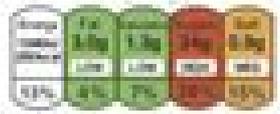


Vegetarian Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains



of an adult's reference intake
Typical values per 100g per 100g, 100kcal/100kcal

Choose foods lower in fat, salt and sugars

Use the Vegetarian Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Food Guide For Vegetarians

Brenda Davis, Vesanto Melina



Food Guide For Vegetarians:

Whispering the Techniques of Language: An Mental Quest through **Food Guide For Vegetarians**

In a digitally-driven earth where screens reign great and immediate communication drowns out the subtleties of language, the profound techniques and mental subtleties concealed within words often go unheard. Yet, located within the pages of **Food Guide For Vegetarians** a captivating literary value pulsating with natural thoughts, lies a fantastic journey waiting to be undertaken. Composed by a talented wordsmith, that wonderful opus attracts viewers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within ab muscles cloth of every word. Within the psychological depths of the poignant evaluation, we shall embark upon a genuine exploration of the book is key styles, dissect its fascinating writing type, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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