

## 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.

