

A BEGINNER'S GUIDE TO VEGETARIAN EATING

Healthier You, Happier Planet





~ Welcome ~

If you're reading this, you've already taken your first big step towards changing your life and the world for the better. Congrats!

Studies show that choosing to eat more plant foods (vegetables, fruits, wholegrains, legumes, nuts and seeds) is a recipe to a longer, happier and healthier life. Plus, it's the best way to reduce your impact on the environment!

Changing to a mostly plant-powered diet is now easier than ever. With this guide at your fingertips, you'll understand the best food sources of certain nutrients and will have delicious recipe inspiration on hand to help ensure neither your body, nor your tastebuds, are ever left wanting more!

Embrace the journey and have fun with it! Try different things and see what you like. For anything else, including additional recipes, helpful tips, and meal planning ideas, visit:

www.sanitarium.com.au/guide-to-vegetarian-eating

All the best,

the Sanitarium team



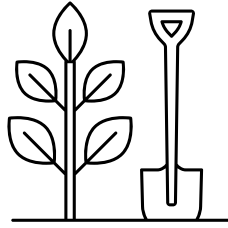
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~ *Eating more* ~ *plants*

Eating more plant-based foods is a dietary trend that's sweeping the globe - and Australians are embracing it!

In fact, 42% of us say we are now eating less meat - or none at all. This represents more than ten million people who are either flexitarians (meaning they're actively reducing their meat consumption), vegetarians or vegans (eating no animal-derived foods at all). These figures align with findings from a recent report, which detailed the rise of the flexitarian lifestyle and identified health as the number one reason Aussies are making the plant-based switch.¹

So, whether you're ready to commit to Meat-free Mondays, becoming a 'Weekday Vegetarian' or going 100% plant-based, it's never been easier - or tastier - to get more plants on your plate. Plus it's a decision that can be a healthy win-win for you and the planet.

Healthy you

There are many longer-term benefits of eating mainly plant foods with research showing it can help you live longer and reduce your risk of chronic disease including heart disease, type 2 diabetes, obesity and some cancers.

But what about here and now?

Eating more plant foods like nutrient-rich fruits, veggies, wholegrains, legumes, nuts and seeds has a wide range of immediate health benefits from supporting your immunity to increasing

your energy levels, boosting your mood and even improving your complexion!

If weight loss is one of your goals, eating more plant foods can help. As well as being big on nutrients, plant-based foods provide plenty of dietary fibre. This will keep you feeling full for longer and help fend off cravings for less healthy snacks. Fibre is also vital for our hungry gut microbes that rely on fibre as food.

Healthy world

A new study has found that a diet consistent with the Australian Dietary Guidelines has a 42% lower climate footprint compared to the current diet of Australian adults.²

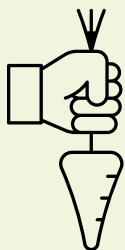
For most Australians, following our Dietary Guidelines simply means minimising consumption of nutrient-poor discretionary foods, cutting back on meat (particularly those that are high in saturated fat) and eating more whole plant foods; including wholegrains and other sources of complex carbohydrates. And when drinking, water is always best!

From here, each move towards eating more plants has an even better impact on the environment. Research that compares the environmental impacts of different diets show the less animal products eaten, the lower the carbon footprint - with the planet saying a big thank you to vegan diets.³

The important message is that every bit helps!



Tips for going green



EAT VEGGIES AT EVERY MEAL

Australians have a long way to go to meet the recommended 5 serves of veggies a day, with just 7% of us managing to meet this target. To make it achievable, we really need to be striving to add veggies to every meal. Breakfast is often the biggest hurdle but this can be as simple as adding some greens to a smoothie or spreading your toast with avo.

GO LOCAL AND SEASONAL

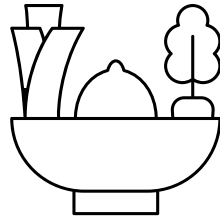
Local produce that's in season is fresh, delicious and generally cheaper, so make the most of it. Stocking the fridge with seasonal fruits and vegetables will not only inspire you to eat more plant foods, it will also help to support local growers and is a more sustainable choice, reducing the need for storage and transport.

PREP YOUR PLANTS

Try prepping your veggies for the day or the week in advance. Keep chopped up veggie sticks and fruits in the fridge for a ready-to-go snack. Pre-make versatile dips and spreads like hummus that can be frozen in ice cube containers for a single serve. Have canned legumes in the pantry so they are ready for the week ahead or roast up a tray of veggies to add to meals.

REWORK THE RATIOS

If you're not cutting out meat all together, try to stick to the dietary guidelines. It's all too common to see oversized steaks or schnitzels falling off our plates. The recommended size for a serve of red meat is actually about the size of a pack of playing cards. By cutting back on meat, you'll naturally tend to load up on more veggies achieving a healthier balance for you and the environment.



~ Fruits & ~ vegetables

We all know that fruits and vegetables are an important part of a healthy diet, but where does the advice to eat two serves of fruit and five serves of veg each day come from and do we really need to eat so many?

How much fruit and vegetables should I eat?

Health guidelines around the world are pretty consistent when it comes to fruits and vegetables. In Australia our most recent guidelines show that eating five serves of vegetables and two serves of fruit each day is the best approach for good health.⁴

Why should I eat fruits and vegetables?

This is because fruits and vegetables are packed full of the things our body needs, like vitamins, minerals and fibre, as well as important antioxidants and phytochemicals. They can help protect against chronic diseases like type 2 diabetes, heart disease and some cancers.

Another big benefit of eating enough fruits and vegetables each day is that they help to replace foods that you might want to eat less of – for example foods high in saturated fats, added sugar and salt. The fibre in fruits and vegetables helps to fill you up, making them great for managing your weight.

So, which fruits and vegetables should I eat?

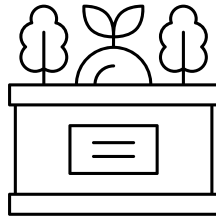
The simple answer to this is to eat the ones you like so you can reach the goal of 2-5 a day.

One of the most important benefits of fruits and vegetables are the amount of beneficial antioxidants and phytochemicals they contain. Antioxidants give fruits and vegetables their different colours so a handy way to make sure you're getting a good range of antioxidants and different health benefits is to choose those you like from each of the five different colour groups.

- Red fruits and vegetables such as tomatoes, strawberries and red capsicum.
- Purple and blue foods such as beetroot, blueberries and eggplant.
- Yellow and orange foods such as carrots, pumpkin, corn and lemons.
- Green foods including the Brassica group (broccoli, cabbage, and brussels sprouts), leafy greens such as Asian greens, spinach and lettuce.
- White and brown foods such as cauliflower, mushrooms, onions, brown pears and potatoes.

Herbs and spices are a great way of topping up the antioxidant content of your meals and help reduce the need for adding salt to flavour recipes. Great herbs and spices include parsley, garlic, cinnamon, basil, cumin and ginger.





~ *Common myths* ~ & *misunderstandings*

MYTH 1

My protein needs can't be met on a plant-based diet

Despite popular thought, plant-based diets including vegetarian and vegan diets can easily meet the recommended dietary intakes for protein. Plant and animal proteins are made up of 20 different amino acids (the building blocks of proteins), and your body can only make 11 of these. The remaining 9 amino acids need to come from your food.

It was once believed that you needed to combine certain wholegrains and plant proteins such as legumes or nuts with each meal to make sure you had the best amino acid mix, however, this is no longer the case. Your amino acid requirements can be easily met if you eat a variety of wholegrains, legumes, nuts, seeds, soy products and vegetables each day and enough calories/ kilojoules to maintain body weight.

DID YOU KNOW?

Legumes like chickpeas, kidney beans and soybeans (as well as their products like tofu, soy milk and tempeh) are great sources of protein and are easy to add to meals.

MYTH 2

Plant-based eaters are more likely to be iron deficient

Not true! There are two sources of iron found in food: haem iron and non-haem iron. Haem iron is only found in animal based foods and is more readily absorbed from food than non-haem iron from plant foods, mostly due to phytate (a plant seed compound that binds nutrients together and makes it difficult for the body to absorb minerals such as iron, calcium and zinc). For this reason, it was commonly thought that plant based eaters and vegetarians had a higher risk of iron deficiency.

But plant-based eaters are not at higher risk of developing iron deficiency if they have a diet rich in wholegrains, iron-fortified cereals, legumes, nuts, seeds, dried fruits, and green leafy veggies. Eating vitamin C rich fruits and veggies with your meals will also help to boost the non-haem iron absorption from plant foods, overcoming the phytate.

Non haem iron from plant foods is more readily absorbed when our body has need for more iron, whereas haem iron is absorbed whether we need it or not. Too much haem iron is a concern as it's linked to risk of some chronic diseases, such as diabetes.



DID YOU KNOW?

If you're over the age of 50, it may be beneficial to supplement your diet with B12. Why? Because your body's ability to absorb B12 decreases as you age. Vitamin B12 has also been identified as an important nutrient for preventing Alzheimer's.

MYTH 3

Plant-based eaters are more likely to be zinc deficient

Similar to iron, phytates in wholegrains, wheat bran and legumes can reduce the amount of zinc your body absorbs. However, with normal cooking, heating and processing such as leavening (yeast in breads), soaking, sprouting, or fermenting these foods you reduce the phytate level and increase your zinc absorption.

Many studies show that vegetarians do not have a higher risk of zinc deficiency than non-vegetarians, especially when a plant based diet containing a variety of cooked or sprouted legumes, tofu, tempeh, wholegrain breads and cereals, nuts and seeds, is consumed.

MYTH 4

Fish is the only source of omega-3

Omega-3 fats are typically found in oily fish and may reduce your risk of heart disease. Is there a way to get omega-3 without eating fish?

There are some valuable plant sources of omega-3 available, including freshly ground flaxseeds, whole chia and hemp seeds, and walnuts. These omega-3s convert to EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) in your body. This works best when you use olive and canola oils/margarines, instead of omega-6 oils such as sunflower and safflower oils/margarines.

To help boost your intake, add 1-2 tablespoons of ground flaxseeds or chia seeds to your cereal every morning.

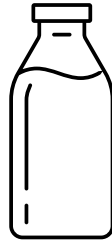
MYTH 5

Plant foods can provide your body with enough B12

The active form of B12 is naturally found only in animal based products including meat, chicken, fish, dairy and eggs. Mushrooms contain only trace amounts which are not enough to meet your needs, and some plant foods such as tempeh, miso, spirulina, chlorella and unfortified nutritional yeast contain only the inactive form, making them an unreliable source.

If you are vegan it is especially important to eat foods fortified with B12 and/or take a daily B12 supplement.





~ Dairy free ~ milks

There are several health benefits associated with eating a predominately plant-based diet, and dairy free milks are one way to get more plant-based foods into your diet. Dairy free milks are naturally low in saturated fat and contain no cholesterol or lactose.

We've got the lowdown on the most common types. Remember, try and pick a product that is fortified with calcium and vitamin B12, plus a source of protein where possible.

SOY MILK

Soy milk is the nutritional king of the alternative dairy aisle, according to a study by Canada's McGill University. Researchers identified soy milk as the closest to cow's milk in terms of overall nutrient balance and it also contained the most protein of all the milk alternatives. Researchers also noted that soy milk contains phytonutrients, known as isoflavones, that have been shown to have cancer-fighting properties. Isoflavones are highly protective against hormone-dependent cancers such as breast and prostate cancers.⁵

ALMOND MILK

Amongst consumers, almond milk is often one of the preferred alternatives to cow's milk due to its pleasant nutty taste, although it is unsuitable for those suffering with a tree nut allergy. Almond milk tends to be lower in kilojoules and protein than soy and dairy milk and is lower in saturated fat.

COCONUT MILK

Coconut milk has higher amounts of saturated fat compared to many other dairy free milks and is lower in calcium and protein, so use sparingly. Due to its tropical coconut flavour, it's a nice option for savoury dishes. Keep an eye on varieties with no added sugar.

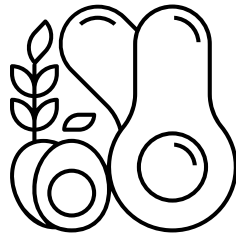
RICE MILK

Rice milk can be a great alternative for those with dairy, soy or nut allergies. It is low in saturated fat and often fortified with calcium, but it is generally lower in protein compared to soy milk. Rice milks also tend to have higher levels of natural sugars, in some cases double the amount in soy milk.

OAT MILK

Oat milk is a delicious milk alternative for people with intolerances and dietary restrictions, especially nut, soy or dairy allergies. Oat milk has been touted as one of the more sustainable plant-based milks. If you're buying oat milk look out for those that are low in sugar and fortified with calcium and B vitamins.





~ *Plant powered* ~ *protein*

Going vegetarian or simply cutting back on meat doesn't mean your diet will be lower in protein. Almost all plant foods contain this important nutrient.

As well as helping build muscle, protein is important for bone health, recovery from injury or surgery, keeping your appetite in check and healthy growth (especially for kids and teens). Plant protein also boasts big credentials particularly for heart health, cholesterol, and legumes in particular help you live longer. They are high in fibre, low in saturated fat and sodium, and cholesterol free. All are important credentials for heart health, but there's more benefits as well. Nutrition Research Australia has recently summarised the past 20 years of research on plant protein and health and examined some of the most common questions about plant protein.

Why is plant protein good for you?

Plant proteins are also a great source of protective phytochemicals and plant sterols. They are an important source of iron and zinc, fibre and nutrients such as calcium, potassium, magnesium and folate. As we mentioned, they are low in fat, particularly saturated fat and are cholesterol free.

Research tells us that eating plant proteins rather than animal protein lowers our risk of various chronic diseases like heart disease, diabetes and hypertension. So, there are lots of reasons to substitute plant protein for animal protein.

Which plant foods are higher in protein?

Legumes like chickpeas, kidney beans and soybeans (as well as their products like tofu, soy milk and tempeh) are great sources of protein and are easy to add to meals. A cup of

chickpeas has 12g of protein, and the star of plant proteins, soybeans, have a whopping 20g.

Nuts are often thought of as a great source of healthy fats, but it turns out they are a major source of plant protein too. Just a handful of nuts (a 30g serve) can provide up to 6 grams of protein.

Can I get all the protein I need from plants?

Contrary to popular myths, vegetarians typically eat enough or more protein than they need, as requirements are surprisingly small. Just 46g per day for an average woman, and 64g per day for an average man. That's 0.8g of protein per kilogram of body weight.

There are nine 'essential' amino acids that we need to get from protein foods as our body can't make them. It's often argued animal proteins are better because they contain all nine essential amino acids. But plant protein such as soy, quinoa and amaranth also contain all these essential amino acids. If a food contains all nine of the 'essential' amino acids, it is a complete protein.

Some believe for this reason that protein from plants is inferior and that it is necessary to combine various plant proteins to make them "complete". Fortunately, when we eat a variety of plant foods and enough calories to maintain our weight, we easily get the mix of amino acids we need.

The best sources of plant protein include legumes (beans, soybeans, lentils, chickpeas), soy foods (soy milk, soy sausages/burgers, tofu, tempeh), nuts and seeds. Wholegrains such as quinoa, amaranth and wheat are also good sources of protein.



Why are legumes healthy?

Legumes have a unique nutritional profile and they're:

- powered by protein, with one cup (150g) of cooked legumes or 170g of tofu (made from soy beans) providing a serve of protein, and make for a super cost-effective way to eat protein if you're on a budget.
- packed with nutrients including B vitamins, iron, zinc, calcium and magnesium.
- great for blood sugar control and weight loss as they have low GI (glycaemic index).
- full on for fibre which will help to fill you up, lower cholesterol, ease constipation and keep your gut healthy.
- packed with phytochemicals, which have important health protective benefits.
- gluten free which makes them a fantastic option for people with coeliac disease or gluten sensitivity.

~ Recipes ~

These delicious plant based recipes are dietitian approved, nutritious and fuss-free to make.



**Dietitian
approved**



**Good for
your gut**



**Heart
healthy**



Vegetarian

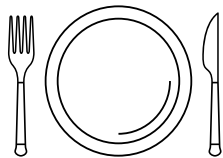


**Diabetes
friendly**



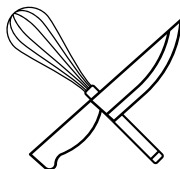


~ Sweet potato & pearl barley risotto ~



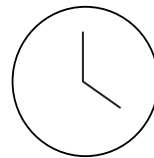
SERVES

4



PREP

10



TIME

30



INGREDIENTS

2 tsp oil
2 cups sweet potato, cubed
1 tbsp oil, extra
1 leek, sliced
Few sprigs thyme, removed from stem
1 litre reduced salt vegetable stock
2 cups pearl barley, rinsed
1 cup reduced salt vegetable stock, extra
¼ cup parmesan, finely grated
2 cups baby spinach leaves
1 tbsp pepita seeds

INSTRUCTIONS

1. Toss cubed sweet potato with oil and place on a baking tray. Bake in a hot oven, 200°C, for 20 minutes or until golden.
2. Heat extra oil in a cast iron pot and sauté leek and thyme until leek is tender.
3. Add stock and bring mixture to the boil.
4. Stir through pearl barley and bring mixture back to the boil, then reduce heat and simmer with lid on for 20 minutes, stirring occasionally.
5. Remove lid and add extra hot stock and simmer for remaining 10 minutes with lid off.
6. When pearl barley is cooked, fold through roasted sweet potato, parmesan and baby spinach leaves. Sprinkle with pepitas.

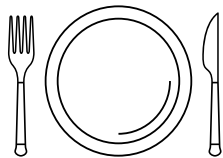
Nutrition Information (per serve): Energy (2118kJ, 506 calories), Protein (14.7g), Fat (13.8g), Saturated Fat (0.6g), Carbohydrate (72.7g), Sugars (6.9g), Fibre (15.5g), Sodium (947mg), Potassium (728mg), Calcium (151mg), Iron (4.0mg).



DID YOU KNOW?

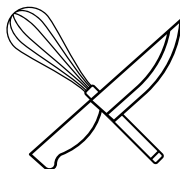
Legumes also have some unique qualities that make them great for sustainable agriculture. They release fewer greenhouse gases than other crops and they help isolate carbon in the soil.

~ *Minestrone soup* ~



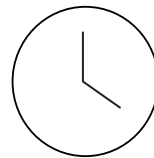
SERVES

4



PREP

15



TIME

30



INGREDIENTS

1 tbsp oil
1 medium onion, finely sliced
1 green capsicum, chopped
140g carton tomato paste,
no added salt
1 tsp Italian herbs
4 cups water
10g vegetable stock cube,
crumbled or 2 tsp stock
powder
½ cup small pasta shells
440g frozen mixed vegetables
310g can butter beans,
drained

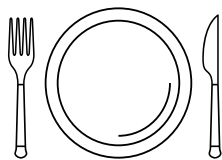
INSTRUCTIONS

1. Heat the oil in a large saucepan and sauté onion until soft. Add the remaining ingredients, except butter beans.
2. Bring to the boil, then reduce heat and simmer for 15 minutes, or until the pasta is cooked.
3. Add butter beans and heat through.

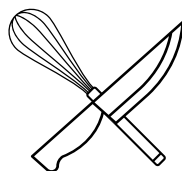
Nutrition Information (per serve): Energy (921kJ, 220 calories), Protein (10g), Fat (6.0g), Saturated Fat (0.4g), Carbohydrate (27g), Sugars (12g), Fibre (9.8g), Sodium (306mg), Potassium (960mg), Calcium (71mg), Iron (2.3mg).



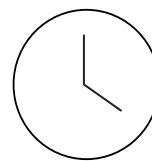
~ Creamy pumpkin fettucine ~



SERVES
4



PREP
25



TIME
40



INGREDIENTS

800g pumpkin, peeled and de-seeded

2 large cloves garlic, unpeeled

1 tbsp olive oil

1 1/2 cups So Good™ Oat No Added Sugar

4 tbsp nutritional yeast

2 tsp vegetable stock powder

1 1/2 tsp dried sage

1/2 tsp ground paprika

250g dried fettucine

2 handfuls fresh basil, roughly chopped

CRUNCHY BREADCRUMB TOPPING

3 pieces bread (approximately 100g)

2 cloves garlic, peeled

2 tbsp olive oil

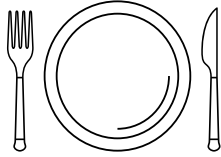
INSTRUCTIONS

1. Preheat oven to 210°C fan bake and line a large oven tray with baking paper.
2. Dice pumpkin into 1-2cm cubes and arrange on prepared tray. Add garlic cloves in the middle of the tray. Drizzle with oil and season with salt and pepper. Bake for 25-30 minutes, until browned around the edges.
3. Meanwhile, make the breadcrumb topping. Use a food processor or blender to turn bread into breadcrumbs. Crush garlic. Heat oil in a large frying pan on medium high. Add breadcrumbs, garlic and a little salt. Cook, stirring occasionally, until golden brown and crisp (about 5 minutes). Transfer to a plate.
4. Add approximately two thirds of the cooked pumpkin to the food processor or blender. Squeeze garlic out of the skin and add to processor or blender with the oat milk, nutritional yeast, stock powder, sage and paprika. Blend until smooth and creamy.
5. Bring a large saucepan of water to the boil and cook fettucine for 10 minutes, stirring occasionally, until al dente.
6. While fettucine cooks, transfer sauce to the frying pan used to cook the breadcrumbs. Heat on medium, stirring frequently, until sauce is hot and has thickened a little. Season to taste with salt and pepper.
7. Reserve 1/2 cup of the pasta cooking water, then drain fettucine and toss through the sauce together with the remaining cooked pumpkin and some of the pasta water.
8. Divide between warmed serving bowls and top with basil and breadcrumbs. Serve immediately.

Nutrition Information (per serve): Energy (1940kJ, 463 calories), Protein (7.0g), Fat (16g), Saturated Fat (3.0g), Carbohydrate (69g), Sugars (7.0g), Fibre (4.6g), Sodium (262mg), Potassium (382mg), Calcium (174mg), Iron (1.9mg).

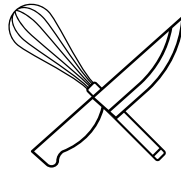


~ Cauliflower & edamame dhal ~



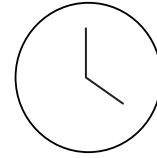
SERVES

6



PREP

10



TIME

20



INGREDIENTS

1 tbsp oil
1 medium onion, chopped
2 cloves garlic, crushed
2 tbsp madras curry paste
2 tbsp no added salt tomato paste
1 ½ cup dried red lentils, rinsed and drained
2 carrots, chopped
750g cauliflower, cut into small florets
1 litre reduced salt vegetable stock
1 ½ cups frozen edamame (soybeans)

INSTRUCTIONS

1. Heat oil in a saucepan and sauté onion and garlic until onion is soft.
2. Stir through curry paste and cook for 1 minute.
3. Add tomato paste, lentils, carrot, cauliflower and stock.
4. Bring mixture to boil then reduce heat and simmer for 15-20 minutes or until lentils are soft.
5. Add edamame and heat for 2 minutes or until cooked.
6. Can be served with cooked brown rice or naan bread.

Nutrition Information (per serve): Energy (1271kJ, 303 calories), Protein (18.5g), Fat (5.6g), Saturated Fat (0.6g), Carbohydrate (37.5g), Sugars (1.0g), Fibre (12.3g), Sodium (698mg), Potassium (1120mg), Calcium (76mg), Iron (4.7mg).

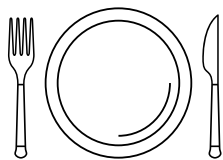


DID YOU KNOW?

Studies have linked eating soy foods, like tofu, soy milk and miso, with increased protection from breast cancer.

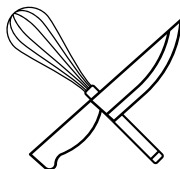
Eating more soy foods has also been shown to help with lowering blood pressure, cholesterol levels, and risk of heart disease.

~ Spinach & tofu filled shells ~



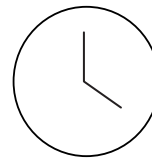
SERVES

4



PREP

20



TIME

30



INGREDIENTS

12 jumbo pasta shells
1 tbsp oil
1 small brown onion, diced
2 garlic cloves, minced
2 shallots, finely sliced
1/4 tsp ground nutmeg
1/2 tsp salt
300g baby spinach leaves
300g silken tofu, drained
2 tbsp nutritional yeast
700g bottle passata sauce
1/4 cup pine nuts

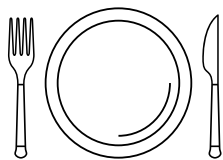
INSTRUCTIONS

1. Bring water to boil in a large pot and add pasta shells. Cook until al dente, drain and cool in cold water.
2. Heat oil in frypan add onion, garlic and shallots and sauté until soft.
3. Add nutmeg, salt and spinach. Sauté until spinach is wilted. Remove from heat.
4. In food processor, process tofu until smooth.
5. Combine spinach mixture, tofu and nutritional yeast. Stir until well combined.
6. Pour enough passata into the base of a pie dish to cover the bottom.
7. Spoon filling into pasta shells and place shells into dish.
8. Pour remaining sauce over shells. Sprinkle with pine nuts.
9. Bake in a moderate oven, 180°C, for 30 minutes. Serve with a green salad.

Nutrition Information (per serve): Energy (2085kJ, 498 calories), Protein (20.7g), Fat (19g), Saturated Fat (2.0g), Carbohydrate (55g), Sugars (13g), Fibre (13.7g), Sodium (341mg), Potassium (1487mg), Calcium (128mg), Iron (6.7mg).

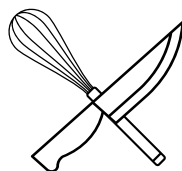


~ Hokkien noodles stirfry ~



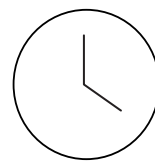
SERVES

4



PREP

10



TIME

15



INGREDIENTS

1 packet Vegie Delights™ Savoury Mince
1 tbsp vegetable oil
4 cloves garlic, peeled and finely chopped
1 tsp ginger, grated
1 1/2 tbsp maple syrup or raw sugar
1/2 cup (125ml) vegetable stock
4 carrots, sliced into sticks
1 bunch choy sum or asian greens
300g mushrooms, finely sliced
150g shiitake mushrooms, finely sliced
2 zucchini, sliced into sticks
500g Hokkien noodles
2 tbsp soy sauce or tamari
Chilli flakes to taste
1/2 bunch coriander, leaves picked, stalks finely chopped
2 Asian shallots

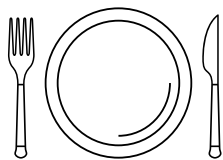
INSTRUCTIONS

1. Cook Vegie Delights™ Savoury Vegie Mince as per cooking instructions on pack and set aside.
2. Heat a large wok on medium to high heat, add coconut oil, garlic and ginger and cook for 3 minutes.
3. Add coriander stalks, maple or raw sugar and stock and melt the sugar in, then add carrots, choy sum, mushrooms, shiitake mushrooms and zucchini and cook, tossing frequently for 5-6 minutes.
4. Add Hokkien noodles, soy sauce and chilli flakes if desired and cook a further 3-4 minutes.
5. Add Vegie Delights™ Savoury Vegie Mince to mixture and divide between 4 bowls, top with coriander leaves, Asian shallots and serve.

Nutrition Information (per serve): Energy (1679 kJ, 400 calories), Protein (25g), Fat (7.0g), Saturated Fat (5.0g), Carbohydrate (56g), Sugars (16g), Fibre (17g), Sodium (860mg), Potassium (1200mg), Calcium (114mg), Iron (8.4mg).

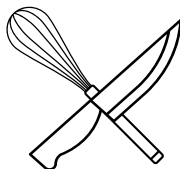


~ Spring vegetable pie ~



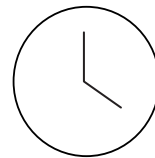
SERVES

4



PREP

10



TIME

20



INGREDIENTS

1 carrot, peeled and grated

1 zucchini, grated

330g can corn kernels,
drained

handful of baby spinach
leaves

¼ red capsicum, finely
chopped

1 medium onion, finely
chopped

3 tsp oil

3 eggs, beaten

1 tsp sweet chilli sauce
(optional)

¾ cup (100g) self-raising
flour

50g edam cheese, grated

Salt and pepper to season

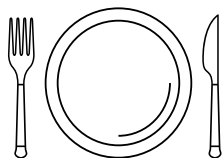
INSTRUCTIONS

1. Preheat oven to 200°C and grease a 25cm flan/quiche dish.
2. Place vegetables, oil, eggs and sweet chilli into a bowl and combine. Add flour, but do not over mix. Add salt and pepper to taste.
3. Place into prepared dish, sprinkle with grated cheese and bake in oven for 15 to 20 minutes or until golden brown.

Nutrition Information (per serve): Energy (1390kJ, 332 calories), Protein (15g), Fat (11g), Saturated Fat (3.0g), Carbohydrate (39g), Sugars (9.0g), Sodium (550mg), Potassium (530mg), Calcium (167mg), Iron (1.9mg).

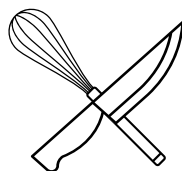


~ Butter beans with rocket ~



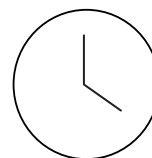
SERVES

6



PREP

10



TIME

15



INGREDIENTS

- 1 tbsp olive oil
- 1 large red onion, halved and cut into thin wedges
- 3 garlic cloves, thinly sliced
- 690g jar tomato passata sauce
- 4 vine-ripened tomatoes, peeled, chopped and seeds removed
- 2 x 400g cans butter beans, rinsed and drained
- 1/2 cup flat-leaf parsley, chopped
- 2 tbsp oregano leaves, chopped
- 50g wild rocket leaves
- 1/3 cup pecorino, parmesan or feta cheese, finely grated

-GRILLED GARLIC BREAD-

- 6 slices crusty wholegrain bread
- olive oil
- 2 garlic cloves, crushed

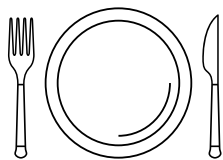
INSTRUCTIONS

1. Heat oil in a large deep saucepan over medium heat. Add red onion and garlic. Cook, stirring often, for 3-4 minutes until tender. Add passata sauce, tomatoes, beans and herbs. Cover and gently bring to the boil. Season to taste.
2. Just before serving toss through rocket. Sprinkle with cheese.
3. To make garlic bread, combine the oil with crushed garlic, then spread evenly over the wholemeal bread. Cook under a medium grill until golden.
4. Serve beans with grilled garlic bread, or rice.

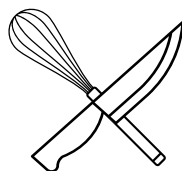
Nutrition Information (per serve): Energy (1140kJ, 290 calories), Protein (11g), Fat (8.0g), Saturated Fat (2.0g), Carbohydrate (36g), Sugars (14g), Sodium (840mg), Potassium (190mg), Calcium (165mg), Iron (3.7mg).



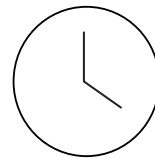
~ Rainbow veggie slice ~



SERVES
12



PREP
5



TIME
35



INGREDIENTS

6 large eggs

1/2 cup milk, or So Good Soy
or Almond Milk

Salt and pepper

3 cups stir-fry vegetables,
chopped (e.g. carrot,
capsicum, broccoli, corn,
zucchini, green beans,
cauliflower).

3/4 cup grated Edam cheese

4 Weet-Bix™ wheat biscuits,
crushed

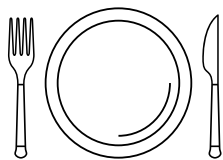
INSTRUCTIONS

1. Preheat oven to 180°C (350°F). Lightly oil a rectangle (23 x 33 cm) baking dish.
2. Whisk together eggs, milk, and a pinch of salt and pepper. Stir through vegetables. Fold in cheese and crushed Weet-Bix™ wheat biscuits.
3. Pour batter into prepared pan and smooth top. Bake 35 - 40 minutes until golden and cooked through.
4. Cool in pan, cut into 12 pieces.

Nutrition Information (per serve): Energy (550kJ, 131 calories), Protein (10g), Fat (7.0g), Saturated Fat (3.0g), Carbohydrate (8.0g), Sugars (2.0g), Fibre (2.8g), Sodium (179mg), Potassium (141mg), Calcium (178mg), Iron (1.4mg).

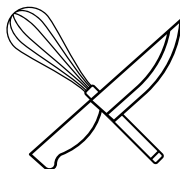


~ Nourish bowl ~



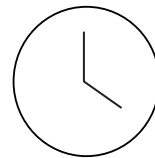
SERVES

1



PREP

15



TIME

15



INGREDIENTS

Grains (½ cup cooked per bowl)

- Barley
- Quinoa
- Brown rice
- Couscous

Protein (1 egg or 1 cup per bowl)

- Legumes (e.g. chickpeas, black beans, lentils)
- Tofu, sliced
- Egg
- Tempeh

Vegetables (2-3 cups per bowl)

- Roasted (sweet potato, beetroot)
- Raw (salad greens, carrot, zucchini, tomato, snowpeas, fresh herbs)
- Pickled (sauerkraut)
- Steamed (broccolini, corn)

Healthy fat (topping)

- 1/2 small avocado
- Sprinkle of nuts and seeds (e.g. chia seeds, sesame seeds, pinenuts)
- Drizzle of tahini, hummus, olive oil and lemon juice

INSTRUCTIONS

1. To assemble each bowl, place ½ cup of chosen grain in a bowl.
2. Place protein of choice over grain.
3. Arrange a mixture of roasted, raw and pickled vegetables around the bowl.
4. Top with avocado and sprinkling of nuts and seeds.

Nutrition Information (per serve): Energy (2297kJ, 549 calories), Protein (18.0g), Fat (25.2g), Saturated Fat (5.0g), Carbohydrate (55.3g), Sugars (11.1g), Fibre (14.0g), Sodium (212mg), Potassium (1065mg), Calcium (170mg), Iron (4.0mg).



~ *Build a balanced* ~ *vegetarian meal*

Nourish bowls, also known as Buddha bowls or abundance bowls, are so much more than a salad. These popular meals give you a bounty of plant foods in one dish.

It's a great healthy choice when eating out, but what's even better, is that nourish bowls are quick and easy to make at home too.

Perfect for using up leftovers and whatever veggies you have in your fridge — you just need to build a good balance of protein, wholegrains, salad greens, other vegetables and healthy fats.

Once you've got the basics, you can power up your nourish bowl with some smart nutrition pairings. Some foods work better in pairs helping your body unlock and more easily access vitamins and minerals.

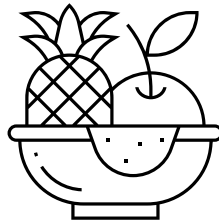
Here are a few delicious combinations to try:

- When you pair sweet potato (a source of vitamin C) with spinach (a source of iron) it can help improve your iron absorption.
- Pairing a healthy fat with some vegetables helps with your vitamin absorption. Carrots contain vitamin A, while asparagus is rich in vitamins E and K. These vitamins are fat-soluble so when consumed with good fats like those in avocado, nuts and seeds, it is easier for your body to absorb these vitamins.
- Mushrooms, kale and haloumi make excellent bowl ingredients and they also bring out the best nutritional qualities in each other. Mushrooms are rich in vitamin D while kale and haloumi are rich in calcium, both of which help to build strong bones and healthy teeth.

The final tip for building a better bowl is that while your bowl doesn't need to be Instagram worthy, we do eat with our eyes and research has suggested that eating delicious looking food can leave you feeling more satisfied. So why not give our Nourish bowl recipe a try?

Notes

- Page 4 – 1 King T, Weber, J. Hungry for plant-based: Australian consumer insights. Brisbane: Colmar Brunton; 2019. Available from: <https://www.foodfrontier.org/reports>. Highlights report jointly published by Colmar Brunton, Food Frontier and Life Health Foods.
- Page 4 – 2 Ridoutt B, Baird D, Hendrie GA. Diets within Environmental Limits: The Climate Impact of Current and Recommended Australian Diets. *Nutrients*. 2021; 13(4):1122. <https://doi.org/10.3390/nu13041122>
- Page 4 – 3 Ritchie, H, Roser, M. Environmental impacts of food production. 2020. Available from: <https://ourworldindata.org/environmental-impacts-of-food>
- Page 6 – 4 National Health and Medical Research Council. Australian Dietary Guidelines. Canberra: Commonwealth of Australia, 2013.
- Page 11 – 5 Kranthi Vanga, S and Raghavan, V. "How well do plant based alternatives fare nutritionally compared to cow's milk?" *Journal of Food Science and Technology*. 2018; 55: 10–20.



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