

VEGAN

EATWELL PLATE

USE THE EATWELL PLATE TO HELP YOU GET A BALANCE OF HEALTHIER, CRUELTY-FREE AND SUSTAINABLE FOOD. IT SHOWS HOW MANY PORTIONS OF EACH FOOD TYPE YOU NEED EACH DAY.



Don't forget to drink 1.5 litres (six to eight glasses) of water per day – all teas, plant milks, homemade smoothies etc count. Juice can contribute but as it contains sugar, you should limit consumption to no more than one glass a day.

Apart from all the tasty food, everyone needs a reliable source of vitamin B12. Ideally, a daily B12 supplement providing 50 micrograms. You can top up with B12 fortified foods, eg fortified plant milk, breakfast cereal and low-sodium yeast extract. Vitamin D is the 'sunshine vitamin' produced in your skin when exposed to sunlight, but we simply don't get enough in winter – regardless of diet – so need a supplement from October to April or all year round if you cover up.

For oils, use flaxseed, hempseed or virgin olive oil cold and rapeseed oil for cooking. Best for omega-3 fats: flaxseed oil or ground flaxseeds



NUTS & SEEDS



2 TBSP OR A SMALL HANDFUL

OILS & SPREADS



SMALL AMOUNTS TO INCLUDE OMEGA-3S



VITAMINS B12 & D

TAKE B12 DAILY AND D IN THE WINTER