

Vegan Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy kcal/kJ	Fat g	Salt g	Sugar g	Fibre g
100	2.5g	1.2g	3.4g	8.5g
10%	4%	2%	3%	15%

of an adult's reference intake

Typical values are added per 100g/100ml/100kcal

Choose foods lower in fat, salt and sugars

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 plant-based milk alternatives all count. Limit fruit juice and smoothies to a total of 150ml a day.

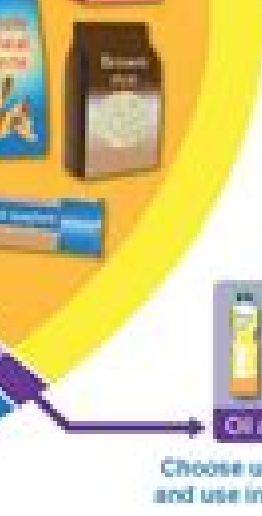
Eat at least five portions of a variety of fruit and vegetables every day



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



Choose lower fat and lower sugar dairy alternatives



Choose lower fat and lower sugar dairy alternatives



Choose unsaturated oils and use in small amounts



Vegan Guide To Energy

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Vegan Guide To Energy:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Vegan Guide To Energy**

In a world inundated with screens and the cacophony of instantaneous transmission, the profound power and psychological resonance of verbal artistry frequently disappear into obscurity, eclipsed by the constant barrage of sound and distractions. However, set within the lyrical pages of **Vegan Guide To Energy**, a charming perform of fictional splendor that impulses with natural emotions, lies an wonderful journey waiting to be embarked upon. Written by a virtuoso wordsmith, this mesmerizing opus manuals viewers on a psychological odyssey, delicately exposing the latent possible and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is central themes, dissect its captivating writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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