Each serving (150g) contains

Typical values (as sold) per 100g: 697kJ/167kcal

Check the label on packaged foods

Energy
1046kJ
250kcal

Fat
3.0g
Low
13%
7%

Saturates
1.3g
Low
38%
15%

Sugar
34g
High

Salt
0.9g
Med

Choose foods lower in fat, salt and sugars

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Freeze peas
Chopped tomatoes

Vegetarian proteins: beans, pulses, eggs, nuts etc.

Eat a wide variety of vegetarian proteins including meat-alternatives lower in fat and salt

Eat less often and in small amounts

Eat at least 5 portions of a variety of fruit and vegetables daily

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.

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