



MIH Eatwell Guide – Nutrition Tips

Fruits & Vegetables

Provide essential vitamins, minerals, fibre and are low in fat.

Aim to **eat 7–9 portions (or more!) a day of a rainbow of fruits and vegetables.**

Interesting Fact: A portion is just 80 g (one medium apple, handful of spinach, two broccoli spears) or 30 g of dried fruit.

Proteins

Grains, Pulses, Seeds and some **Nuts** (Cashews, Almonds, Peanuts, Pistachios) are good plant-based protein sources.

Interesting Fact: Although it is not required if you eat a variety of plant-based protein sources, you can do the following combinations to eat complete proteins:

//Pulses + Grains // Grains + Seeds or Nuts // Pulses + Seeds or Nuts

Calcium

Leafy Greens (Collard, Watercress, Kale, Chard, Cabbage), **Sesame Seeds, Oranges, Dried Figs, Enriched Plant-Based Milks (hemp, coconut, oat)** are good sources of calcium.

Interesting Fact: Some foods rich in calcium, such as Spinach, Chickpeas or Almond, contain substances that hinder calcium absorption. This **DOES NOT** mean they're not good for you! But you need to also get calcium from other sources of food.

Iron

Dried Fruits, Seeds, Nuts, Leafy Greens, Pulses and **Whole Grains** (Brown Rice, Buckwheat, Bulgur, Millet, Quinoa) are good sources of iron.

Interesting Fact: To help your body absorb the iron, combine foods rich in Iron with foods rich in Vitamin C. You can do this by adding lemon juice to spice up your stir-fry of leafy greens or eating cashew nuts and tangerines together as a snack.

Interesting Fact: To improve nutritional value and digestion, soak nuts, seeds, pulses and wholegrains overnight in water. Rinse & eat raw or cook. Fermenting & sprouting also does this.

Do eat **LOTS** of fresh vegetables, fruits, herbs, grains, legumes, nuts, seeds and other unprocessed, plant-based foods every day.

Do drink **LOTS** of water, unsweetened herb and fruit teas, unsweetened enriched plant-based milks (hemp, oat, almond, coconut) and vegetable juices.

Do eat fermented foods (sauerkraut, porridge, kimchi, kefir, nut cheese) as these improve your digestion and will help your body to absorb more nutrients.

Avoid eating food and drinks high in salt and sugar

Avoid eating deep fried food

Avoid eating processed food as these contain lots of sugar, salt and E numbers

Important Nutrients For A 100% Plant-Based Diet (Especially For Kids)

Omega 3 (ALA)

Flax (seeds, ground, oil), Chia Seeds, Walnut, Mungo Beans, Kidney Beans

B12

Enriched Nutritional Yeast, Enriched Coconut Milk

Omegas 3 (EPA & DHA)

Algae Based Supplements, Ground chia or flax mixed with cold pressed coconut oil

Choline

Brassica Greens, Shiitake Mushrooms, Supplements

// LOCAL // ORGANIC // SEASONAL // PLANT-BASED