PLANET-FRIENDLY EATING

MAKING OUR MEALS MORE PLANET-FRIENDLY

If you usually have:	Why not try:	Benefits for me and the planet:
Sugary cereal with cow's milk	Wholegrain cereals Some berries and a sprinkle of seeds Plant-based milk	↑ Fibre ↓ Salt ↓ Saturated fat one of your 5 a day 👍 Less land use 🌍
Shop-bought cheese and ham sandwich on white bread Slice of pepperoni pizza or burger and chips	Homemade sandwich with seeded bread Try fillings like salad, egg, hummus or chicken Jacket potato. Have with beans and salad	↑ Fibre One of your 5 a day 👍 ↓ Salt Reduced packaging 🌍 ↓ Carbon footprint 🌍 ↓ Saturated fat Budget friendly 😊
Spaghetti bolognaise, lasagne or chilli. Made with meat. Served with white pasta or white rice.	Use beans, lentils or soya mince Add seasonal vegetables Use whole wheat spaghetti or brown rice	↑ Fibre One of your 5 a day 👍 ↓ Saturated fat Budget friendly 😊 ↓ Carbon footprint 🌍 Less land use 🌍