We're excited to announce a new feature coming soon to the app:

The 21-Veggies Challenge — now backed by AI-powered tracking!

Alongside food journaling and our regular eating challenge, this new challenge has a simple but powerful goal:

Every week, eat 21 different vegetables, berries, and fruits to boost variety, strengthen your gut health, and make meals more fun.

And here's the best part: our AI meal scanner will help you track them — making it easier than ever to see how diverse your diet really is.

Why 21 different plant foods? Because science backs it up.

Plant diversity = richer gut microbiome.

The American Gut Project found that people eating 30+ different plant foods per week had a significantly more diverse gut microbiome than those eating 10 or fewer.

A diverse microbiome is associated with improved digestion, enhanced immunity, and a reduced risk of chronic disease.

Plants carry their own beneficial microbes.

Research shows that the natural microbiomes of vegetables, fruits, and berries can enrich our own gut flora — adding another layer of health benefits. Different plants feed different microbes.

Various fibres, polyphenols, and other compounds from plant foods nourish specific gut microbes, supporting stability, resilience, and overall well-being.

A healthy gut is linked to numerous benefits for a healthy body and mind — from improved digestion and immunity to enhanced energy, mood, and overall well-being.

✨ What this means for you

Our AI will help you spot and track vegetables, berries, and fruits in your meals.

You'll see your weekly plant variety at a glance — and get motivated to try new ones.

It's not about perfection. Even small increases in variety make a difference.

Stay tuned — we'll share all the details of the AI-powered 21 Veggies Challenge soon.

Let's make healthy eating easier, smarter, and more fun.

I am excited - are you?

Mia
founder
See How You Eat app

While waiting, join other challenges

You don't have to wait to get started. In the app, you can already join our Regular Eating Challenge — a simple and motivating way to build consistent eating habits and feel more energized every day.

👉 Special offer: Start today with a 7-day free trial of Premium and enjoy all our challenges!

START 7-DAY FREE TRIAL

SEE HOW YOU EAT.
seehowyoueat.com

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