

Questionnaire Foods:

Legumes: baked beans, kidney beans, chickpeas, green peas and lentils.



Leafy green vegetables e.g. spinach and kale.

Other coloured vegetables e.g. cauliflower, parsnips, pepper, cabbages, butternut squash, potatoes/sweet potatoes, beetroot, carrots.



Wholegrain (not wholemeal) bread (e.g. wholegrain corn, wholegrain wheat or wholegrain spelt bread) and cereals, pasta. Quinoa and rice.



Fruits: Not juices.

