

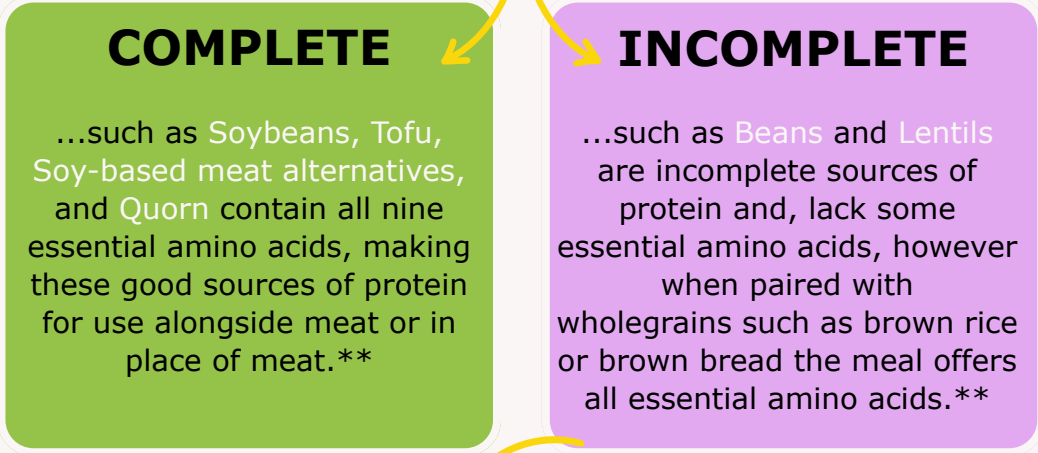


Sysco nutritionist Ruth O’Sullivan (RNutr) explains how you can ensure a Plant-Forward recipe can remain high in protein and nutritionally balanced.

Protein is an important nutrient for children because it's essential for the growth and repair of their bodies**. Meat, fish, eggs and dairy are not the only places to find protein though. Lentils, beans, chickpeas, tofu and soya alternatives to meat or yoghurt are also good sources of protein. Plant-based proteins are beneficial to health in other ways too because they contain fibre and are usually low in saturated fat.

**Source: NHS (2026) 'Eating a balanced diet'

THERE ARE TWO TYPES OF PROTEIN



MIX AND MATCH

Mixing incomplete proteins with other ingredients makes a winning combination of nutritionally balanced meals.

BEANS, PULSES, LEGUMES + WHOLEGRAINS, BREAD, BROWN RICE OR MEAT PROTEIN

THE BENEFITS

Mixing incomplete proteins with other ingredients can help to make meals:

- COST EFFECTIVE**
Beans & pulses are often cheaper than expensive meat.
- HEALTHIER**
Good levels of fibre and complete amino acids.
- CLIMATE FRIENDLY**
Meat accounts for nearly 60% of all greenhouse gases. Using less meat and substituting with alternative proteins reduces the effects of dishes on the environment.

DID YOU KNOW?

If you replace half of the beef in a Bolognese with brown lentils, it will contain more fibre and less saturated fat compared to a standard Bolognese.**



DID YOU KNOW?

Most of us don’t eat enough fibre. 2-5 year olds should have around 15g; 5-11 year olds should have around 20g; 11-16 year olds around 25g; and adults 30g fibre per day.**

**Source: NHS (2026) 'How to get more fibre into your diet'

Butterbeans are perfect for blending into soups or sauces to give a creamy texture



Haricot beans, the beans we recognise from Baked Beans, can be used in a sausage hot pot to make Cowboy Hotpot



Chickpeas can be oven baked and used as an addition to salads or as a topping for soups



Green or brown lentils go well in a Bolognese alongside beef or turkey mince

