


# 30 PLANT POINTS A WEEK

## - WHAT COUNTS?

**PULSES & LEGUMES**



= 1 PLANT POINT PER TYPE

**NUTS & SEEDS**



= 1 PLANT POINT PER NUT OR SEED

**WHOLEGRAINS**



= 1 PLANT POINT PER WHOLEGRAIN

**FRUITS & VEGETABLES**



= 1 PLANT POINT PER FRUIT OR VEG

**HERBS & SPICES**



= 0.25 PLANT POINT PER HERB OR SPICE

**EACH DIFFERENT PLANT FOOD COUNTS TOWARDS A POINT, IT'S VARIETY WHICH MAKES ALL THE DIFFERENCE!**