

Vegan Eatwell Guide

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

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



Walnuts
Ground linseed
Omega-3 fat

Vitamin D (autumn and winter minimum)
Vitamin B12
Iodine
Selenium



Vitamin and mineral checklist

Good nutritional planning is about balancing food groups well and using fortified foods and supplementation wisely. Use the Vegan Eatwell Guide to help you get all the nutrients you need without animal products.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



6-8 a day
Water, sugar-free tea and coffee, and plain/unsweetened milk alternatives all count. Limit fruit juice and smoothies to a total of 150ml a day.

Beans, peas, lentils and other proteins



FORTIFIED!

Calcium-rich foods
Choose lower fat and lower sugar dairy alternatives



Choose unsaturated oils and use in small amounts

Additional Information

Healthy eating tips

- Aim to eat at least five portions of fruit and vegetables daily. A portion is around 80g.
- Eat starchy carbohydrates at mealtimes. Choose wholegrain varieties.
- Eat a variety of protein-rich plant foods. Include them in most meals.
- Eat at least two portions of calcium-rich foods daily: 200ml fortified milk alternative: 200g fortified soya yoghurt alternative, 70g calcium-set tofu (uncooked weight) or two slices of soya and linseed bread fortified with extra calcium are examples of one portion.
- Eat walnuts or seeds rich in omega-3 fat daily. Choose highly unsaturated dairy-free spread and oils, like vegetable (rapeseed) or olive oils, and use in small amounts.
- Stay hydrated by drinking six to eight glasses of fluid daily, including water, sugar-free tea and coffee, and plain/unsweetened milk alternatives. Limit fruit juice and smoothies to a total of 150ml a day.
- Limit foods with added fat, sugar and salt.

Sustainability tips

- Choose local and seasonal produce when possible.
- Plan food shops and buy frozen and tinned fruit and vegetables if this helps you to reduce food waste.
- Try to buy unpackaged food, or buy in bulk using recyclable, biodegradable or reusable packaging.
- Limit especially perishable fruit and vegetables and those that are pre-prepared, chopped or trimmed, e.g. salad bags or cut pineapple.
- Limit air-freighted fruit and vegetables, e.g. green beans from Africa or berries from the USA.

Nutrients that deserve special attention

Vitamin D supplementation:

- 10mcg daily
- Take during autumn and winter as a minimum
- D3 from lichen or D2 are animal-free options

Vitamin B12 options:

- Daily supplementation (at least 10mcg)
- OR weekly supplementation (at least 2000mcg)
- OR fortified foods – at least twice a day adding up to at least 3mcg

Daily iodine options:

- Supplement (140mcg)
- OR around 500ml milk alternative with added iodine
- OR one and a half to two sheets (4g) of nori

Daily selenium option:

- Supplement (60 or 75mcg)

Further information

Although the Vegan Eatwell Guide applies to people aged five years and above, some of the information here is specific to adults. For further information, including guides for every stage of life, check out vegansociety.com/nutrition and the VNutrition app.

These are general guidelines about nutrition. If you have concerns about your diet, please talk to your doctor about seeing a dietitian. Discussing the use of supplements with a health professional will help to ensure that they are suitable for you. Published 02/2020 and to be reviewed 02/2023.

Vegetarian Eatwell Guide

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

Use the Vegetarian Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8
a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

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

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

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Veggie Mince

Meat-free pieces

Plain nuts

Chick peas

Tofu

Mixed Seeds

Dairy and alternatives

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

Oil & spreads

Choose unsaturated oils and use in small amounts

Vegetarian proteins: beans, pulses, eggs, nuts etc.
Eat a wide variety of vegetarian proteins including plenty of beans and pulses. Choose vegetarian meat-alternatives lower in fat and salt

Choose lower fat and lower sugar options

Eat less often and in small amounts

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