## **Vegetarian Eatwell Guide** Choose wholegrain or higher fibre versions with less added fat, salt and sugar Check the label on Use the Vegetarian Eatwell Guide to help you get a balance of healthier and more sustainable food. packaged foods nuch of win. The nucl of win. It shows how much of what you eat overall should come from each food group. Each serving (150g) contains 1046kJ 250kca 13% Water, lower fat of an adult's reference intake Typical values (as sold) per 100g: 697kJ/167kcal milk, sugar-free drinks including Choose foods lower in fat, salt and sugars **Potatoes** Limit fruit juice and/or smoothies Whole grain cereal Frozen Rice Lentils lower salt and sugar Spaghetti Veggie Mince Plain nuts Chick peas Soya drink Meat-free milk Mixed pieces Seeds Tofu Dairy and alternatives Vegetarian proteins: beans, pulses, eggs, nuts etc. Oil & spreads Dienty of heans and proteins: beans, pulses, eyes, poly of heans and proteins including thouse vegetarian Choose lower fat and Dienty of beans and pulses. Choose vegetarian proteins included the control of th Choose unsaturated oils neat-alternatives lower in fat and salt lower sugar options and use in small amounts Eat less often and in small amounts 2000kcal 2500kcal = ALL FOOD + ALL DRINKS