



**HUMANE SOCIETY
INTERNATIONAL**

FORWARD FOOD

CREATING HEALTHY, SUSTAINABLE MENU OPTIONS

Taste and Nutrition

Sean Mackenney, Jenny Chandler & Dr. Shireen Kassam

What is Forward Food?

A campaign to **encourage and enable the catering industry** to shift the focus of menus away from meals centered primarily on animal products and put **more plant-based** meals on plates

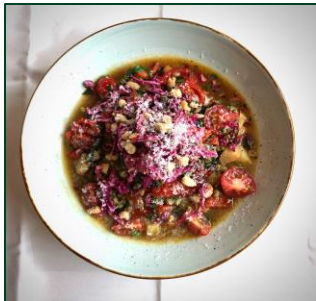


Forward Food is all about putting more plants on plates!



What do we offer?

- **Plant based culinary workshops** and ongoing support with implementation, we can also provide advanced workshops for those looking to go further with their plant-based journeys
- **GHG assessments** to see the impact of your menu to inform sustainability plans, targets and monitoring
- **Menu planning and plant-based marketing** to help you create delicious meals and position them successfully





Helping you eat a healthy, balanced plant-based diet

The Plant-Based Eatwell Guide

This is a plant-based adaptation of Public Health England's Eatwell guide (2016). It aims to help you transition to a healthy and sustainable diet. It shows food groups in the proportions that they should contribute to the overall diet.

Check the label on packaged foods

Each serving (150g) contains

Energy 1044kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sodium 34g	Salt 0.9g
13%	4%	7%	30%	15%
	LOW	LOW	HIGH	MED

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

Vitamin B12



Choose a reliable source of Vit. B12

Herbs, spices and fermented foods



Adds flavour and provides antioxidants and probiotics and are often anti-inflammatory

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



Eat at least 5 portions of a variety of fruit and vegetables every day
Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Plant-based dairy alternatives
Choose unsweetened, calcium and vitamin D fortified versions
Choose unsaturated oils and use in small amounts

Beans, pulses, nuts, seeds and plant protein
Eat beans, peas and lentils, include one tbsp of ground flaxseed or chia seeds for essential omega-3 fats. Eat less substitute meat



6-8 a day
Water, plant-milks and drinks without sugar including tea and coffee all count
Limit fruit juice and/or smoothies to a total of 150ml a day.



Unhealthy products
Salt, sugar and fat
Eat less often and only small amounts





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Let's put more plants on plates!

smackenney@hsi.org