

Dr Lavine's Food Diversity Scorecard

It's important to eat a wide variety of foods. Score one point for each of these foods that you've consumed in the past week.

No credit for: sugar, white flour (bread, pasta), corn oil, safflower oil, canola oil, sunflower oil, soybean oil

Leafy green vegetables

lettuce
kale
chard
collards
broccoli rabe (rapini)
mustard greens
arugula
cress
spinach
other

Cruciferous vegetables

broccoli
cauliflower
cabbage
brussels sprouts
bok choy
other

Roots & tubers

potato
sweet potato
carrot
radish
beet
rutabaga
turnips
other

Other vegetables

tomato
cucumber
sweet pepper
fennel
celery
avocado
asparagus
artichoke
other

Legumes

beans/tofu
lentils
peas
peanut
other

Sprouts

bean sprouts
alfalfa sprouts
wheat grass
other

Grains & pseudo-grains

wheat
barley
rye
corn
oats
millet
quinoa
buckwheat
rice
wild rice
other



Onion/allium

onion
garlic
shallot
chive
leek
scallions
other

Mushrooms

white/button
porcini
portobello
crimini
shiitake
other

Nuts & seeds

walnuts
almonds
brazil nuts
hazelnuts
pine nuts
pumpkin seeds
sunflower seeds
pecans
macadamia nuts
other

Squash

pumpkin/winter sq.
zucchini/summer sq.
other

Spices

hot pepper
black pepper
cardamom
cinnamon
clove
mace
nutmeg
turmeric
cumin
coriander
allspice
sumac
paprika
ginger
mustard
other

Herbs

dill
thyme
oregano
rosemary
marjoram
mint
cilantro
parsley
sage
tarragon
other

Fermented foods

yogurt
kefir
tempeh
kimchee
sauerkraut
cider vinegar
other

Mammals

venison
bison
beef
pork
goat
other

Fish

salmon
halibut
tile
mackerel
sardines
anchovies
haddock
cod
sole
flounder/fluke
bluefish
bass
trout
char
caviar/roe
swordfish
tuna
hake
tilapia
other

Shellfish

mussels
clams
oysters
shrimp
scallops
other

Organ meats

kidney
liver
other

Birds

chicken
turkey
duck
pheasant
other

Eggs

chicken eggs
duck eggs
other

Oils

olive oil
walnut or other nut oil
other

Milk

cow's milk
goat's milk
cottage cheese
farmer cheese
other cheeses
other

Citrus

orange
grapefruit
tangerine
lemon
lime
other

Pome fruit

apple
pear
quince
other

Other fruits

banana
kumquat
star fruit
mango
pineapple
papaya
kiwi
grapes
other

**MY TOTAL FOOD
DIVERSITY
SCORE**



Stone fruit

peach
plum
apricot
cherry
other

Melons & berries

cantaloupe
watermelon
honeydew melon
blueberries
blackberries
raspberries
strawberries
other