

## YOUR FOOD VARIETY INDEX CHECK

**Count the number of foods included in the table below you eat more than rarely:**

Apples	Beans/Gabanzo	Grapefruit	Oranges	Rye
Apricots	Brazil nuts	Guavas	Oats	Sage
Avocado/Pear	Brown rice	Garlic	Parsley	Salsify
Almonds	Bulgur wheat	Ginger root	Parsnips	Savory
Arrowroot	Cabbage	Hazelnuts	Peas	Secale
Artichoke/Globe	Carrots	Hemp seeds	Peppers	Shallots
Artichoke/Jerusalem	Cauliflower	Jackfruit	Passion fruit	Sorrel
Asparagus	Celery	Kale/Cavolo Nero	Potatoes	Spinach
Aubergine/Eggplant	Celeriac	Kiwi fruit	Pumpkin	Sprouted beans
Bamboo shoots	Chard	Kohlrabi	Paw paw	Squash
Basil	Chia seeds	Lavender	Peaches	Swede
Beans/French	Chinese cabbage	Lemon balm	Pears	Sweet potato
Beet greens	Chicory	Leeks	Pineapple	Sweet corn
Beetroot	Chillies	Lettuce	Plantain	Satsumas
Broad beans	Choy	Lemons	Plums	Strawberries
Broccoli	Coriander	Lemon grass	Pomegranate	Sultanas
Brussel sprouts	Corn on the Cob	Lima beans	Pasta/wholegrain	Semolina
Banana	Cress/mustard	Limes	Pearl barley	Sesame seeds
Bilberries	Cress/water	Loganberries	Peanuts	Spelt
Blackberries	Cucumber	Loquat	Pecan nuts	Sunflower seeds
Blackcurrants	Cherries	Lovage	Polenta	Tamarind
Blueberries	Clementine	Lychees	Poppy seeds	Taro
Barley	Cranberries	Lentils	Pomegranate seed	Tarragon
Bay leaf	Dill	Mango	Pumpkin	Thyme
Beans/baked	Daikon/Mooli	Mandarin	Pumpkin seeds	Tomatoes
Beans/butter	Damsons	Marjoram	Purple cabbage	Turmeric
Beans/Lima	Dates	Marrow	Quince	Turnip
Beans/mung	Endive/Chicory	Melon	Quinoa	Tangerines
Beans/Azuki	Elderflower	Mulberry	Radicchio	Tahini
Beans/Cannellini	Fennel	Mushrooms	Radish	Ugli fruit
Beans/Kidney	Fig	Microgreens	Romanesco	Water chestnuts
Beans/Black	Flax seeds	Millet	Rosemary	Watercress
Beans/Pinto	Gooseberries	Mint	Raisins	Watermelon
	Grapes	Okra	Raspberries	White currants
		Olives	Redcurrants	Walnuts
		Onions	Rhubarb	Wheat
		Onion/Spring	Rice/wholegrain	Yams
		Oregano	Rutabaga	Yuzu

**Record your score below, how many of the foods you eat more than rarely.**

MAXIMUM	33	35	38	38	38
YOUR SCORE					

**Total possible foods from above: 182**

**Your total from above: \_\_\_\_\_**

**Add to your score other whole plant foods not included above that you eat more than rarely \_\_\_\_\_**

**Your new total: \_\_\_\_\_**

**Check the table below to establish your current FVI Food Variety Index.**

Your score	Over 175	174-150	149-125	124-100	99-75	74-50	49-25	Less 25
Your FVI	95%	85%	75%	60%	45%	35%	20%	5%

There is no established absolute value that we all need, so much depends upon where we live, our own nutritional needs, the quality of the food we buy or grow and how it is prepared.

But as a rough guide for those on a Whole Plant Food Diet it would be advisable to try to achieve a DVI of over 50%.

More important though is to note what your DVI is now and by adding more new and different foods try to increase it to the next level. This is particularly important if your current DVI is under 35%.

Many people will hope that by taking a multi-mineral/vitamin supplement that will ensure they have all the micro-nutrients they need, but there is no tablet made yet that could provide the almost incalculable number of complex nutrients in a dozen different foods. Yes, most of us may need Vit B and Vit D supplements as we cut out meat or in winter when we may not have much sunshine for natural vit D production.

**YOUR HELP:**

I am trying to establish what DVI levels are found in the population at large of those eating primarily a Whole Plant or Vegan diet as a research programme and would be very pleased if you could let me know your score.

Email me your current score to:

[lingard@totalhealthmatters.co.uk](mailto:lingard@totalhealthmatters.co.uk) with Subject “DVI”

Thank you!