Eatwell Guide: Plant-Based

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

Iodine
140µg daily supplement

Vitamin D
10µg daily supplement of D_2 or vegan D_3

Vitamin B12
25µg daily* supplement or 3 daily servings of fortified foods
* people with certain conditions may need additional amounts

Herbs, spices and ferments
Adds flavour and provides antioxidants and probiotics and are often anti-inflammatory

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

Choose unsweetened, calcium and vitamin D fortified versions

Choose unsaturated oils & fats use in moderate amounts

LIVING WELL

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.

PLANT-BASED Health Professionals UK

Ultra-processed foods

Salt, sugar & fat

Eat less often and only small amounts

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