Score = 35 foods per day</b>

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



# Performance Nutrition Pathway Program

Take a moment to think about your own daily intake on a normal day, then create a version that with some simple tweaks might take you to a high variety day of 30+ foods.

	MY AVERAGE DAY	MY HIGH VARIETY DAY
<i>Breakfast:</i>		
<i>Snack:</i>		
<i>Lunch:</i>		
<i>Snack:</i>		
<i>Dinner:</i>		
<i>Dessert:</i>		
	My food variety score =	My higher food variety score =