

PLANNING BALANCED VEGETARIAN MEALS



The nutritional advice given to the general population equally applies to vegetarians. A healthy diet includes plenty of fruit and vegetables and starchy foods, moderate amounts of alternatives to meat and fish, moderate amounts of dairy produce or alternatives, and small amounts of foods containing fat and sugar (see *The eatwell plate* below).

Alternatives to meat and fish include a variety of pulses, nuts, seeds, eggs and other soya, mycoprotein and wheat proteins in the diet to ensure adequate intakes of protein, minerals and vitamins.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



As a general rule, an average meal should be made up of one-third carbohydrate and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.

ACTIVITY

Work with a partner. With reference to *The eatwell plate*, select food from the list below (or select your own choices) to plan a balanced diet for a vegetarian. You will need to decide which snacks are suitable and be prepared to justify all your choices to the group.

Breakfast	
Lunch	
Snacks	
Drinks	

Breakfast

- Porridge with honey
- Wholemeal toast with marmalade
- Grilled mushrooms, tomatoes, scrambled eggs and beans on toast
- Prunes and yogurt
- Boiled egg and soldiers
- Cheese omelette

Pudding

- Cheesecake
- Fruit salad with yogurt
- Chocolate brownies
- Bread and butter pudding
- Baked apple with ice cream
- Pancakes with lemon

Main course

- Chilli with lentils and rice
- Macaroni cheese with green beans
- Calzone pizza with salad
- Mexican bean wraps with salad leaves
- Butternut squash baked with rice, mushrooms and tomatoes
- Vegetable curry with rice
- Tagliatelle with spinach, mascarpone and Parmesan

Drink

- Skimmed milk
- Fresh orange juice
- Smoothie made with banana, milk and vanilla