



GREENPEACE

# TOP 10 TIPS

FOR EATING LESS  
MEAT & DAIRY

# 1. PREPARE IN ADVANCE

Write a shopping list and get some essentials in before you make the switch. There are many tasty alternatives to meat and dairy – including **beans, lentils, tofu, fruits and vegetables** – plus many of the ‘free-from’ products which most supermarkets now have available. There are loads of simple recipes online to give you ideas – and it can be helpful to talk to friends who have already reduced their meat and dairy.

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- Beans
  - Lentils
  - Tofu
  - Peppers
  - Apples
  - Broccoli
  - Humous
  - ...ans



## 2. FILL UP ON GOODNESS

Lots of people make the mistake of accidentally eating fewer calories when they first go plant-based, as meat and dairy tend to be more filling than vegetables alone. This can leave you hungry, which might lead to feeling tired, run down and sluggish – or even worse, ‘hangry’! Don’t just eat salad. Eat lots of filling foods like **beans, lentils, bread, pasta, rice and oats** with every meal – even better if you can go for wholefoods, like **wholewheat pasta or brown rice**.

# 3. EMERGENCY SNACKS



Caught out on the go? It can be overwhelming to find a quick meat or dairy free snack when you suddenly feel really hungry. Some of our favourite emergency snacks to look out for are:

- **Apples or bananas**
- **Peanuts or almonds**
- **Dried fruits**
- **Salted crisps or popcorn**
- **Some cereal, oat or fruit bars**  
(just check for honey or milk if you're avoiding those ingredients)
- **Dark or 'free-from' chocolate**
- **Houmous**
- **Crackers**

# 4. EAT FOODS YOU KNOW

It can be hard to know what to eat – or where to shop – if you're reducing meat and dairy. But many of the foods you already eat are plant-based! Here are some familiar favourites to fall back on:

- **Fruit & veg**
- **Dried pasta**
- **Rice**
- **Porridge oats**
- **Baked beans**
- **Tinned tomatoes**
- **Bread**
- **Peanut butter**
- **Margarine**
- **Soy sauce**
- **Ketchup & mustard**
- **Onion gravy**

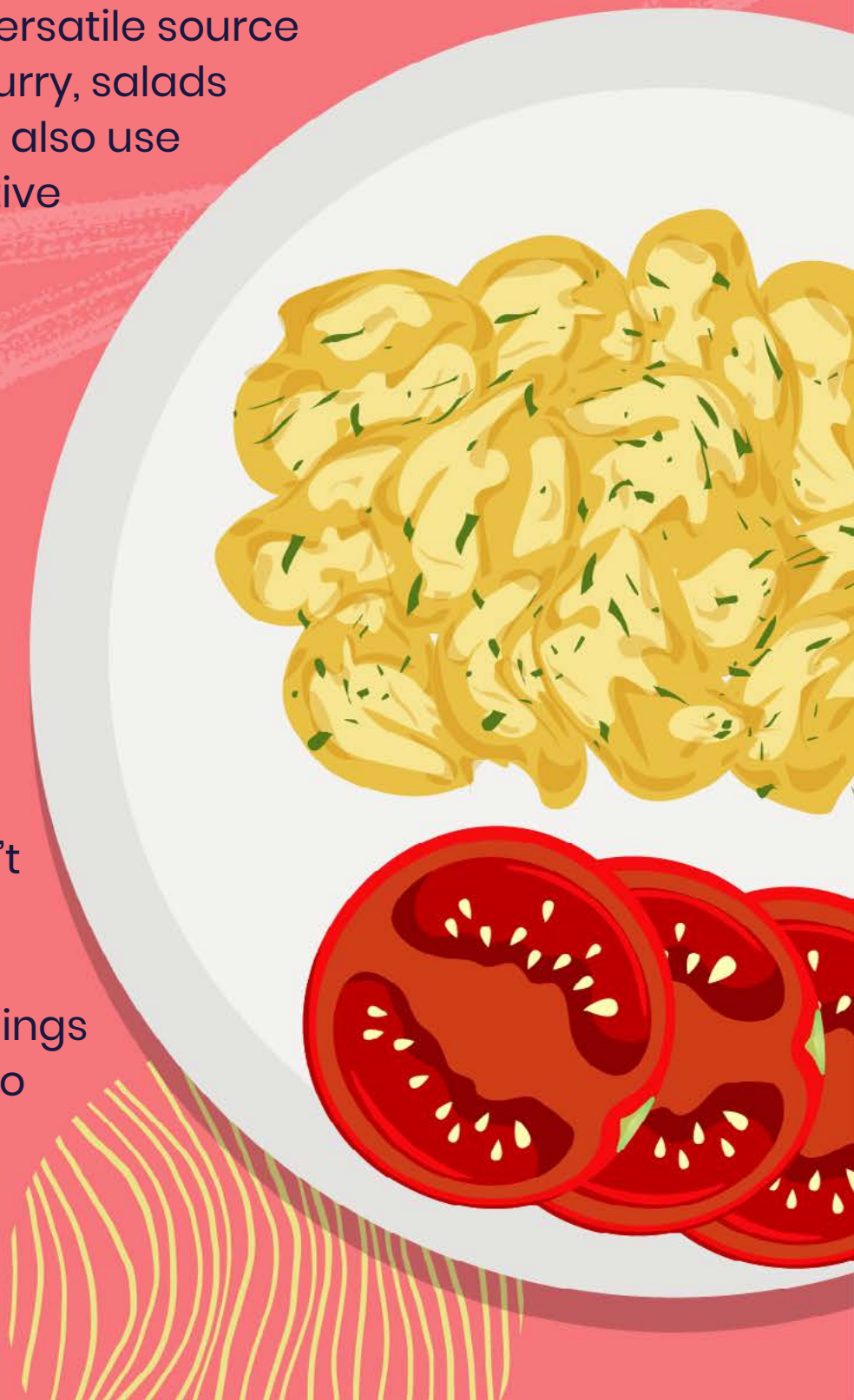


# 5. CHOOSE THE RIGHT TOFU

Tofu can be a tasty, versatile source of protein to add to curry, salads and noodles. You can also use it to make an alternative to scrambled eggs!

Look for the 'ready-to-eat' variety – usually found in the chilled or frozen sections of the supermarket.

It's easier to buy flavoured tofu. If you opt for plain tofu, don't be put off by the (lack of) flavour – just add your own seasonings or cook it in a sauce so it absorbs the taste.



# 6. OAT MILK IS BEST

Oat milk has our vote for both tea and coffee. We especially love the rich, creamy flavour of barista-style. You can even get oat milk delivered by your local milkman, in reusable glass bottles. Win-win!

We also love oat milk on our cereal. But some people enjoy the added flavour that comes with nut milks.

**Why not experiment with a few and find your favourite?**



# 7. USE CLASSIC INGREDIENTS TO ADD FLAVOUR

The basic flavours for most dishes and sauces are already made from plants – no meat and dairy required! We bet you already have some of these at home:

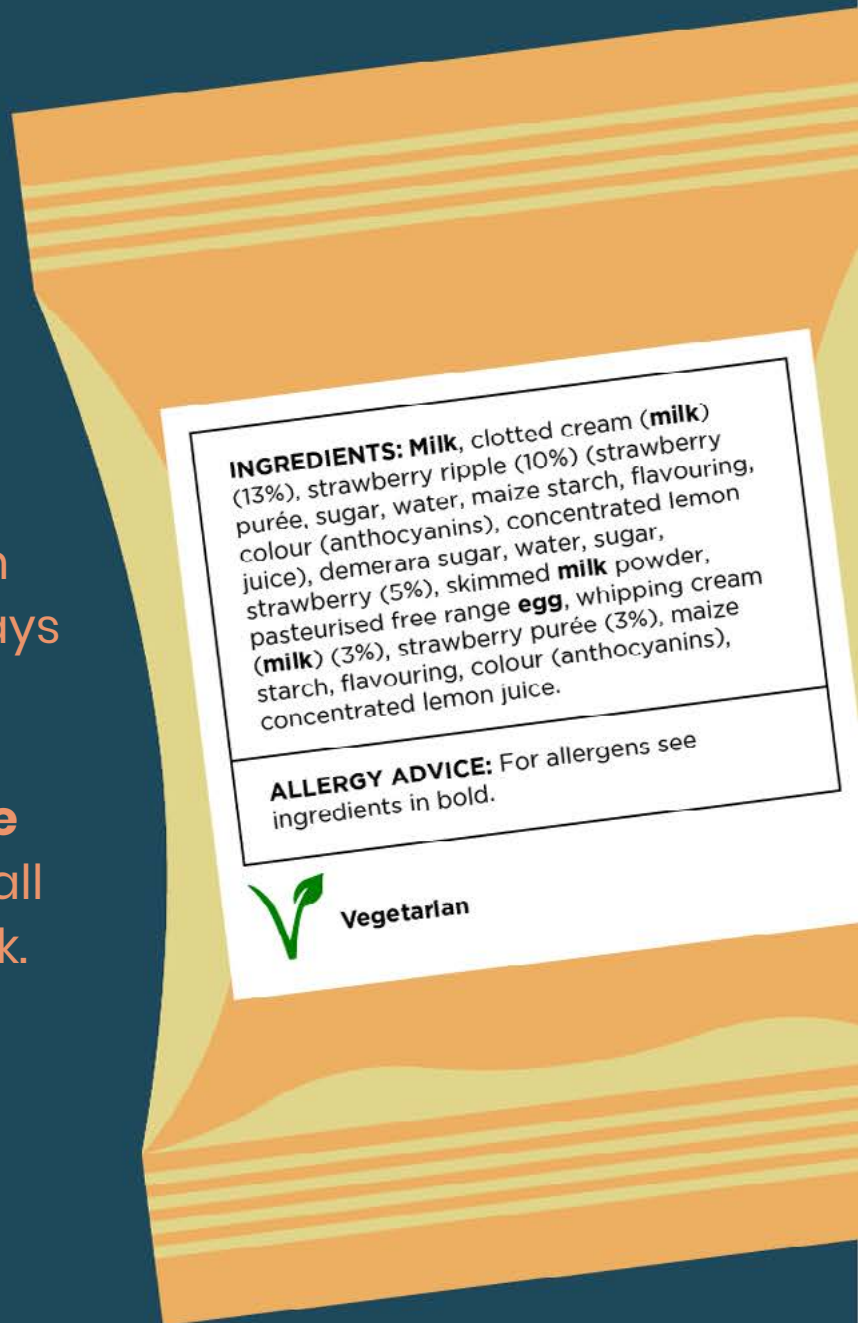
- **Oil**
- **Garlic & onion**
- **Chilli**
- **Ginger**
- **Lemon & lime**
- **Spices – like paprika, cumin, coriander, turmeric**
- **Salt, pepper & sugar**



# 8 LEARN TO READ 8. PACKAGING

If you want to go completely meat and dairy free, you might want to check for meat and dairy ingredients in pre-prepared foods – like stock, bread, sweets and crisps. Follow these two simple steps:

1. Look for a 'suitable for vegetarians/vegans' logo. This will ensure there is no meat in the product.
2. Scan the ingredients list for allergens. Dairy and eggs are common allergens, and will always be highlighted (i.e. in bold). Keep an eye out for **whey**, **lactose**, **ghee** and **casein** which are all derived from cow's milk.



# 9. MAKE SIMPLE SWAPS

There's no need to miss out on your favourite meals. There's a huge variety of meat and dairy replacements available, including mince, sausages, burgers, cream, yoghurt and cheese. But it's just as simple to make delicious meals without 'fake' meat or dairy. Here's a few ideas for starters:

- **Spaghetti bolognese:** use lentils or kidney beans instead of minced beef
- **Stir fry:** swap pork for tofu - or just stick to veggies. Choose wheat or rice noodles instead of egg noodles
- **Mashed potatoes:** use margarine and oat milk, instead of butter and cow's milk



# 10. BE KIND TO YOURSELF

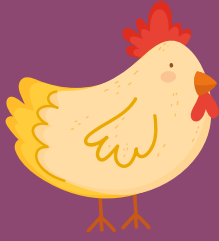


## **Changing your diet is a big deal!**

It can be hard, at first, to let go of some of your favourite foods – and some days will be easier than others. Remember that

more and more people are on the journey to reducing their meat and dairy – and together we're all making a big difference. You should be very proud of trying to make a positive change.

# THE MASS PRODUCTION OF MEAT AND DAIRY IS ONE OF THE BIGGEST THREATS TO NATURE, AND IT'S FUELLING THE CLIMATE CRISIS.



Brits eat twice as much meat – and three times more dairy – than the global average.

This unsustainable food system:

- **Prevents restoration of UK woodlands**
- **Pollutes rivers with animal waste**
- **Destroys forests, like the Amazon**

By downloading this guide, and reducing meat and dairy in your diet, you've taken a huge step. But those who are truly responsible are supermarkets and the UK Government, who urgently need to move towards a more sustainable way of feeding people.

**Join our campaign: [act.gp/end-factory-farming](https://act.gp/end-factory-farming)**

