

- ✓ Experiment by adding beans, lentils, nuts or seeds to your favourite stews, soups and breakfast recipes.
- ✓ Remember chickens don't just have breasts, try to make use of the whole chicken including thighs, legs and wings.
- ✓ Look for fresh, frozen and canned fish which is sustainably sourced.
- ✓ Halve the meat in your favourite recipes by replacing with beans or plant-based meat alternative ingredients.



Dairy and alternatives

- ✓ Alongside milk, try plant based alternatives such as soya, almond or oat. Check on the label that they have added calcium and iodine.



Oils and spreads
