Unit 304 Handout 7

## Unit 304: Contribute to the guest experience

**Handout 7: Lifestyle preferences: Vegetarian** 

## The Vegetarian Eatwell Plate

Fruit and vegetables.
Fresh, frozen, juiced,
canned or dried fruit and
vegetables. These supply
vitamins, minerals and
fibre.

Alternatives to meat and fish, including eggs, beans and other non-dairy sources of protein. 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.

Foods and drinks high in fat and/or sugar.
Although some fat is needed in the diet,
eat these foods sparingly, and look out for
low fat alternatives.

other foods high in calcium
are included.

and other starchy foods.

Make these starchy foods the basis of most meals. Try to include wholemeal or wholegrain versions where possible. Avoid adding too much fat. These supply carbohydrates, fibre, protein and some vitamins.

Bread, rice, potatoes, pasta

Milk and dairy foods.
Good sources of calcium, protein and some vitamins. If avoiding dairy foods, choose fortified soya, rice or oat drinks or ensure other foods high in calcium are included.

For more information, visit The Vegetarian Society: <a href="www.vegsoc.org">www.vegsoc.org</a>