

Healthy Plant Based Swaps

Getting started to a Healthier Diet



PLANT-BASED
Health Professionals UK

Simple swaps



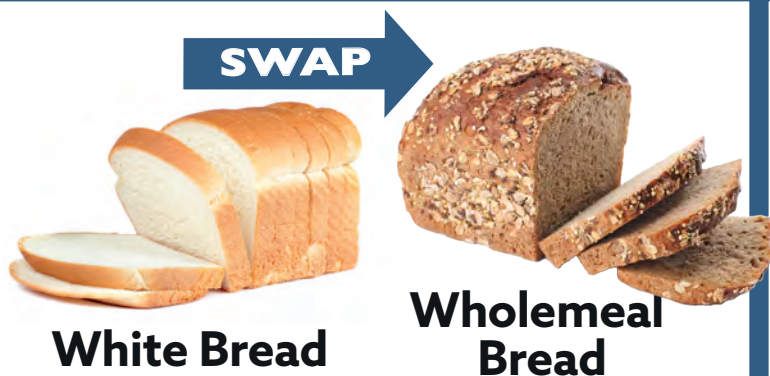
Milk

Fortified
plant-based milk



Mince

Tinned lentils
Soya or quorn mince
Chopped mushrooms



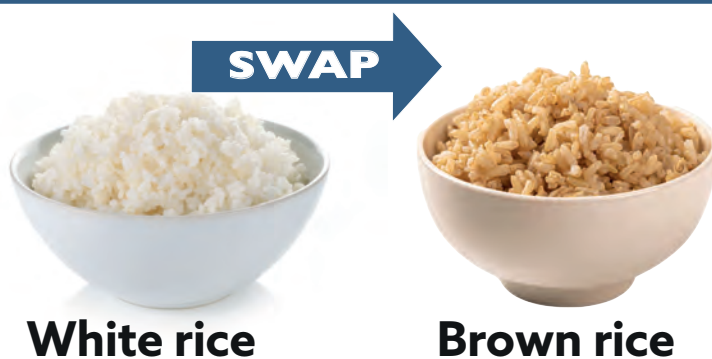
White Bread

Wholemeal
Bread



Crisps

Lightly salted
or unsalted nuts



White rice

Brown rice



Biscuits

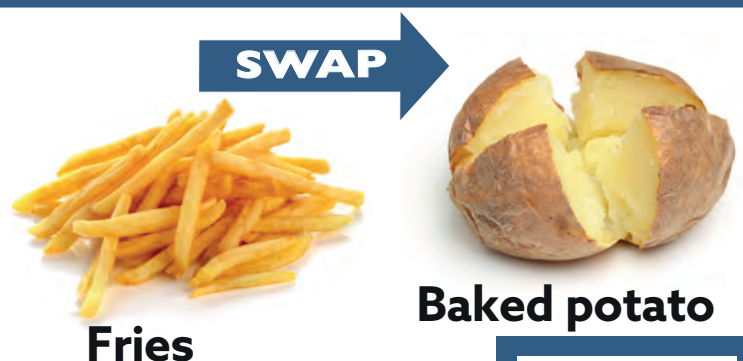
Banana on
crispbread

Fruit



White pasta

Wholemeal
pasta



Fries

Baked potato

Elena Holmes MSc
Dr Leila Dehghan, MSc, ANutr
Kate Dunbar, Patient Advocate

To learn more,
join this free challenge



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Healthy meal ideas



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Breakfast



**Toast with
baked beans**



**Porridge with
raisins and fruit**

Lunch



Hummus



Bean salad

Dinner



**Chickpea
curry**



**Roasted
vegetables**

*Elena Holmes MSc
Dr Leila Dehghan, MSc, ANutr
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