

# The Plant-Based Eatwell Guide



Check the label on packaged foods

Each serving (150g) contains

|                             |                    |                          |                       |                     |
|-----------------------------|--------------------|--------------------------|-----------------------|---------------------|
| Energy<br>1046kJ<br>250kcal | Fat<br>3.0g<br>LOW | Saturates<br>1.3g<br>LOW | Sugars<br>34g<br>HIGH | Salt<br>0.9g<br>MED |
|                             | 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



Choose a reliable source of Vit B12

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



Herbs, spices and fermented foods

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

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.

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



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.

6-8 a day



Beans, pulses, nuts, seeds and plant protein  
of ground flaxseed or chia seeds for essential omega-3 fats. Eat less substitute meat



Plant-based dairy alternatives  
Choose unsweetened, calcium and vitamin D fortified versions



Choose unsaturated oils and use in small amounts



Unhealthy products



Salt, sugar & fat  
Eat less often and only small amounts

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

