

# Food Comparisons

looking at the nutritional values of food



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**3** bowls  
**FRUIT & FIBRE**

**2.5** servings  
**YEAST EXTRACT**

**1** portion cooked  
**LEAN BEEF**



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**1** portion cooked  
**HADDOCK**

**2.5** hard boiled  
**EGGS**

**3.5** regular low fat fruit  
**YOGHURTS**

## Vitamin B12

- For healthy functioning of the nervous system.
- All of these contain the same amount of B12.

**Discover some more useful information by ordering free resources from the Vegetarian Society.**

- ☐ Food Comparisons poster. Comparing nutritional values.
- ☐ Healthy Balance poster. Demonstrating a healthy and balanced vegetarian diet.
- ☐ Young Veggie booklet. The essential guide to being and becoming a young vegetarian.
- ☐ A Parent and Teenager Guide To Vegetarianism booklet.
- ☐ Veggie Kids' Kitchen booklet. Recipes for children and adults to prepare and enjoy together.

Visit **[www.youngveggie.org](http://www.youngveggie.org)** for lots more free resources for young people, youth groups, schools and colleges.

Name .....

Address .....

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The Vegetarian Society registered charity 259358

You do not have to use a stamp but if you do it helps us to save money for use on other projects and resources.

The Vegetarian Society  
FREEPOST  
Altrincham  
Cheshire  
WA14 2BR



**Vegetarian**  
SOCIETY

0161 925 2000  
[info@vegsoc.org](mailto:info@vegsoc.org)  
[www.youngveggie.org](http://www.youngveggie.org)  
[www.vegsoc.org](http://www.vegsoc.org)

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**1** slice low-fat  
cheddar **CHEESE**



**2** grilled pork  
**SAUSAGES**



**3** portions baked  
**BEANS**



**1** large bowl  
**MUESLI**



**1** pint  
**SOYA MILK**



**35** cashew  
**NUTS**

## Protein

- Essential for the body's growth and repair.
- Most plant foods contain some protein!
- All of these contain the same amount of protein.

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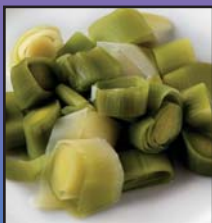
**1** portion boiled  
**KIDNEY BEANS**

**4** portions white boiled  
**SPAGHETTI**

**2** roast  
**CHICKEN LEGS**



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**1.5** portions baked  
**BEANS**

**3** portions boiled  
**LEEKS**

**2.5** portions  
**OVEN CHIPS**

## Iron

- Essential for the production of haemoglobin (red blood cells) to transport oxygen in the body.
- All of these contain the same amount of iron.