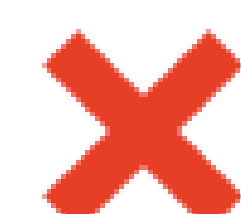
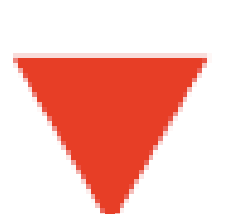
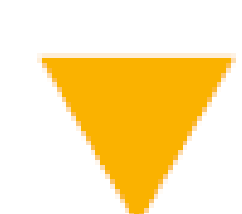



# Sustainable diet recommendations

<b>Fruit and vegetables</b> 	<b>Seasonal + locally produced vegetables/fruit or use tinned/frozen.</b> 	<b>Air freighted, pre-packed and prepared fruit and vegetables.</b> 	<b>Red meat</b> 	<b>Red meat &lt;70g/pppd or &lt;350g-500g pppw (cooked weight).</b> 	<b>Processed meats.</b> 
<b>Portion control</b> 	<b>Animal proteins</b>  <hr/> <b>Dairy produce</b> 	<b>High Fat, Sugar and Salt (HFSS) foods</b> 	<b>Plant proteins</b> 	<b>Prioritise beans and lentils, soya (beans, mince, nuts, tofu), mycoprotein (Quorn™), nuts and seeds.</b> 	
<b>Hydration</b> 	<b>Tap water and unsweetened tea or coffee over soft drinks.</b> 		<b>Fish</b> 	<b>From sustainable sources and follow oily fish recommendations.</b>	
<b>Reduce food waste</b> 	<b>Especially perishable fruit and vegetables.</b> 	<b>Any food waste should be recycled.</b> 	<b>Dairy</b> 	<b>Moderate dairy consumption. Use calcium fortified plant-based alternatives where needed.</b> 	
			<b>Potatoes, bread, pasta, rice and other starchy carbohydrate foods</b> 	<b>Recommend wholegrain. Recommend tubers such as potatoes.</b> 	

 Avoid
  Reduce
  Moderate
  Increase