

# THE BALANCED PLATE

## VEGAN - DAY BY DAY

SWEETS, SALTY SNACKS  
& ALCOHOLIC DRINKS  
MAX 1 PORTION

UNSWEETENED DRINKS, 1-2 LITERS

2 PORTIONS

FRUIT

3 PORTIONS

VEGETABLES

CEREALS & STARCHY CARBOHYDRATES

3 PORTIONS

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

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

SOURCES OF PLANT-BASED PROTEIN

3 PORTIONS





# PORTION SIZES

DAILY RECOMMENDED AMOUNT:	1 PORTION CORRESPONDS TO:	TO REMEMBER:
<b>UNSWEETENED DRINKS</b> 1-2 LITERS  1 PORTION	1 GLASS OF WATER (~2.5 DL) 1 CUP OF TEA (~2 DL) 1 CUP OF COFFEE (~1 DL)	<ul style="list-style-type: none"> <li>• CHOOSE MINERAL WATERS HIGH IN CALCIUM (&gt; 300 MG/L)</li> <li>• FOR OPTIMAL IRON ABSORPTION, AVOID COFFEE/BLACK TEA/GREEN TEA DURING OR RIGHT AFTER YOUR MEALS</li> </ul>
<b>FRUIT AND VEGETABLES</b> 3 PORTIONS OF VEGETABLES 2 PORTIONS OF FRUIT  1 PORTION	MIN 120 G VEGETABLES, SALAD, FRUIT - RAW OR COOKED <b>EXAMPLES:</b> 2 MEDIUM-SIZED CARROTS 6 CHERRY TOMATOES 1 MEDIUM-SIZED APPLE 4 PLUMS	<ul style="list-style-type: none"> <li>• PREFER VEGETABLES AND FRUIT RICH IN VIT C AND FROM DIVERSE COLOURS AT EVERY MEAL (FOR EXAMPLE: PEPPER, BROCCOLI, BERRIES, CITRUS FRUITS, KIWI, ETC.)</li> <li>• TO OPTIMIZE YOUR CALCIUM INTAKE, EAT GREEN VEGETABLES EVERY DAY (FOR EXAMPLE: BROCCOLI, SWISS CHARD, GREEN CABBAGE, ARUGULA, ETC.)</li> </ul>
<b>CEREALS &amp; STARCHY CARBOHYDRATES</b> 3 PORTIONS  1 PORTION	75 - 125 G BREAD 45 - 75 G* PASTA, RICE, POLENTA, QUINOA, BULGUR ... 180 - 300 G POTATOES 45 - 75 G CEREALS FLAKES, BREAKFAST CEREALS ...	<ul style="list-style-type: none"> <li>• TO INCREASE YOUR FIBRE AND IRON INTAKE, CHOOSE WHOLE GRAINS</li> <li>• MOREOVER, WHOLE GRAINS HAVE A HIGHER PROTEIN CONTENT THAN REFINED GRAINS, WHICH HELPS CONTRIBUTE TO DAILY PROTEIN INTAKE</li> </ul>
<b>PRIMARY PROTEIN SOURCES</b> 3 PORTIONS  1 PORTION	60 - 100 G PULSES (LENTILS, BEANS, ...) 100 - 120 G TOFU, SEITAN, TEMPEH, PLANT-BASED MEAT ALTERNATIVES 40 - 50 G* TEXTURIZED VEGETABLE PROTEIN 2 DL PLANT-BASED DRINKS** 150 - 200 G PLANT-BASED YOGHURT** 5 - 6 TBSP NUTS AND/OR SEEDS	<ul style="list-style-type: none"> <li>• TO MAKE SURE YOU HAVE A BALANCED AMINO ACID INTAKE, COMBINE DIFFERENT SOURCES OF PLANT-BASED PROTEIN</li> <li>• CONSUME PULSES AND BEANS SEVERAL TIMES PER WEEK, AS THEY ARE A SOURCE OF IRON</li> <li>• WHEN YOU CHOOSE A PLANT-BASED DRINK TO REPLACE DAIRY, MAKE SURE THAT THE CONTENT IN PROTEIN IS SIMILAR TO THAT OF MILK (ABOUT 3 G PER 100 ML)</li> </ul>
<b>OILS &amp; FATS</b> ABOUT 2 PORTIONS  1 PORTION	1 - 2 TBSP HIGH QUALITY VEGETABLE OIL TO SPREAD: MAX 1 TBSP MARGARINE	<ul style="list-style-type: none"> <li>• <b>TO USE IN COLD PREPARATIONS:</b> PREFER OILS RICH IN OMEGA -3 (COLZA OIL, NUT OIL, HEMP SEED OIL, FLAX SEED OIL, GEMELINA OIL)</li> <li>• <b>TO COOK:</b> PREFER OLIVE OIL, OR COLZA AND SUNFLOWER OIL WITH HIGH OLEIC ACID CONTENT (HOLL)</li> </ul>
<b>SWEETS, SALTY SNACKS &amp; ALCOHOLIC DRINKS</b> MAX 1 PORTION  1 PORTION	25 G NON-MILK CHOCOLATE (1 ROW, 1 SMALL BAR, ...) 2.5 DL SWEETENED DRINKS 20 - 30 G SALTY SNACKS 2 - 3 BISCUITS 50 G CAKE / PLANT-BASED ICE CREAM (1 SCOOP) <b>ALCOHOLIC DRINKS:</b> ♀ 1 STANDARD GLASS / ♂ 2 STANDARD GLASSES (1 DL WINE, 2 - 3 DL BEER, 1 CL SPIRITS)	<ul style="list-style-type: none"> <li>! VIT B12 IS NOT FOUND IN SUFFICIENT QUANTITY IN PLANT-BASED FOODS. THEREFORE, IT MUST BE OBTAINED THROUGH SUPPLEMENTS OR FORTIFIED FOODS</li> <li>! 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.)</li> <li>! TO ENSURE A BALANCED PLANT-BASED DIET IT IS RECOMMENDED TO CONSULT A REGISTERED DIETITIAN.</li> </ul>

\*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.  
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