

PLANT-BASED DIET

Check the content of key ingredients in 1 serving

PROTEIN

Ensure variety
- use legumes, nuts,
cereal products

Red lentils, cooked
120 g
(3/4 cup)  13,6 g

Quinoa, cooked
50 g
(3 tablespoons)  2,9 g

Peanuts
30 g
(1 handful)  7,9 g


Tofu
90 g
(1/2 block)  11,4 g


IRON

You will increase the absorption
of iron by combining it with vitamin C
in the same meal.

Soybeans, cooked
120 g
(3/4 cup)  4,8 mg


Quinoa, cooked
50 g
(3 tablespoons)  1,8 mg

Dried figs
80 g
(1 heap)  2,6 mg


Tofu
90 g
(1/2 block)  5,4 mg


CALCIUM

Eat also fortified foods

Broccoli, cooked
200g
(1 bowl)  68 mg

White beans
130 g
(3/4 cup)  71,6 mg

Dried apricots
90 g
(1 handful)  125,1 mg

Sesame
10 g
(1 tbsp)  98,8 mg

APPROPRIATE CONSUMPTION:

ALSO

REMEMBER:

- energy
- zinc
- iodine

SUPPLEMENTATION:

- omega-3 fatty acids
- vitamin D
- vitamin B12

A WELL-BALANCED PLANT-BASED DIET HAS MANY HEALTH BENEFITS,
INCLUDING



improvement of insulin
sensitivity



reduced risk of cardiovascular diseases
and certain cancers development



making it easier to maintain
a healthy body weight

Change your eating habits to healthier ones!