



Salmon

Essential fat

Salmon is one of the richest sources of omega 3 oils, which help your heart and brain stay healthy.



Amount of saturated fat



Environmental impact

Did you know salmon feed is made from other fish? This feeding practice is currently unsustainable.



Fats are an essential part of a balanced, healthy diet. They are a source of slow-release energy, and help us to absorb some vitamins.



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Brazil Nuts

Essential fat

Brazil nuts are high in fat but can be a healthy source of mono and polyunsaturated fats if eaten as part of a balanced diet.



Amount of saturated fat



Environmental impact

Brazil nuts are grown in the Amazon rainforest, picked by hand in a natural, healthy environment.



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Vanilla Ice Cream

Essential fat



Amount of saturated fat

Ice cream is high in saturated fats and has low levels of good fats therefore should only be an occasional treat!



Environmental impact

Making ice cream from milk causes lots of greenhouse gases to be released, which are shown to be changing the climate of our planet.



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Avocado

Essential fat

The majority of the fats present are monounsaturated (good) fats, which account for approximately 70% of the fats in avocados.



Amount of saturated fat



Environmental impact

Avocado trees absorb approximately 2.6 tonnes of carbon dioxide per year. That's the same amount produced by driving a car 26,000 miles!



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Cheese

Essential fat



Amount of saturated fat

Whilst cheese is a good source of protein and calcium, most of the fat is saturated so should be eaten in moderation or low fat options selected.



Environmental impact

In the UK we throw away the equivalent of three million slices of cheese every day!



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Eggs

Amount of essential fatty acids



Amount of saturated fat

Eggs are best eaten boiled, poached or scrambled as frying them adds extra fat.



Environmental impact

Waste from hen houses mix with rain water and run in to bodies of water, damaging the water quality and harming wildlife.



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Olive Oil

Essential fat



Amount of saturated fat

Olive oil is nearly 100% fat, but we only eat it in small amounts. It provides a good source of unsaturated (good) fats.



Environmental Impact

Producing olive oil creates a lot of waste water that has to be cleaned before being put back into farmland.



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Banana

Essential fat



Amount of saturated fat



Environmental Impact

Bananas have a low carbon footprint compared to most fruits; they are grown in natural sunlight, transported by boats and often are not packaged in the shops.



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Meat Topped Pizza

Essential fat



Amount of saturated fat

An average sized portion of pizza contains around 560 calories, which are a measure of energy. Try eating smaller portions of pizza and filling up on a tasty side salad.



Environmental Impact

Rearing the animals to make meat for our pizzas emits high levels of greenhouse gases. Cooking and storing pizza also uses lots of energy.



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Grilled Back Bacon

Essential fat



Amount of saturated fat

Bacon is best only eaten as an occasional treat as it is high in fat.



Environmental Impact

Pig manure contains lots of nitrogen and phosphorous, which can damage water and soil. Farmers now know how to reduce damage by storing the manure properly.



Fats are an essential part of a balanced, healthy diet. They are a source of slow-release energy, and help us to absorb some vitamins.



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Orange Juice

Amount of sugar



Dietary fibre score



Environmental Impact

A glass of orange juice can use up to two glasses of diesel in terms of transportation energy!




Carbohydrates provide our bodies with energy.



Vanilla Ice Cream

Amount of sugar 

Dietary fibre score 

Environmental Impact
Making ice cream from milk causes lots of greenhouse gases to be released, which are shown to be changing the climate of our planet. 


Carbohydrates provide our bodies with energy.



Potatoes

Amount of sugar 

Dietary fibre score 

Environmental Impact
Potato crops in the UK use less water per hectare than both wheat and barley. 

Carbohydrates provide our bodies with energy.



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Whole Wheat Pasta

Amount of sugar 

Dietary fibre score 

Environmental Impact
The main impact of pasta on the environment is due to the fertiliser and water input needed to grow the crops. 

Carbohydrates provide our bodies with energy.



Banana

Amount of sugar

The sugars sucrose, fructose and glucose are naturally present in bananas and do not count as part of your free sugars intake.



Dietary fibre score



Environmental Impact

Bananas have a low carbon footprint compared to most fruits; they are grown in natural sunlight, transported by boats and often are not packaged in the shops.



Carbohydrates provide our bodies with energy.



Brown Rice

Amount of sugar



Dietary fibre score



Environmental Impact

Rice cultivation on wetland rice fields is thought to use almost a third of the Earth's fresh water!



Carbohydrates provide our bodies with energy.



Baked Beans in Tomato Sauce

Amount of sugar

Some varieties can however have lots of free sugars added, so make sure you check the label!



Dietary fibre score



Environmental Impact

Producing the cans to store baked beans, and cooking the beans themselves, releases greenhouse gases into the environment.




Carbohydrates provide our bodies with energy.



Smoked Mackerel

Amount of sugar 

Dietary fibre score 

Environmental Impact 
Mackerel is on the Marine Conservation Society's list of 'fish you should eat'. Catches of mackerel have been increasing since 2005 and have been around 900,000 since 2010.

Carbohydrates provide our bodies with energy.



Apple

Amount of sugar

The sugars fructose, sucrose and glucose are naturally present in apples and do not count as part of your free sugars intake.



Dietary fibre score



Environmental Impact

The loss of apple orchards in the UK means we now import fruit from overseas. This has increased greenhouse gas emissions from transporting, storing and packaging apples.



Carbohydrates provide our bodies with energy.



Brazil Nuts

Amount of sugar



Dietary fibre score

Brazil nuts have more carbohydrate per 100 grams than potatoes, and are a good source of protein and vitamin E.



Environmental Impact

Brazil nuts are grown in the Amazon rainforest, picked by hand in a natural, healthy environment.



Carbohydrates provide our bodies with energy.



Tomatoes

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

In Europe, tomato growers rely heavily on pesticides to protect their crops from disease.



Vitamins and minerals are known as ‘micro-nutrients’ because we only need them in very small amounts.



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Brazil Nuts

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

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Spinach

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

Spinach growers often use large amounts of pesticides on their crops.



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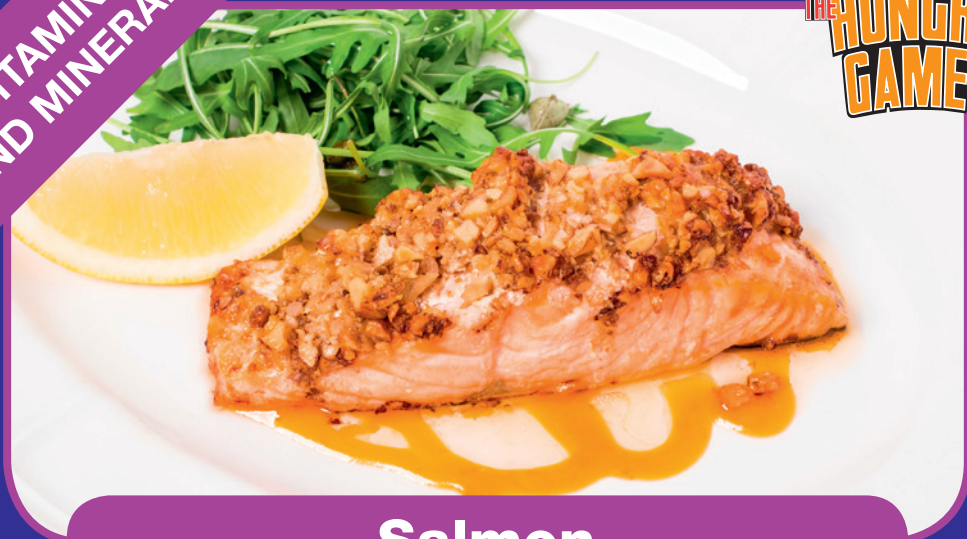
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Salmon

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

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Eggs

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

Waste from hen houses mix with rain water and run in to bodies of water, damaging the water quality and harming wildlife.



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Avocado

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

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Quinoa

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

The increasing demand for quinoa is leading to older forms of sustainable farming being lost, and is putting pressure on soil fertility.



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Brown Rice

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

Rice cultivation on wetland rice fields is thought to use almost a third of the Earth's fresh water!



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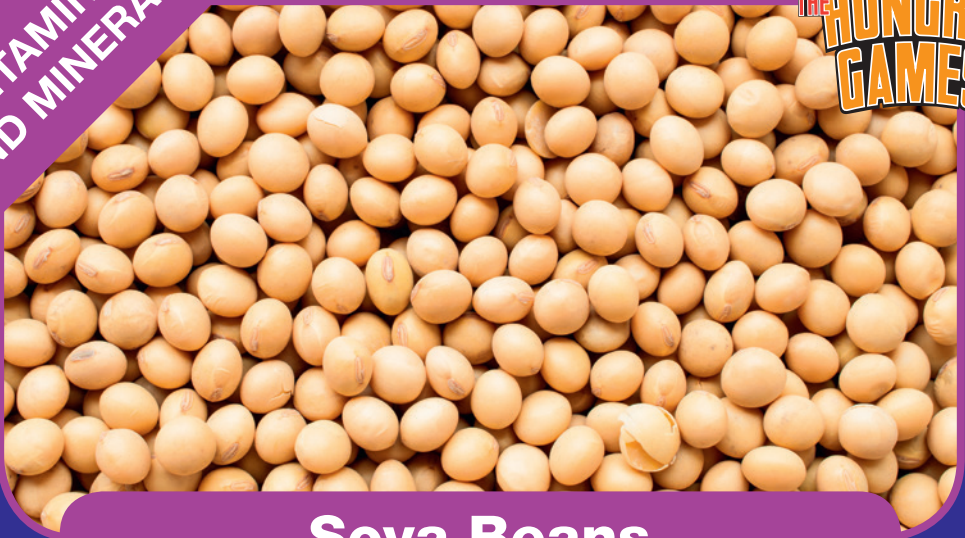
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Soya Beans

Iron score



Selenium score



Riboflavin score



Vitamin C score



Environmental Impact

Deforestation of the Amazon rainforest to make room for soya plantations threatens the world's climate, as this rainforest contains up to 140 billion tonnes of carbon!



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Baked Beans in Tomato Sauce

Iron score 

Selenium score 

Riboflavin score 

Vitamin C score 

Environmental Impact 
Producing the cans to store baked beans, and cooking the beans themselves, releases greenhouse gases into the environment.

Vitamins and minerals are known as ‘micro-nutrients’ because we only need them in very small amounts.



Baked Beans in Tomato Sauce

Protein score



Essential amino acid score



Environmental Impact

Producing the cans to store baked beans, and cooking the beans themselves, releases greenhouse gases into the environment.



Proteins are the building blocks of life. Our bodies use the amino acids that are found in proteins to build and repair tissues, including our muscles, skin, hair and nails.



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Salmon

Protein score

Salmon is a rich source of essential fats, making it a healthier choice than foods such as bacon.



Essential amino acid score



Environmental Impact

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Chicken

Protein score



Essential amino acid score



Environmental Impact

Chicken farming damages soil, which can cause problems in nearby aquatic ecosystems.



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Eggs

Protein score



Essential amino acid score



Environmental Impact

Waste from hen houses mix with rain water and run in to bodies of water, damaging the water quality and harming wildlife.



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Smoked Mackerel

Protein score



Essential amino acid score



Environmental Impact

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PROTEINS



Cheese

Protein score



Essential amino acid score



Environmental Impact

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PROTEIN

THE HUNGRY GAMES



Quinoa

Protein score



Essential amino acid score



Environmental Impact

The increasing demand for quinoa is leading to older forms of sustainable farming being lost, and is putting pressure on soil fertility.



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PROTEIN

THE HUNGRY GAMES



Soya Beans

Protein score



Essential amino acid score

Although the amount of protein it contains is not as high as in meat, soya is described as a complete protein as it is a source of all the essential amino acids we need



Environmental Impact

Deforestation of the Amazon rainforest to make room for soya plantations threatens the world's climate, as this rainforest contains up to 140 billion tonnes of carbon!



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PROTEIN

THE HUNGRY GAMES



Brazil Nuts

Protein score



Essential amino acid score



Environmental Impact

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PROTEIN

THE HUNGRY GAMES



Grilled Back Bacon

Protein score



Essential amino acid score



Environmental Impact

Pig manure contains lots of nitrogen and phosphorous, which can damage water and soil. Farmers now know how to reduce damage by storing the manure properly.



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