

# OUR TOP TIPS FOR SUSTAINABLE EATING

## IN THE MAIN...



Think healthy plant foods first when planning meals; use meat and dairy as a garnish



Include meat-free meals/days as part of your weekly routine



Look for plant-based recipes to inspire you

## VARIETY IS KEY ↓



Use as many different types of grains, nuts, seeds, fruit and vegetables as they all provide different essential nutrients

## REDUCE FOOD WASTE ↓



### DID YOU KNOW?

**We throw away 30% of all food we buy? Not good for your finances or the environment. Fruit and vegetables are by far the most wasted food**



Planning meals for the week and generating a shopping list will not only help reduce waste but could save you money



Preparing or cooking too much food accounts for over a quarter of food waste costs. Using leftovers saves you money and the planet



Use leftovers for next day's meal or freeze for a later date



Go wholegrain wherever possible to help boost your fibre intake

## SEASONAL & LOCAL ↓



If out of season, choose frozen, canned or dried varieties – they're as nutritious



Eat more fruit and vegetables – include with every meal and snack

## GO 50/50 DAIRY / PLANT-BASED ALTERNATIVES ↓



Start incorporating plant-based drinks and/or alternatives to yogurt as part of your daily repertoire

Ca >

Choose products fortified with calcium and vitamin B12

< B12



Use them in cooking, on your cereal, to make smoothies and in tea and coffee as you would use dairy

Use plant proteins e.g., soya mince, tofu, beans, lentils and nuts and vegetables to bulk out meals

Reduce the quantity of animal products in your favourite recipes

## REPLACE MEAT WITH HEALTHY PLANT PROTEINS & VEGETABLES ↑



# Our top tips for sustainable eating



## In the main...

- **Think healthy plant foods** first when planning meals
  - Pile up on healthy plant foods and use meat and dairy as a garnish
- Include **meat-free** meals/days as part of your weekly routine
- Look for plant-based recipes to inspire you



## Variety is key for human and planetary health

- Use as many different types of **grains, nuts, seeds, fruit** and **vegetables** as they all provide different essential nutrients
- Fruit and vegetables. Think **rainbow colours** and always include red/orange, yellow and green



## Partly or fully replace meat with healthy plant proteins and vegetables

- **Reduce the quantity of meat** in your favourite recipes
- Use **plant proteins** e.g., soya mince, tofu, beans, lentils & nuts and vegetables to bulk up meals
- Plant-based ready meals or meat alternatives are not all equal. **Check the nutrition label** and choose those that are lower in saturated fat, salt and sugars
- If you do have **meat, watch your portions** and make sure it's **lean** with all fat removed
  - Choose higher quality – smaller portions of organically reared meat
- **Avoid processed meats** and **take-away/fast foods**



## Go wholegrain wherever possible

- Wholegrains help to boost fibre intakes, fill you up quicker and provide essential minerals



## Mix it up and go 50/50 dairy and plant-based alternatives

- Start incorporating **plant-based drinks** and/or **alternatives to yogurt** as part of your daily repertoire. Varieties include soya, almond, oat and rice
- Choose those **fortified with calcium** and **vitamin B12**
- Use them in **cooking**, on your **cereal**, to make **smoothies** and in **tea** and **coffee** as you would use dairy
- Ensure any dairy you do consume is low in fat
- **Cheese**: whether plant-based or dairy, cheese should be **kept to a minimum** as the majority are rich in saturated fat



## More, seasonal and local fruit and vegetables – avoid air-freighted

- **Discover local and seasonal products where you live. For a guide look on line for fruit and vegetable seasonal calendars**
- **Avoid out of season** local products which are most likely grown using heated greenhouses
- If out of season, **choose frozen**, canned or **dried** varieties – they're as nutritious for you
- Keep it **colourful**: ensure you include, red/orange, yellow and green varieties
- Wherever possibly choose **organic** varieties
- We all need to eat more **fruit and vegetables** – ensure you include with **every meal** and **snack**
  - **Breakfast**: small, sliced banana or a handful of berries (fresh or frozen if out of season) with porridge, breakfast cereals or in smoothies OR a piece of fruit with a plant-based alternative to yogurt. Add green vegetables like kale and spinach to your smoothies
  - **Mid-day meal**: include a small salad, or vegetable and bean soup and/or piece of fruit for dessert
  - **Main meal**: a small salad or 2 cooked vegetables or roasted vegetables



## Reduce food waste

Did you know we throw away 30% of all food we buy? Not good for your finances or the environment. Fruit and vegetables are by far the most wasted food



### Plan & shop smart

- **Planning meals** for the week and generating a **shopping list** will not only help reduce waste but could save money
- Regularly check your **store cupboard, fridge** and **freezer**:
  - Before planning your weekly meals, check to see if there are any **ingredients you need to use up quickly**? Look at recipes to help inspire you
  - **Rotate foods** to bringing those with an earlier use by date to the front
- Buy **fresh products** especially fruit and vegetables with a short shelf-life in the **exact quantities you need**
- **Special deals and multibuy offers**: check you really need and can use them in time before the use by date
- Make use of **canned** or **frozen** fruit and vegetables – they're just as good as fresh

### Preparing foods

Preparing or cooking too much food accounts for over a quarter of food waste costs. Using leftovers saves you money & the planet

- Only prepare and cook the **exact quantity** of food **you need**
  - check portion guides
- If you do have **leftover** ingredients – freeze or use creatively e.g.,
  - Unused vegetables can be used to make soups or roasted and used as a side dish or in salads
  - Excess fruit can be made into smoothies, jams, chutneys, fruit crumbles or other desserts
- Look on the web for recipes using the ingredient

### Don't throw away ripe fruits

- Use them for smoothies, banana bread, a crumble or stew them with a little water and use to top your porridge