Choosing a plant-based diet that works for you

You don’t have to be vegetarian or vegan to increase your intake of plant-based dishes. Indeed, nutritional research into diets with a foundation of plant-based foods which also include fish, poultry, eggs, cheese and yogurt has demonstrated a reduced risk of heart disease, diabetes, certain cancers and depression. Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins and minerals for optimal health and are often higher in fibre. So, how do you choose the plant-based diet that works best for you? Here are some things to consider:

- **Eat lots of vegetables** - fill half your plate with vegetables at lunch and dinner and try to steam, grill or stir fry them to preserve nutrients. You can also enjoy vegetables as a snack with dips such as houmous or guacamole.
- **Decrease the portion size of meat** - use it as an accompaniment rather than the main focus of your plate.
- **Choose healthy fats**, such as those found in olive oil, olives, nuts, seeds and avocados.
- **Cook a vegetarian meal at least one night a week** – these can include foods such as beans, whole grains and vegetables.
- **Include whole grains for breakfast** - start with oatmeal, quinoa, buckwheat, or barley. Then add some nuts or seeds along with fresh fruit.
- **Eat fruit** - a ripe, juicy orange or a crisp apple offer good alternatives for a sweet finish to a meal.

If you would like to include more plant-based food into your diet, here are some of the options that are available to you on campus:

**Breakfast:**

- From Founder’s Dining Hall from 8-10am, a crushed avocado and mushroom filled muffin on Mondays, a full English breakfast complete with vegan sausage on Tuesdays and Thursdays, a plant based omelette on Wednesdays and free from pancakes on Fridays
- A vegan croissant from either Founder’s or the Boilerhouse Café.
- A cup of tea or coffee with one of our range of plant-based milks, which are available free of charge from Crosslands, the Boilerhouse Café or Café on the Square.

**Lunch:**

- An “It’s not chicken” Greek gyros with salad and a choice of tasty sauces from Crosslands. Open Monday-Friday from 12-2pm
- An authentic Sri Lankan plant based curry or masal dosa from The Spice Van on Founder’s Square. Open Monday, Thursday and Friday from 12-2pm
- A bowl of hearty vegan soup – there are plenty of choices from most of our catering outlets including Crosslands, Founder’s Dining Hall, The Boilerhouse Café or The Hub.
- A vegan sausage roll from the Boilerhouse Café – it’s our most popular selling product, and not just with vegans!
- Treat yourself to a slice of vegan cake or a cookie – there are lots of options at the Boilerhouse Café.
• Wash it all down with a fresh orange juice or an apple, turmeric and ginger shot from The Hub, available Monday-Friday from 11.30am-2.30pm.

*Dinner:*

• Founder’s Dining Hall has plenty of tasty plant-based options from curries and hearty stews, to stir fries, sweet and sour dishes and chilli.
• For a lighter bite, why not try a portion of fries, nachos or olives which are great for sharing with friends. Available from Crosslands Monday-Friday from 5-9.30pm.