Each serving (150g) contains:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1046kJ</td>
<td>3.0g</td>
<td>1.3g</td>
<td>34g</td>
<td>0.9g</td>
</tr>
</tbody>
</table>

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.

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

Choose foods lower in fat, salt and sugars

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

Eat less often and in small amounts

Choose unsaturated oils and use in small amounts

Choose lower fat and lower sugar options

Eat at least 5 portions of a variety of fruit and vegetables every day

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

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

Dairy and alternatives

Vegetarian proteins: beans, pulses, eggs, nuts etc., plenty of beans and pulses, Choose vegetarian

Potatoes, bread, rice, pasta and other starchy carbohydrates

Vegetarian Eatwell Guide

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