

Protein Elements

Meals

Meatballs
Sausages
(Chicken) Nuggets
(Beef) Burgers
Lasagne
Curry & Rice
Chilli & Rice
Pizza
Cottage Pie
Spaghetti Bolognese

5 plant versions5 animal versions

Nutritional information examined

Why do these results matter?

Are these novel foods cost effective?

Are these plant-based meals equivalent to traditional meals?

Why is food fortification important?

Are there other nutritional considerations?

- Protein provision
- ☐ Levels of salt & sugar
- Micronutrient fortification (e.g. iron, calcium, iodine, vitamin B<sub>12</sub>)
- ☐ Fibre content
- □ Price & portion size

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