

The Plant-Based Eatwell Guide

This is a plant-based adaptation of Public Health England's Eatwell guide (2016). It aims to help you transition to a healthy and sustainable diet. It shows food groups in the proportions that they should contribute to the overall diet.

Check the label on packaged foods

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

Choose foods lower in fat, salt and sugars

Vitamin B12



25µg daily supplement or 3 daily servings of fortified foods

Herbs, spices and fermented foods



Adds flavour and provides antioxidants and probiotics and are often anti-inflammatory


Per day  2000kcal  2500kcal = ALL FOOD + ALL DRINKS

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar




6-8 a day

Water, plant milks and drinks without sugar including tea and coffee all count

Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, nuts, seeds and plant protein

Eat beans, peas and lentils, include one tbsp of ground flaxseed or chia seeds for essential omega-3 fats. Consume less meat substitutes



Plant-based dairy alternatives

Choose unsweetened, calcium and vitamin D fortified versions

Choose unsaturated oils & fats use in moderate amounts



Ultra-processed foods



Salt, sugar & fat

Eat less often and only small amounts