THE BALANCED PLATE
VEGAN - DAY BY DAY

FRUIT
2 PORTIONS

CEREALS & STARCHY CARBOHYDRATES
3 PORTIONS

VEGETABLES
3 PORTIONS

SOURCES OF PLANT-BASED PROTEIN
3 PORTIONS

SWEETS, SALTY SNACKS & ALCOHOLIC DRINKS
MAX 1 PORTION

NUTS, ETC.
5-6 TBSP OF NUTS, AND/OR SEEDS

OILS & FATS
1-2 TBSP OF HIGH QUALITY VEGETABLE OIL

UNSWEETENED DRINKS, 1-2 LITERS

5-6 TBSP OF NUTS, AND/OR SEEDS

OILS & FATS
1-2 TBSP OF HIGH QUALITY VEGETABLE OIL

UNSWEETENED DRINKS, 1-2 LITERS
## Portion Sizes

### Daily Recommended Amount

<table>
<thead>
<tr>
<th>Category</th>
<th>1 Portion</th>
<th>1 Portion Corresponds To</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unsweetened Drinks</td>
<td>1 glass of water (~2.5 DL)</td>
<td>1-2 liters</td>
</tr>
<tr>
<td>Fruit and Vegetables</td>
<td>min 120 g vegetables, salad, fruit - raw or cooked</td>
<td>3 portions of vegetables</td>
</tr>
<tr>
<td>Cereals &amp; Starchy Carbohydrates</td>
<td>75 - 125 g bread</td>
<td>3 portions</td>
</tr>
<tr>
<td>Primary Protein Sources</td>
<td>60 - 100 g pulses (lentils, beans, ...)</td>
<td>3 portions</td>
</tr>
<tr>
<td>Oils &amp; Fats</td>
<td>1 - 2 tbsp high quality vegetable oil</td>
<td>About 2 portions</td>
</tr>
<tr>
<td>Sweets, Salty Snacks &amp; Alcoholic Drinks</td>
<td>25 g non-milk chocolate (1 row, 1 small bar, ...)</td>
<td>Max 1 portion</td>
</tr>
</tbody>
</table>

### To Remember:

- Choose mineral waters high in calcium (> 300 mg/L)
- For optimal iron absorption, avoid coffee/black tea/green tea during or right after your meals
- Prefer vegetables and fruit rich in vit C and from diverse colours at every meal (for example: pepper, broccoli, berries, citrus fruits, kiwi, etc.)
- To optimize your calcium intake, eat green vegetables every day (for example: broccoli, Swiss chard, green cabbage, arugula, etc.)
- To increase your fibre and iron intake, choose whole grains
- Moreover, whole grains have a higher protein content than refined grains, which helps contribute to daily protein intake
- To make sure you have a balanced amino acid intake, combine different sources of plant-based protein
- To ensure a balanced plant-based diet it is recommended to consult a registered dietitian.
- In addition to vit B12, other nutrients can be critical (protein, calcium, iron, zinc, iodine, omega-3, vit B2, selenium, vit D), in particular amongst groups with specific dietary needs (e.g. pregnant and lactating women, children, teenagers, elderly, etc.)
- To use in cold preparations: prefer oils rich in omega-3 (colza oil, nut oil, hemp seed oil, flax seed oil, camelina oil)
- To cook: prefer olive oil, or colza and sunflower oil with high oleic acid content (HOLL)
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*Uncooked**

**Fortified with calcium and ideally vit D**

The portion sizes recommended in this booklet are for an average adult in good health. They vary depending on individual energy requirements, which in turn depends on factors such as age, gender, height and physical activity.

A publication from Nestlé in Switzerland 2020.