

The Plant-Based Eatwell Guide



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 (kcal) / 250kcal	Fat 3.0g	Saturated fat 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	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 5 portions of a variety of fruit and vegetables every day



Herbs, spices and fermented foods



Adds flavour and provides antioxidants and probiotics and are often anti-inflammatory

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

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



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.

Beans, pulses, nuts, seeds and plant protein



Plant-based dairy alternatives



Choose unsweetened, calcium and vitamin D fortified versions



Unhealthy products



Salt, sugar & fat

Eat less often and only small amounts