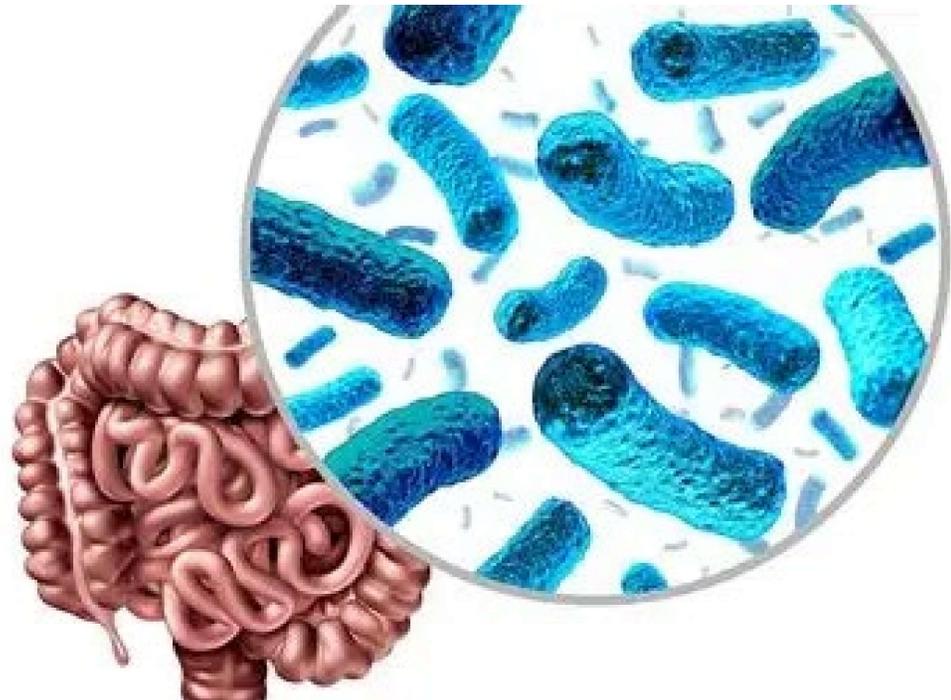


Gut Microbiome

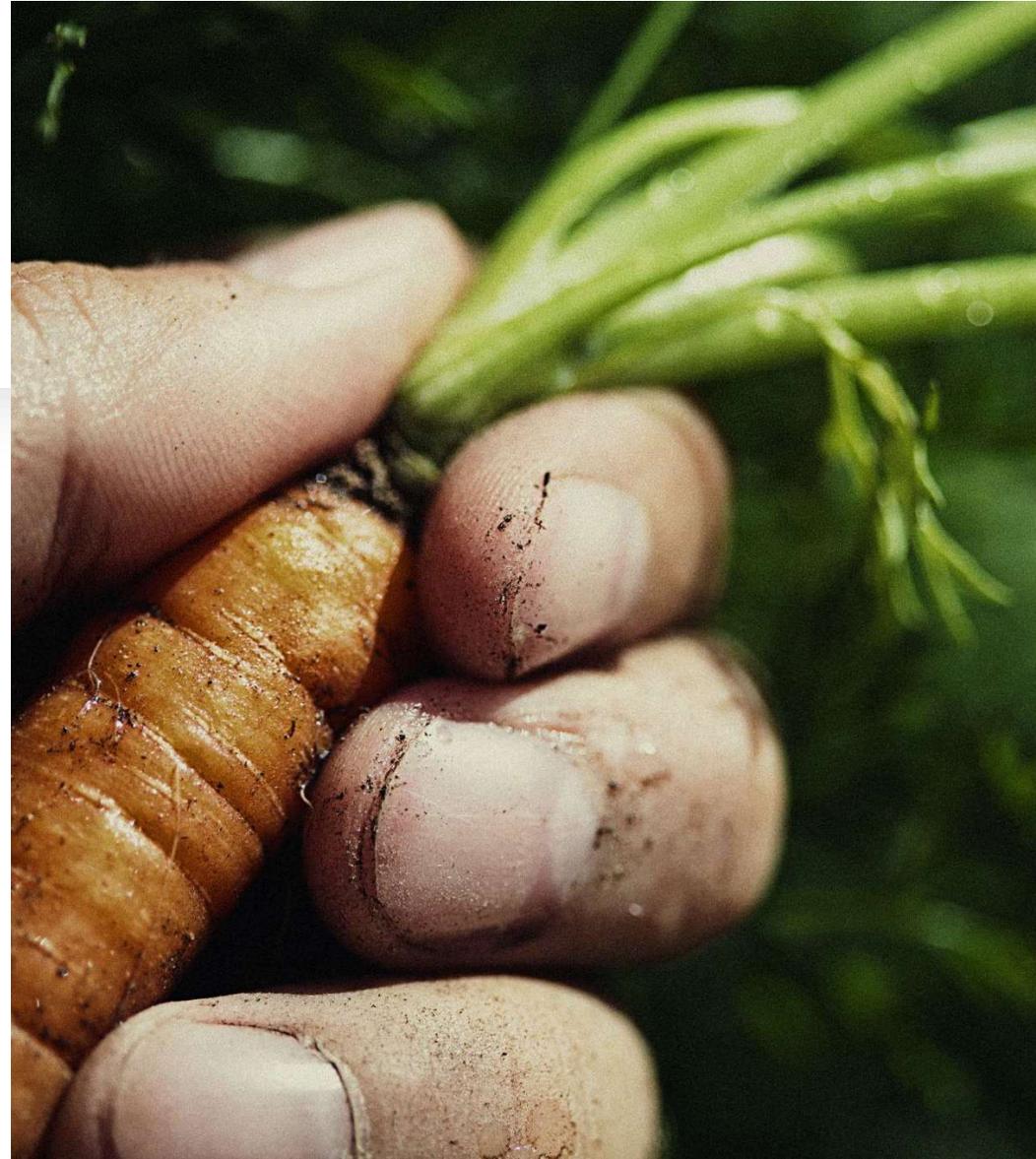
30- Plant Food Challenge



The 30-plant food challenge

focus on variety not just quantity

- Stem from the American Gut Project and the British Gut Project.
- People who have 30 plant foods a week have a more diverse gut microbiome than those who eat fewer than 10.
- A diverse microbiome is linked to better health.
- The challenge focuses on variety not quantity.
- The beneficial bacteria in the gut thrive on prebiotics (fibre) and polyphenols in plants.



Fun facts about the 30-Plant Food Challenge

- Plant foods are not just fruits and vegetables.
- Herbs and Spices are plant food.
- Wholegrains, lentils, beans, legumes, seeds are all plant food.
- Garlic, onion, ginger are plant food.
- Macha powder, beetroot powder are also plant food.

