Fats are an essential part of a balanced, healthy diet. They are a source of slow-release energy, and help us to absorb some vitamins.

**Essential fat**
Salmon is one of the richest sources of omega 3 oils, which help your heart and brain stay healthy.

**Amount of saturated fat**

**Environmental impact**
Did you know salmon feed is made from other fish? This feeding practice is currently unsustainable.

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**Essential fat**
Brazil nuts are high in fat but can be a healthy source of mono and polyunsaturated fats if eaten as part of a balanced diet.

**Amount of saturated fat**

**Environmental impact**
Brazil nuts are grown in the Amazon rainforest, picked by hand in a natural, healthy environment.

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## Essential fat

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<tbody>
<tr>
<td>Red</td>
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<tr>
<td>Orange</td>
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<tr>
<td>Green</td>
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</tbody>
</table>

## Amount of saturated fat

Ice cream is high in saturated fats and has low levels of good fats therefore should only be an occasional treat!

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## Environmental impact

Making ice cream from milk causes lots of greenhouse gases to be released, which are shown to be changing the climate of our planet.

<table>
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**Essential fat**
The majority of the fats present are monounsaturated (good) fats, which account for approximately 70% of the fats in avocados.

**Amount of saturated fat**

**Environmental impact**
Avocado trees absorb approximately 2.6 tonnes of carbon dioxide per year. That’s the same amount produced by driving a car 26,000 miles!

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Environmental impact
In the UK we throw away the equivalent of three million slices of cheese every day!

Amount of saturated fat
Whilst cheese is a good source of protein and calcium, most of the fat is saturated so should be eaten in moderation or low fat options selected.

Essential fat
Fats are an essential part of a balanced, healthy diet. They are a source of slow-release energy, and help us to absorb some vitamins.

Amount of essential fatty acids

Amount of saturated fat
Eggs are best eaten boiled, poached or scrambled as frying them adds extra fat.

Environmental impact
Waste from hen houses mix with rain water and run in to bodies of water, damaging the water quality and harming wildlife.

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**Essential fat**

**Amount of saturated fat**
Olive oil is nearly 100% fat, but we only eat it in small amounts. It provides a good source of unsaturated (good) fats.

**Environmental Impact**
Producing olive oil creates a lot of waste water that has to be cleaned before being put back into farmland.

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Essential fat

Amount of saturated fat

Environmental Impact
Bananas have a low carbon footprint compared to most fruits; they are grown in natural sunlight, transported by boats and often are not packaged in the shops.

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Environmental Impact
Rearing the animals to make meat for our pizzas emits high levels of greenhouse gases. Cooking and storing pizza also uses lots of energy.

Amount of saturated fat
An average sized portion of pizza contains around 560 calories, which are a measure of energy. Try eating smaller portions of pizza and filling up on a tasty side salad.

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Environmental Impact
Pig manure contains lots of nitrogen and phosphorous, which can damage water and soil. Farmers now know how to reduce damage by storing the manure properly.

Grilled Back Bacon

Essential fat

Amount of saturated fat
Bacon is best only eaten as an occasional treat as it is high in fat.

Fats are an essential part of a balanced, healthy diet. They are a source of slow-release energy, and help us to absorb some vitamins.
Carbohydrates provide our bodies with energy.

**Orange Juice**

**Amount of sugar**

---

**Dietary fibre score**

---

**Environmental Impact**

A glass of orange juice can use up to two glasses of diesel in terms of transportation energy!

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Carbohydrates provide our bodies with energy.
### Carbohydrates

Carbohydrates provide our bodies with energy.

### Vanilla Ice Cream

<table>
<thead>
<tr>
<th>Amount of sugar</th>
<th>3️⃣ 3️⃣ 3️⃣</th>
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<tbody>
<tr>
<td>Dietary fibre score</td>
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</table>

**Environmental Impact**

Making ice cream from milk causes lots of greenhouse gases to be released, which are shown to be changing the climate of our planet.

---

Carbohydrates provide our bodies with energy.
Carbohydrates provide our bodies with energy.

Amount of sugar

Dietary fibre score

Environmental Impact
Potato crops in the UK use less water per hectare than both wheat and barley.

Carbohydrates provide our bodies with energy.
Carbohydrates provide our bodies with energy.

Amount of sugar

Dietary fibre score

Environmental Impact
The main impact of pasta on the environment is due to the fertiliser and water input needed to grow the crops.

Carbohydrates provide our bodies with energy.
Carbohydrates provide our bodies with energy.

**Banana**

**Amount of sugar**
The sugars sucrose, fructose and glucose are naturally present in bananas and do not count as part of your free sugars intake.

**Dietary fibre score**

**Environmental Impact**
Bananas have a low carbon footprint compared to most fruits; they are grown in natural sunlight, transported by boats and often are not packaged in the shops.

**Carbohydrates provide our bodies with energy.**
Brown Rice

Amount of sugar

Dietary fibre score

Environmental Impact
Rice cultivation on wetland rice fields is thought to use almost a third of the Earth’s fresh water!

Carbohydrates provide our bodies with energy.
Baked Beans in Tomato Sauce

Amount of sugar
Some varieties can however have lots of free sugars added, so make sure you check the label!

Dietary fibre score

Environmental Impact
Produce the cans to store baked beans, and cooking the beans themselves, releases greenhouse gases into the environment.

Carbohydrates provide our bodies with energy.
Carbohydrates provide our bodies with energy.

**Amount of sugar**

![Green rating](image)

**Dietary fibre score**

![Mixed rating](image)

**Environmental Impact**

Mackerel is on the Marine Conservation Society’s list of ‘fish you should eat’. Catches of mackerel have been increasing since 2005 and have been around 900,000 since 2010.

Carbohydrates provide our bodies with energy.
Carbohydrates provide our bodies with energy.

### Apple

#### Amount of sugar
The sugars fructose, sucrose and glucose are naturally present in apples and do not count as part of your free sugars intake.

#### Dietary fibre score

#### Environmental Impact
The loss of apple orchards in the UK means we now import fruit from overseas. This has increased greenhouse gas emissions from transporting, storing and packaging apples.

**Carbohydrates provide our bodies with energy.**
Carbohydrates provide our bodies with energy.

**Amount of sugar**

**Dietary fibre score**
Brazil nuts have more carbohydrate per 100 grams than potatoes, and are a good source of protein and vitamin E.

**Environmental Impact**
Brazil nuts are grown in the Amazon rainforest, picked by hand in a natural, healthy environment.

Carbohydrates provide our bodies with energy.
Vitamins and minerals are known as ‘micro-nutrients’ because we only need them in very small amounts.

Iron score
Selenium score
Riboflavin score
Vitamin C score

Environmental Impact
In Europe, tomato growers rely heavily on pesticides to protect their crops from disease.

Vitamins and minerals are known as ‘micro-nutrients’ because we only need them in very small amounts.
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**Brazil Nuts**

<table>
<thead>
<tr>
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<tr>
<td>Iron</td>
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<td>Riboflavin</td>
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<td>Vitamin C</td>
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**Environmental Impact**
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Spinach

Iron score
Selenium score
Riboflavin score
Vitamin C score

Environmental Impact
Spinach growers often use large amounts of pesticides on their crops.

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Iron score
Selenium score
Riboflavin score
Vitamin C score

Environmental Impact
Did you know salmon feed is made from other fish? This feeding practice is currently unsustainable.

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### Eggs

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**Environmental Impact**
Waste from hen houses mix with rain water and run into bodies of water, damaging the water quality and harming wildlife.
Vitamins and minerals are known as ‘micro-nutrients’ because we only need them in very small amounts.

**Avocado**

- Iron score
- Selenium score
- Riboflavin score
- Vitamin C score

**Environmental Impact**
Avocado trees absorb approximately 2.6 tonnes of carbon dioxide per year. That's the same amount produced by driving a car 26,000 miles!

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**Environmental Impact**
The increasing demand for quinoa is leading to older forms of sustainable farming being lost, and is putting pressure on soil fertility.

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Environmental Impact
Rice cultivation on wetland rice fields is thought to use almost a third of the Earth’s fresh water!

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Iron score

Selenium score

Riboflavin score

Vitamin C score

Environmental Impact
Deforestation of the Amazon rainforest to make room for soya plantations threatens the world’s climate, as this rainforest contains up to 140 billion tonnes of carbon!

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**Environmental Impact**
Producing the cans to store baked beans, and cooking the beans themselves, releases greenhouse gases into the environment.

Vitamins and minerals are known as ‘micro-nutrients’ because we only need them in very small amounts.
Proteins are the building blocks of life. Our bodies use the amino acids that are found in proteins to build and repair tissues, including our muscles, skin, hair and nails.

Environmental Impact
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**Salmon**

**Protein score**
Salmon is a rich source of essential fats, making it a healthier choice than foods such as bacon.

**Essential amino acid score**

**Environmental Impact**
Did you know salmon feed is made from other fish? This feeding practice is currently unsustainable.

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Environmental Impact
Chicken farming damages soil, which can cause problems in nearby aquatic ecosystems.

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**Environmental Impact**
Waste from hen houses mix with rain water and run into bodies of water, damaging the water quality and harming wildlife.

**Protein score**

![Green checkmark](Image)

**Essential amino acid score**

![Red and green checkmarks](Image)

**Proteins**

- Eggs
Proteins are the building blocks of life. Our bodies use the amino acids that are found in proteins to build and repair tissues, including our muscles, skin, hair and nails.

**Smoked Mackerel**

**Protein score**

**Essential amino acid score**

**Environmental Impact**
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### Environmental Impact
In the UK we throw away the equivalent of three million slices of cheese every day!

### Protein score

![Protein score](image)

### Essential amino acid score

![Essential amino acid score](image)
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Protein score

Essential amino acid score

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**Soya Beans**

**Protein score**

**Essential amino acid score**
Although the amount of protein it contains is not as high as in meat, soya is described as a complete protein as it is a source of all the essential amino acids we need.

**Environmental Impact**
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**Environmental Impact**

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**Protein score**

**Essential amino acid score**

**Grilled Back Bacon**