

# REDUCE MEAT, REDUCE COSTS



**Find out how you can trim the fat off your spending budget with healthy plant-based alternatives.**

We understand that budget is an important concern for local authorities, which is why Make Food Kinder can help you to save on catering costs in public institutions. Staple plant-based food items can be significantly cheaper than animal-based food items, allowing you to save on costs and choose higher welfare products.

## PLANT-BASED PROTEIN VS. ANIMAL-BASED PROTEIN\*

### PLANT-BASED PROTEIN

### ANIMAL-BASED PROTEIN

NUTRITION (PER 100G)	RED LENTILS	YELLOW SPLIT PEAS	BLACK EYED BEANS	BEEF	PORK	CHICKEN
CALORIES	96KCAL	142KCAL	127KCAL	171KCAL	225KCAL	106KCAL
PROTEIN	7.3G	10.7G	8.8G	20.3G	19.9G	24G
SATURATED FAT	0.1G	0.2G	0.2G	4.2G	5.9G	0.3G
FAT	0.8G	1G	0.7G	10G	16.1G	1.1G
CARBOHYDRATE	11.7G	14.4G	18.2G	0G	0G	0G
SUGARS	0.1G	1.1G	1G	0G	0G	0G
FIBRE	6.1G	16.2G	6.5G	0G	0G	0G
PRICE (PER 100G)	18P	11P	22P	£1.33	74P	76P

## SMALL CHANGES CAN MAKE A BIG IMPACT!

- ◆ **Find out more:** Get in touch to learn more about how we can help you save on catering costs by contacting [makefoodkinder@four-paws.org](mailto:makefoodkinder@four-paws.org)
- ◆ **What's your score?** Find out your current score in our ranking by visiting our online map at [makefoodkinder.co.uk](http://makefoodkinder.co.uk)
- ◆ **Let's work together to Make Food Kinder for animals, for the planet and for our health**

Based on the following products: Tesco Red Split Lentils 1Kg, Tesco Black Eye Beans In Water 400G, Tesco Yellow Split Peas 500G, Tesco 2 British Beef Rump Steaks 510G, Tesco British Chicken Breast Portions 525G, Tesco Pork Loin Steaks 2 Pack 270G. Nutrition information from the NHS 'Live Well - Eat Well'



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## PLANT-BASED PROTEIN

- 😊 **High in fibre** - we should aim to eat 30g per day. Eating plenty of fibre is associated with a lower risk of heart disease, stroke, type 2 diabetes and bowel cancer
- 😊 **Did you know?** One portion (80g) of pulses or beans counts towards your five a day
- 😊 **Low cost** - red lentils are four times cheaper than pork and chicken

## ANIMAL-BASED PROTEIN

- 😞 **Higher in saturated fat** - pork contains almost 30 times more saturated fat than black eyed beans
- 😞 **Increased risk** - Eating too much red and processed meat can increase your risk of bowel cancer
- 😞 **High cost** - beef is over 10 times more expensive than yellow split peas



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