



## Tasty, affordable and better for you.

Our handy checklist to help you shop healthier and more sustainably



### Fruit and vegetables: your 5 a day

- Choose more British grown and seasonal types.
- Pick loose items to avoid excess packaging.
- Don't forget tinned and frozen. These are affordable, convenient and count towards your 5 a day!



### Starchy carbohydrates

- Choose more wholegrain options where possible. They're nutritious and involve less processing than refined grain foods.



### Protein rich foods

- Experiment by adding beans, lentils, nuts or seeds to your favourite stews, soup and breakfast recipes.
- Remember chickens don't just have breasts, try to make use of the whole chicken including thighs, legs and wings.
- Look for fresh, frozen and canned fish which is sustainably sourced.
- Halve the meat in your favourite recipes by replacing with beans or plant-based meat alternative ingredients.



### Dairy and alternatives

- Alongside milk, try plant based alternatives such as soya, almond or oat. Check on the label that they have added calcium and iodine.



### Oils and spreads

- Go for unsaturated oils & spreads like rapeseed, olive and sunflower.



### Food waste

- Soft drinks and bottled water require packaging. Tap water and drinks made from it such as tea are the most sustainable sources of hydration.
- Plan meals ahead and use a shopping list, storing your purchases according to the label instructions so they last longer.
- Measure out dried ingredients such as pasta and rice so you only cook what you need and use up or freeze your leftovers.

### Remember...

**Small changes can make a big difference. Try one or two new healthy and more sustainable changes each time you shop and cook.**



**BDA** The Association of UK Dietitians

The information on this resource is general. If you have a medical condition, are pregnant or a child, please seek advice before making any changes to usual dietary advice.

Developed by the British Dietetic Association, in collaboration with Aldi Stores. Basket is representative of a food-based assessment undertaken against the Eatwell Guide (2016) and progress towards targets from the Eating Better Alliance for 2030 (<https://www.eating-better.org/secure-try-to-do-more-healthy-for-full-decades-of-life-methodology-used>, see <https://www.bda.uk.com/resource-report/sustainable-baskets.html>)