

Making our favourite meals more sustainable



Breakfast

Cereals



Simple swap



Crunchy nut cornflakes and milk.

Bran flakes with a fortified plant drink (soya/nut/oat), topped with a handful of berries and a sprinkle of seeds.

Tips

- Opt for fortified wholegrain cereal or oats. Use lower fat milk or try calcium fortified plant drinks e.g. soya or oat.
- Add a serving of fruit – fresh, frozen or dried.
- Top your cereals with plant proteins such as seeds and nuts.

**BETTER
FOR YOU
AND THE
PLANET**



1 of your 5-a-day



Fibre



Iron, Calcium, Vitamin D

Breakfast

Classic cooked breakfast



Simple swap



2 fried beef sausages, 2 fried rashers of bacon, 2 fried eggs, a serving of beans and a spoonful of mushrooms served with 2 white toast and butter.

1 grilled pork sausage, 1 poached egg, up the beans and mushrooms and go for 2 wholemeal toast with unsaturated fat spread.

Tips

No reason why you can't have a cooked breakfast occasionally, but:

- Grill and poach rather than fry
- Pile on the baked beans and mushrooms.
- Alternative meal idea: Beans on toast with a poached egg.
- Alternative meal idea: scrambled eggs or omelette with mushrooms and peas.

**BETTER
FOR YOU
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PLANET**

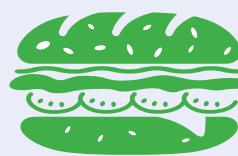
- ▼ Saturates
- ▼ Salt
- ▲ Fibre
- ✓ Vitamin B12, Vitamin D, Iron, Calcium, Iodine, Selenium

Lunch

Baguettes



Simple swap



Large cheese baguette with little salad and plenty of mayonnaise.

Make your own version using a small seeded baguette, less cheese – pile in the salad and use low fat mayonnaise.

Tips

- Go for wholegrain, wheatgerm or seeded breads.
- Use unsaturated spreads rather than butter.
- Other great fillings: falafel, hummous, lean chicken, peanut butter, egg.
- Grating a little cheese makes it go further.
- Always add seasonal, locally produced salad vegetables - see our chart below.

**BETTER
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- ▼ Calories, Fat, Saturated Fats, Salt
- ▲ Fibre
- ✓ Vitamin B12, Calcium
- ✓ 1 of your 5-a-day

Lunch

Soups



Simple swap



Cream of Chicken soup with a white roll and butter.

Lentil soup with a wholemeal roll and unsaturated fat spread.

Tips

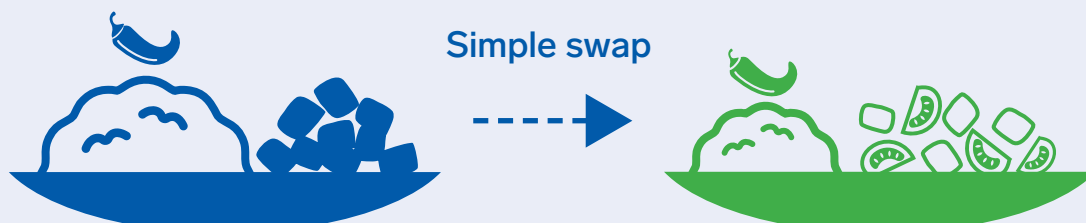
- Go for beany, lentil and/or vegetable soups with or without added grains.
- Serve with wholemeal, seeded or wheatgerm bread spread with a vegetable spread.
- Avoid 'cream of' varieties or those containing ham or chorizo.
- Grain or pasta salads. Use grains like quinoa, couscous or pasta as your base. Pile on the beans, nuts and seeds and use an oil-based dressing rather than mayo.
- Alternative meal idea: Jacket potato with beans.

**BETTER
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- ▼ Half the Saturated Fat
- ▲ Fibre
- ✓ 1 of your 5-a-day
- ▲ Iron, Zinc

Dinner

Curry



Creamy curry e.g. chicken tikka masala with a large portion of rice.

Vegetable and bean or lentil and tomato based curry e.g. Sweet potato Bhuna curry and a moderate portion of brown rice.

Tips

Don't miss out on the nation's favourite, but:

- Avoid the cream-based sauces and go for tomato-based sauces or dry curries.
- Go for vegetable, peas, bean and /or lentil based chicken or fish curries.
- Serve with seasonal and locally produced vegetables.
- Watch your rice portion: 3 spoonfuls cooked rice is ample.
- Naan and roti's provide unnecessary fat – opt for a chapatti made without fat, or if you really want one, try and share it!

**BETTER
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- ▼ Saturated Fats more than halved
- ▲ Fibre
- ▲ 2-3 of your 5-a-day
- ▲ Iron, Calcium
- ✓ Zinc

Dinner

Spaghetti Bolognese



Simple swap



Classic meat recipe with a large pasta serving.

Halve the meat of the recipe and replace with lentils and/or beans and other veg. Serve with a moderate serving of wholewheat spaghetti and a side of seasonal or frozen vegetables.

Tips

Meat recipes like stews, chilli con carne, shepherd's or cottage pie - make it more sustainable and healthy by:

- Replacing half or all the meat in the recipe with your choice of beans, lentils, soya mince, Quorn™, nuts, seeds and/or vegetables.
- Always serve with cooked veg or seasonal and locally produced salad vegetables.
- Choosing locally sourced meat where affordable.
- Watch your portions of rice, pasta and potatoes.

**BETTER
FOR YOU
AND THE
PLANET**

- ▼ Half the fat
- ▼ Saturated Fats: by 66%
- ▲ Fibre
- ▲ 2 of your 5-a-day
- ▲ Iron, Calcium
- ✓ Zinc, Selenium

Dinner

Spaghetti Bolognese (Meat-free)



Simple swap



Classic meat recipe with a large pasta serving.

Try a veggie version by simply replacing all the meat with Quorn™ mince, serve with a more moderate serving of wholewheat spaghetti and a serving of seasonal vegetables.

Tips

- Fill up your plate with seasonal vegetables or salad.
- Watch your portions of meat, especially lamb and beef.
- Have some meat-free days.
- No more than 70g (100g raw weight) per person per day (a deck of cards).
- Use less fat when cooking and avoid butter.
- Pizzas are tasty – but go for thin and crispy and lots of veg toppings rather than deep pan or filled crust meaty varieties and serve with vegetables.

**BETTER
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- ▼ Half the fat
- ▼ Saturated Fats: by 75%
- ▲ Fibre
- ▲ 2 of your 5-a-day
- ▲ Iron, Calcium

Top tips



For making your meal times more environmentally friendly & nutritious

Red meat



Watch how much meat you eat, especially beef and lamb

- Try and have some meat free days.
- Keep your portions small – no more than 70g (100g cooked weight).
- Have more plant food sources of protein such as beans, lentils, soya mince, Quorn™, nuts and seeds.
- Try replacing half or all the meat in classic recipes with some plant protein foods.

Dairy



Moderate your dairy intake

- Choose lower fat versions or calcium fortified soya and other plant based varieties.

Fruit + Veg



Aim for your 5-a-day but keep it sustainable

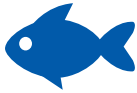
- Choose local and seasonal produce.
- Avoid fruit and veg that have been flown in.
- Avoid chopped/prepared and packaged fresh fruit and veg/salads.

Potatoes, bread, pasta, rice and other starchy carbohydrate foods



Eat wholegrains and tubers such as potatoes whenever possible

Fish



Buy fish from sustainable sources

- Look for the Marine Stewardship Council or Aquaculture Stewardship Council symbols.

Hydration



Quench your thirst with tap water

- Tap water or tea made with tap water – is by far the most sustainable way to go.
- Carry a refillable water bottle to top up on the go.

Learning



Make learning around this topic more fun

- Play a game such as ‘planet on a plate’ which could include getting kids to read labels, learn about where their food comes from etc and trying to work out where all their food comes from on their plate.

Waste less



Did you know...

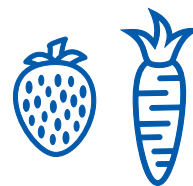
The facts:

- A quarter of all food we buy we throw away.
- The majority of food we throw away is still edible.
- We throw away 1.2 million tonnes of fresh fruit and vegetables away every year.
- Food in landfill contributes to global warming.

Top tips for wasting less:

- Buy tinned or frozen fruit and vegetables if you tend to throw away a lot when you buy fresh.
- Plan your meals ahead and only buy what you need.
- If food is nearing its use by date, cook it and freeze.
- Any waste should be recycled – it makes for great compost.
- Cook left overs.

Top tips



Choose seasonal fruit and veg that is locally produced or go for frozen, dried or tinned variants – especially for fruit.

	Fruit	Vegetables
January	Apples, Pears.	Beetroot, Brussels Sprouts, Cabbage, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Spring Greens, Spring Onions, Squash, Swedes, Turnips.
February	Apples, Pears.	Beetroot, Brussels Sprouts, Cabbage, Carrots, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Purple Sprouting Broccoli, Spring Greens, Spring Onions, Squash, Swedes.
March	Rhubarb	Artichoke, Beetroot, Cabbage, Carrots, Chicory, Cucumber, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Sorrel, Spring Greens, Spring Onions, Watercress.
April	Rhubarb	Artichoke, Beetroot, Cabbage, Carrots, Chicory, New Potatoes, Kale, Morel Mushrooms, Parsnips, Radishes, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress.
May	Rhubarb, Strawberries.	Artichoke, Asparagus, Aubergine, Beetroot, Chicory, Chillies, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress

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June	Blackcurrants, Cherries, Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries, Tayberries.	Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Turnips, Watercress.
July	Blackberries, Blackcurrants, Blueberries, Cherries, Gooseberries, Greengages, Loganberries, Raspberries, Redcurrants, Rhubarb, Strawberries,	Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, New Potatoes, Onions, Peas, Potatoes, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Swish Chard, Tomatoes, Turnips, Watercress.
August	Blackberries, Blackcurrants, Cherries, Damsons, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Rhubarb, Strawberries.	Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Mushrooms, Parsnips, Peas, Peppers, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Watercress.
September	Blackberries, Damsons, Pears, Plums, Raspberries, Rhubarb, Strawberries.	Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chicory, Chillies, Cucumber, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Peas, Peppers, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms.

October	Apples, Blackberries, Elderberries, Pears.	Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Chillies, Courgette, Cucumber, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, Peas, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash.
November	Apples, Cranberries, Elderberries, Pears.	Beetroot, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Potatoes, Pumpkin, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash.
December	Apples, Cranberries, Pears.	Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chestnuts, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Red Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash.

Taken from the Vegetarian Society website: <https://www.vegsoc.org/sslpage.aspx?pid=525>

bda.uk.com

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