

Module 13 Resources

Top Food Categories

- Start by looking at the different food categories. From which food categories do you eat regularly? With which do you struggle integrating?
- In the categories from which you already regularly, see if you can diversify. For example, maybe it's easy for you to get enough leafy greens. However, maybe you usually go for kale. See if you can diversify your leafy greens, adding mustard greens, collards, different lettuces, etc.
- In the food categories with which you struggle, see if you can identify one or two foods that you enjoy.
- If you don't eat one of the food categories, explore why not. Some people don't eat seafood because of allergies and others because of ethics or taste. If you are avoiding a category because of taste, see if you can push yourself to explore that category a little more.