Plant-based African plate

PLANT-BASED Health Professionals UK

Transforming healthcare for people and planet

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Fruits and vegetables including:

- Callaloo
- Collard greens
- Amaranth
- Pumkin leaves and fruit
- Okra
- Garden egg
- Soursop
- Dates
- Figs
- Papaya
- Tamarind
- Cape gooseberry
- Citrus



Plant-based protein including

- Yam beans
- black eyed beans
- Chickpeas
- Cow peas
- Fava beans
- Bambara
- Ground nut
- Beske (tofu)

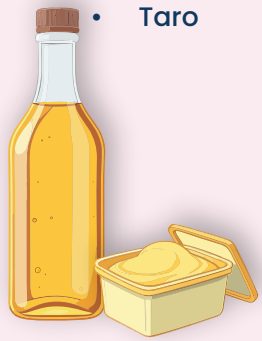
Whole grains and tubers

- Plantain
- Green banana
- Sorghum
- Fonio
- Teff
- Millet
- Cassava
- Yam
- Taro



Drinks

Water, rooibos, honeybush tea, hisbiscus tea mint tea, cacao



Oils and spreads

Choose unsaturated oils and use in small amount (e.g. 2-3 teaspoons a day)