



PLANNING FOR PLANT-BASED, VEGETARIAN AND VEGAN DIETS

A growing number of people are adopting a plant-based, vegetarian or vegan diet.

You have probably had requests from your school community, with estimates between 1 – 12 per cent of the Australian population identifying as or almost vegetarian.

The number of people reducing the amount of animal products in their diet or following a flexitarian dietary pattern is also on the rise.

There are various motivates for adopting a plant-based, vegetarian, flexitarian or vegan diet however they generally fall into one of 3 main categories:

- Environmental
- Health
- Ethical/ animal welfare.

What does this mean for tuckshops?

Some vegan and vegetarian options offered on tuckshop menus simply remove ingredients from the recipe (like meat patties on a burger) and don't replace these items with a suitable alternative, such as a source of protein like tofu, lentils, beans or chickpeas.

Planning is necessary to ensure essential nutrient requirements are met on any new diet, particularly from food groups that are removed i.e. protein, calcium and iron.

For anyone thinking of modifying their diet, it is recommended to seek expert advice from an Accredited Practising Dietitian.

What's the difference between vegetarian, vegan, pescatarian and plant based diets?

	Vegetarian	Pescatarian	Vegan	Plant-Based	Flexitarian
Red meat & chicken	✗	✗	✗	Consumes mainly fruit, vegetables, grains and legumes.	Consumes mainly vegetarian food but eats meat occasionally.
Fish	✗	✓	✗	May or may not include these other foods in small amounts.	
Eggs	✓	✓	✗		
Dairy (cows milk, cheese)	✓	✓	✗		
Other animal products (like gelatine or honey)	✓	✓	✗		

**Each individual customises their diet based on their own needs and preferences. For example some vegans will consume honey, or someone who is vegetarian may also have a milk allergy.*



SOURCES OF PROTEIN

The 'meat & alternatives' food group contain foods that are high in protein, from plant and animal sources.

These foods are important for children's growth and development, as protein helps maintain and build muscle. It also plays an important role in the immune system, helping fight off infection and ensures students feel full during the day.

When creating vegetarian or vegan main meals it is important to include a plant based protein rich food instead of animal based.

Below is a variety of plant and animal based proteins and their protein content (g) per (/) serving size (g, cup or tbsp etc.).

PLANT-BASED PROTEIN PER SERVE*			ANIMAL-BASED PROTEIN PER SERVE*
Tofu (firm) 10-17g/ 100g	Tempeh 12g/ 100g	Textured Vegetable Protein (TVP) (soy) 13g/ 1/4 cup dry = 80g rehydrated	Chicken (raw) 10 g/ 100g
Edamame 13g /100g	Black Beans (canned) 6g/ 1/2 cup	Brown Lentils (canned) 5g/ 1/2 cup	Lean Beef Mince (raw) 20g/ 100g
Quinoa (cooked) 4g/ 1/2 cup	Chickpeas (canned) 5g/ 1/2 cup	Falafel 5g/ 50g	Sliced Ham 4g/ 25g
SMART Protein or Pulse Pasta (cooked) 10g/100g or 1 cup	Almonds (with skin) 8g/ 30g or 1/4 cup	Chia Seeds 3g/ 1 tbsp	Egg (cooked) 6g/ 1 egg

**Images do not represent quantities*



SOURCES OF CALCIUM

Calcium is a mineral found in both animal and plant foods. Adequate intake is important for building strong bones and teeth during childhood and adolescence.

The mineral also plays a role in muscle and nerve function in the body.

Vitamin D helps the body absorb the calcium from the diet and sunlight is the main source of this vitamin.

Recommended Daily Intake (RDI) for calcium is 700mg/day (4-8 yrs), 1000mg/day (9-11 yrs), 1300mg (12-18 yrs), 1000mg/day (18-50yrs).

Below is a variety of plant and animal-based calcium rich foods and their calcium content (mg) per (/) serve (ml, cup, tbsp etc.)

*Not all plant milks contain calcium. Select a plant milk with at least 110 mg of calcium per 100ml (the same amount of calcium as cows milk).

PLANT-BASED <small>CALCIUM PER SERVE</small>	ANIMAL-BASED <small>CALCIUM PER SERVE</small>
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Look for brands with
300 - 400mg/ 250 ml



Tahini
66mg/ tbsp



Tofu (firm)
346mg/ 100g
(only tofu with additives
516, 170 & 509)



Milk (skim)
340mg/ 250ml



Apricots (dried)
32mg/ 6 apricots



Sesame Seeds
88mg/ tbsp



Figs (dried)
160mg/ 6 figs



Chickpeas (canned)
90mg/ cup



Brazil Nuts
53mg/ 35g
(10 nuts)



Almonds (with skin)
80mg/ 30g or 1/4 cup



Reduced Fat Cheddar Cheese
209mg/1 slice (25g)



Edamame (cooked)
60mg/ 100g



Pak Choy/ Bok
Choy (raw)
70 mg/ cup



Kale (raw)
63 mg/ cup



Low Fat Natural Yoghurt
197mg/100g

**Images do not represent quantities*



HOW TO VEGIFY A RECIPE

Often all it takes to make a meal vegetarian or vegan is to swap a few main ingredients to plant-based alternatives.

Swapping and replacing ingredients for plant-based alternatives in the same food group maintains the nutritional value of the meal.

Below are a few tuckshop-friendly examples:



Spaghetti Bolognese



Beef Mince
500g



Lentils (canned)
1 can

OR/ &



Textured Vegetable Protein (TVP)
1.5 cup dry



Vegan Beef Stock
e.g. Massels



Dried Herbs
e.g. Italian herbs

Chicken & Salad Wrap



Grilled Chicken
3 slices



Falafel
3/4 balls

OR/ &



Garlic Flavoured Chickpeas
1/2 cup



Vegan Mayo e.g. Coles or Praise
99% Fat Free Mayo
1 tbsp

Noodle Stir Fry*



Chicken Breast
500g



Flavoured Tofu (homemade or store-bought)
500g

OR/ &



Edamame
500g



Sesame Oil



Reduced Sodium Soy Sauce
e.g. Kikkoman

*vegan = remove fish & oyster sauce

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