

Check the label on packaged foods. Choose foods lower in fat, salt and sugars.

Each serving (150g) contains

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

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

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Calories per day (all food and drink)	
ADULT FEMALE 2000kcal	ADULT MALE 2500kcal
These are averages and the amount of kcals you need to maintain a healthy weight will vary according to your height, muscle density and activity level.	

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MADE IN HACKNEY PLANT-BASED EATWELL GUIDE

Adapted from the Public Health England Eatwell Guide 2016

0.9g
MED
15%

Take
697kJ/167kcal

Eat at least 5 portions of a variety of fruit and vegetables every day (aim for 7-9 or more)

Fruits and vegetables

Frozen peas

Frozen Endamame

Black eyed peas

Kidney Beans

Lentils

Chick peas

The infographic is divided into two main sections by a diagonal line. The top section, labeled 'Choose wholegrain or higher fibre versions with less added fat, salt and sugar', features a red curved border and contains illustrations of various starchy carbohydrates. The bottom section, labeled 'Choose starchy carbohydrates', features a green curved border and contains illustrations of various protein and dairy products.

Starchy Carbohydrates (Top Section):

- Potatoes (whole, sliced, and roasted)
- Bread (loaf, rolls, and slices)
- Rice (cooked in a bowl)
- Quinoa (cooked in a bowl)
- Cous Cous (cooked in a bowl)
- Wholewheat Pasta (cooked in a bowl)
- Porridge (cooked in a bowl)
- Fufu (a green box)
- Garri (a bag)

Protein and Dairy Products (Bottom Section):

- Oat Milk (a carton)
- Coconut Yoghurt (a cup)
- Soya (a carton)
- Almond Milk (a carton)
- Plain (a carton)
- Cheese (a wedge)

COMMUNITY
COOKERY SCHOOL

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An illustration of a glass bottle of oil with a black cap and a white label. To the right of the bottle, the word "Oils" is written in a large, bold, black font. Below "Oils", a list of oil types is written in a smaller, black font: Olive, Rapeseed, Flaxseed, Hemp, Sesame, and Avocado.



Pulses, beans, nuts and seeds
Nuts, seeds, peas, chickpeas, lentils,
beans (adzuki, kidney, black-eyed peas etc)

Dairy alternatives
Fortified, plant-based milk & yoghurt
(oat, soya, coconut, etc), nut-based cheese



**A 150ml serving
of smoothie/juice
counts as 1 of your
7-9 portions a day
(see over).**

MADE IN HACKNEY PLANT-BASED EATWELL GUIDE

Nutrition tips • Updated October 2023

Fruits and vegetables

Provide essential vitamins, minerals, antioxidants, fibre and are low in fat (except avocado). Aim to eat 7-9 portions of differently coloured fresh fruit and veg a day. A 150ml serving of juice/smoothie counts as one portion, consuming more does not make another portion as drinks don't have the same microbial digestive benefits as eating whole fruits and veggies.

Interesting fact: One portion = 80g (one medium-sized apple, handful of spinach, two broccoli spears) or 30g of dried fruits.

Protein sources

Grains, pulses, beans, soya (tofu, tempeh, soybeans/edamame), seeds and some nuts (cashews, almonds, peanuts, pistachios) are good plant-based protein sources.

Interesting fact: By combining certain sources of plant-based proteins you get what's called a 'complete protein' source. These combinations include: pulses + grains (rice and beans), grains + seeds or nuts, pulses + seeds or nuts. Quinoa is a complete protein.

There has been much misinformation about soya products and health. Eating soya can positively contribute to reduced risk of several diseases including cardiovascular disease, certain cancers, and osteoporosis.

Calcium sources

Leafy green vegetables (collards, kale, watercress, broccoli, cabbage), sesame seeds and tahini (and hummus), soya-based foods (calcium-set tofu, tempeh, soybeans/edamame), beans and lentils (ideally sprouted), enriched plant milks and yogurts, figs and oranges.

Interesting fact: Some calcium-rich foods, such as spinach, chickpeas and almonds, contain substances that can make it more difficult for your body to absorb. The effect of these substances can be reduced by boiling (e.g. spinach) or sprouting (pulses, grains and nuts). So they are still good for you (contain other beneficial nutrients) but it's good to get your calcium quota from other food sources.

Iron sources

Leafy green vegetables, pulses and lentils, wholegrains (wholegrain barley, buckwheat, oats, bulgar, spelt and quinoa), nuts and seeds, dried fruit, blackstrap molasses.

Interesting fact: To help your body absorb the iron, eat iron-rich foods in combination with foods high in vitamin C. You can do this by adding a squeeze of fresh lemon, lime or orange to your leafy greens or eating a snack of tangerines and cashew nuts together.

Important nutrients (especially for kids)

Vitamin B12

- Fortified products e.g. nutritional yeast, plant-based milks/yogurts/cheese and tofu
- Supplements are often recommended (at least 10mcg per day or 2000mcg weekly for adults; 10mcg daily for children)

Omega-3

- Flax (ground seeds or oil), chia seeds, hemp seeds, walnuts, pumpkin seeds (provide ALA form of omega-3)
- Seaweeds and algae or algae-based supplements (provide EPA and DHA, the more absorbable forms of omega-3)

Iodine

- Seaweeds, certain fortified plant-based milks (**caution:** risk of iodine toxicity if large and regular volumes of certain seaweeds such as kelp are consumed)

Choline

- Tofu, soya milk, cruciferous vegetables (broccoli, cabbage, kale), quinoa, kidney beans, peanuts and peanut butter, shiitake mushrooms.

Other interesting nutrition facts

To improve the nutritional value and digestibility of certain plant-based foods you can soak them overnight or for a few hours in filtered water. You can do this to all seeds, nuts, lentils, pulses and wholegrains. After soaking, give them a

rinse then cook them or eat them raw. The process of fermentation or sprouting also improve nutritional value and digestibility.

Aim to eat fermented foods daily to improve gut health (e.g. sauerkraut, kimchi, non-dairy kefir, plant-based yogurts, fermented nut cheeses, miso). If you're new to fermented foods, start small and gradually increase portion sizes (e.g. start with one tablespoon of sauerkraut or kimchi with one meal a day).

Overall recommendations

Eat as many fresh vegetables, fruits, herbs, grains, legumes, nuts, seeds and other wholefood plant-based ingredients as you can.

Drink lots of water, unsweetened herbal teas and unsweetened enriched plant milks. Smoothies are generally healthier than juices as they contain the whole fruit or vegetable so still have the fibre content.

Start exploring fermented foods, and if you can add them to your diet daily. They include sauerkraut, kimchi, fermented nut and seed cheeses, tempeh, natto, acheke, garri and drinks such as kombucha and non-dairy kefir.

Have a little of what you fancy, but generally speaking try to reduce your intake of foods high in sugar, salt and oil; that are deep fried; or contain lots of E-numbers and artificial preservatives.

Most importantly, enjoy your food!