HEALTHY AND SUSTAINABLE FOOD SWAP IDEAS
Which plant-based milks are kindest to the environment? What’s the healthiest meat alternative? Here’s our guide to navigating plant-based alternatives...

Mix up your milks

THE PLANET
Oat milk has the lowest environmental impact, according to sustainable researchers. While, almond and rice milk are made from water-intensive crops, which cause issues in water-scarce regions.

NUTRITION
A glass of cow’s milk provides over 40% of our RDA of protein, plus it’s fortified with calcium. Soy offers the most protein among alternatives, but almond, coconut and hemp contain heart-healthy fats.

THE VERDICT
Go for locally-produced options and try a variety of alternatives.

Be savvy with yoghurt

THE PLANET
As with dairy-free milks, international farming of almond, coconut and soy yoghurts can be detrimental to the environment, so look out for products made closer to home.

NUTRITION
Greek yoghurt can’t be beaten on protein and it contains gut-loving bacteria. Almond and coconut yoghurts, while lower in protein and calcium also tend to be low in sugar, with soy linked to low cholesterol levels.

THE VERDICT
Look out for yoghurts with shorter ingredient lists and no added sugar. Shop local wherever possible.

Try meat swaps

THE PLANET
Meat production drives more greenhouse gas emissions than the transport industry. Swapping steak for tofu, tempeh (fermented soya) or even chunky veg could cut our carbon footprint in half.

NUTRITION
A chicken breast contains 24g protein/100g, but Quorn and tofu are also good sources – 14g/100g and 11.5g/100g, says nutritionist Rhiannon Lambert. Jackfruit is fibre-rich, and can be textured like pulled pork.

THE VERDICT
Make a conscious decision to eat more plant-based meals to benefit your diet and the environment.

Tip: Not all meats are equal
Grass-eating, methane-producing animals like cows and sheep have the most environmental impact. Rabbit, goat and mussels are eco-friendlier.

Tip: Swap cheese for nutritional yeast
“A great source of B vits and protein, it’s similar to Parmesan,” says dietician Marissa Meshulam.

Tip: Swap cling film for beeswax wraps
They’re reusable, biodegradable and support local UK beekeepers.

1 ‘Milk matrix: why most alternatives aren’t great’, The Guardian, 2018
2 Dietician Vandana Sheth quoted in ‘Got alt-milk?’, CNN, 2018
3 ‘Soy isoflavones lower serum total and LDL cholesterol in humans’, National Institute of Health and Nutrition, Tokyo, 2017
4 ‘Meat alternatives produce 10 times less greenhouse gas emissions than beef’, One Green Planet, 2017
5 ‘What’s the most sustainable meat?’ Bon Appetit, 2017