

# Vegan Eatwell Guide

## Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat <b>3.0g</b>	Saturates <b>1.3g</b>	Sugars <b>34g</b>	Salt <b>0.9g</b>
	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 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.



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.

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



**FORTIFIED!**

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](https://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.