How varied is your diet?

A varied diet that's rich in colourful foods helps feed a diverse gut flora. Make healthy eating fun by keeping track of every different food you eat for a week and aim for at least 50 foods, all colours of the rainbow, the brighter the better. Red and white onions count as 2 different foods, bread and pasta count as just one, i.e. wheat. Herbs, spices and oils all count as individual ingredients.

Could you have 50 fresh, brightly-coloured foods in a week?