

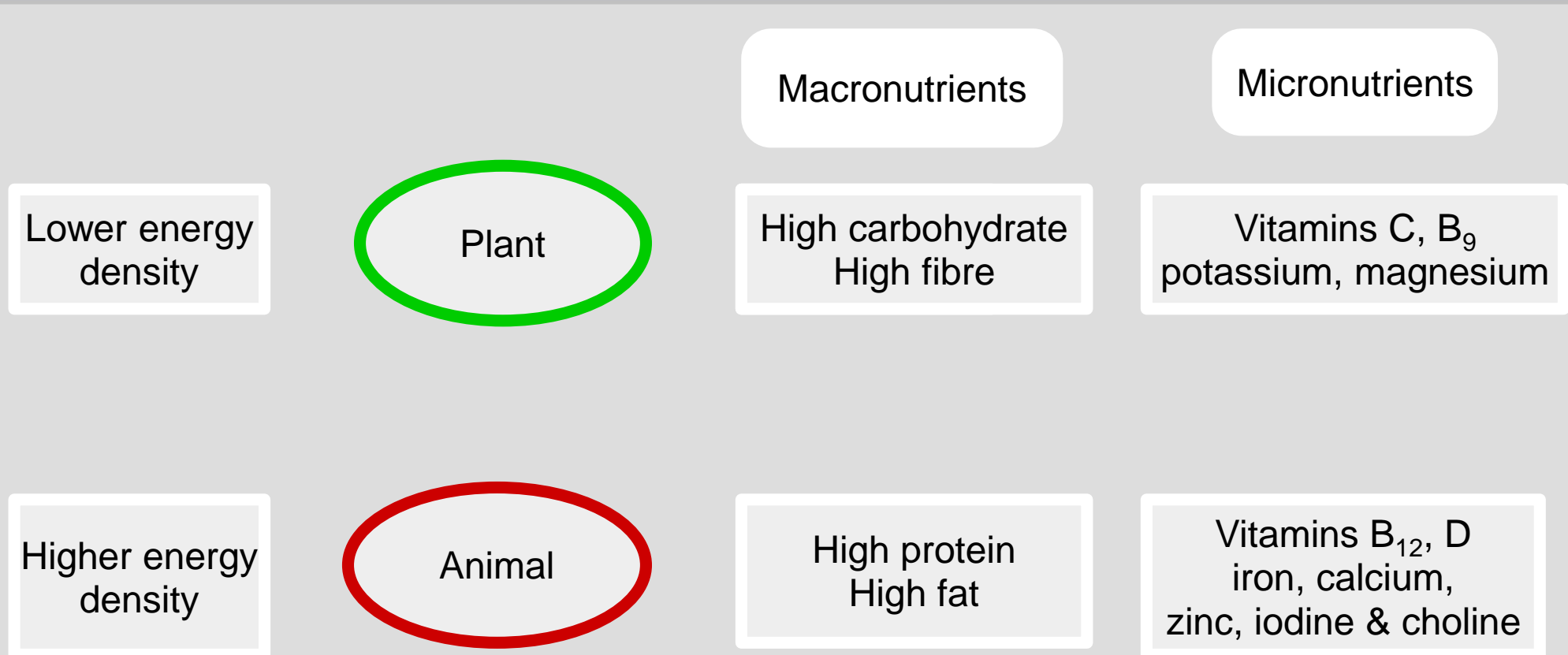


## **Plant-Based Convenience Foods: How healthy are they?**

Catherine McNeill



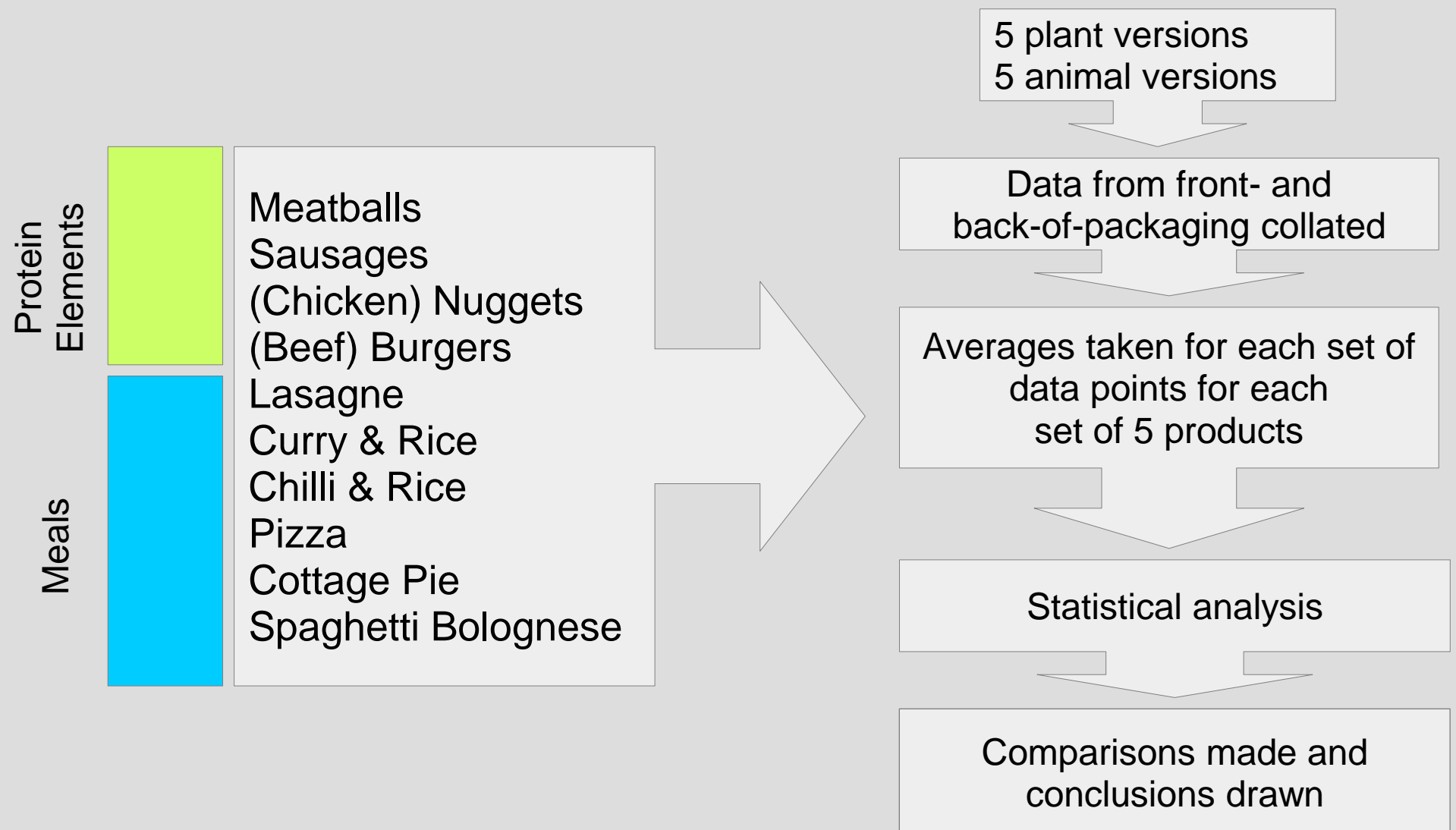
## Plant and Animal (Whole) Food Sources



Simplified representation of the complementary nature of a selection of nutrients found in plant and animal foods.

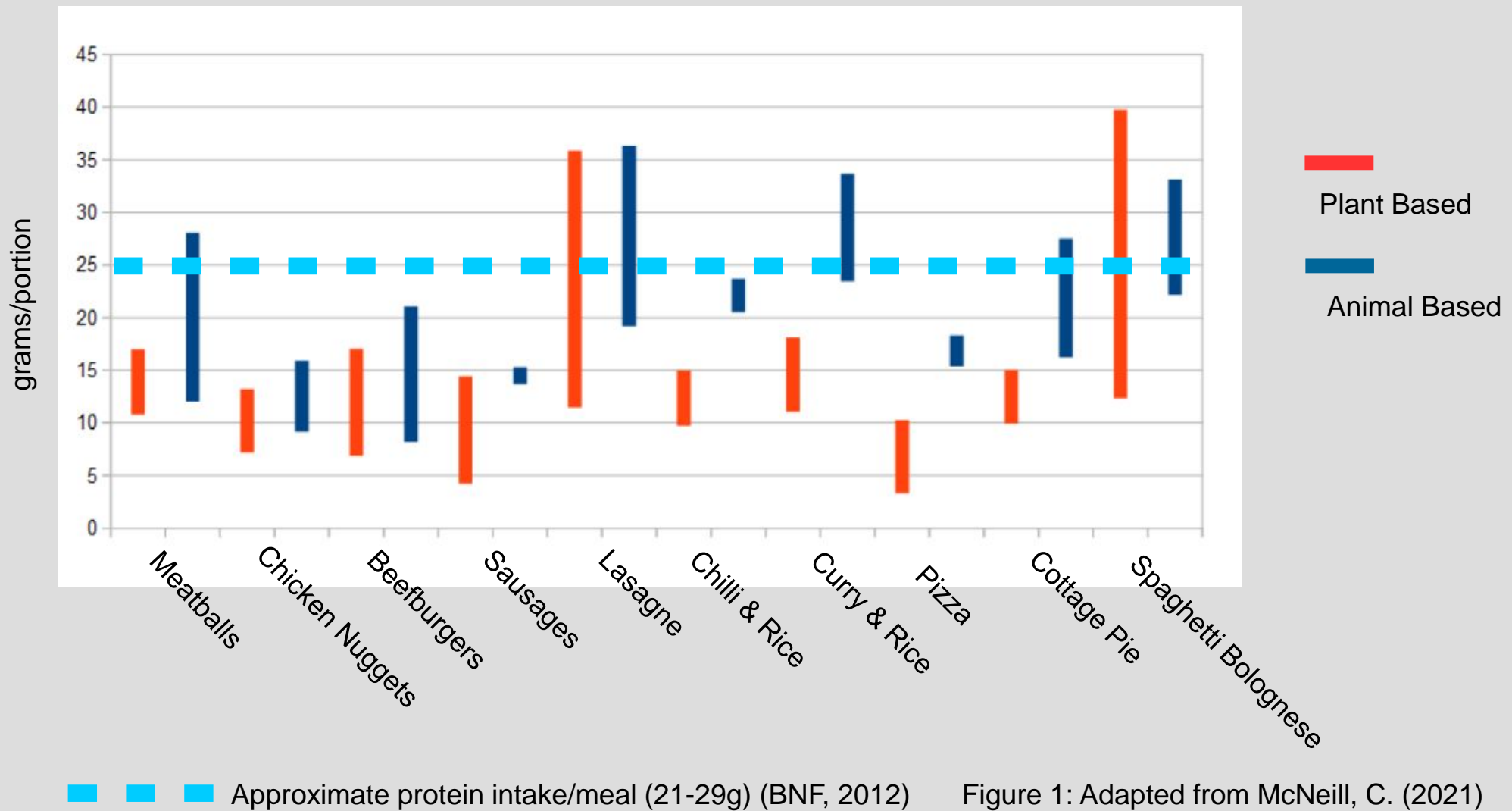


## Project Overview





## Protein Range within Products





## Salt & Sugar Content in the Products

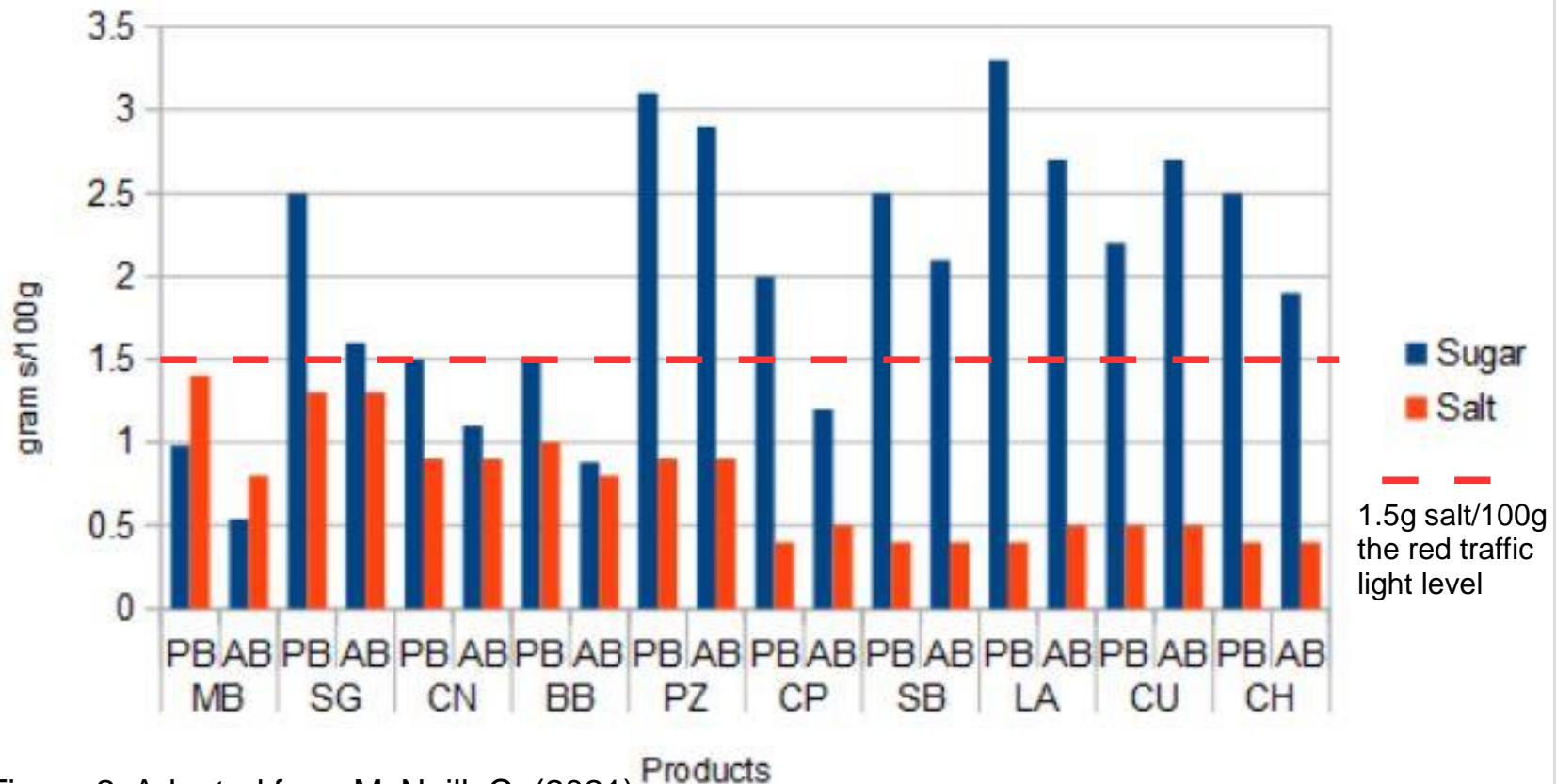


Figure 2: Adapted from McNeill, C. (2021)

PB – Plant Based  
AB – Animal Based

MB – Meatballs  
SG – Sausages

CN – Chicken Nuggets  
BB – Burgers

PZ – Pizza  
CP – Cottage Pie  
SB – Spaghetti Bolognese

LA – Lasagne  
CU – Curry & Rice  
CH – Chilli & Rice



## Price Comparison between Products

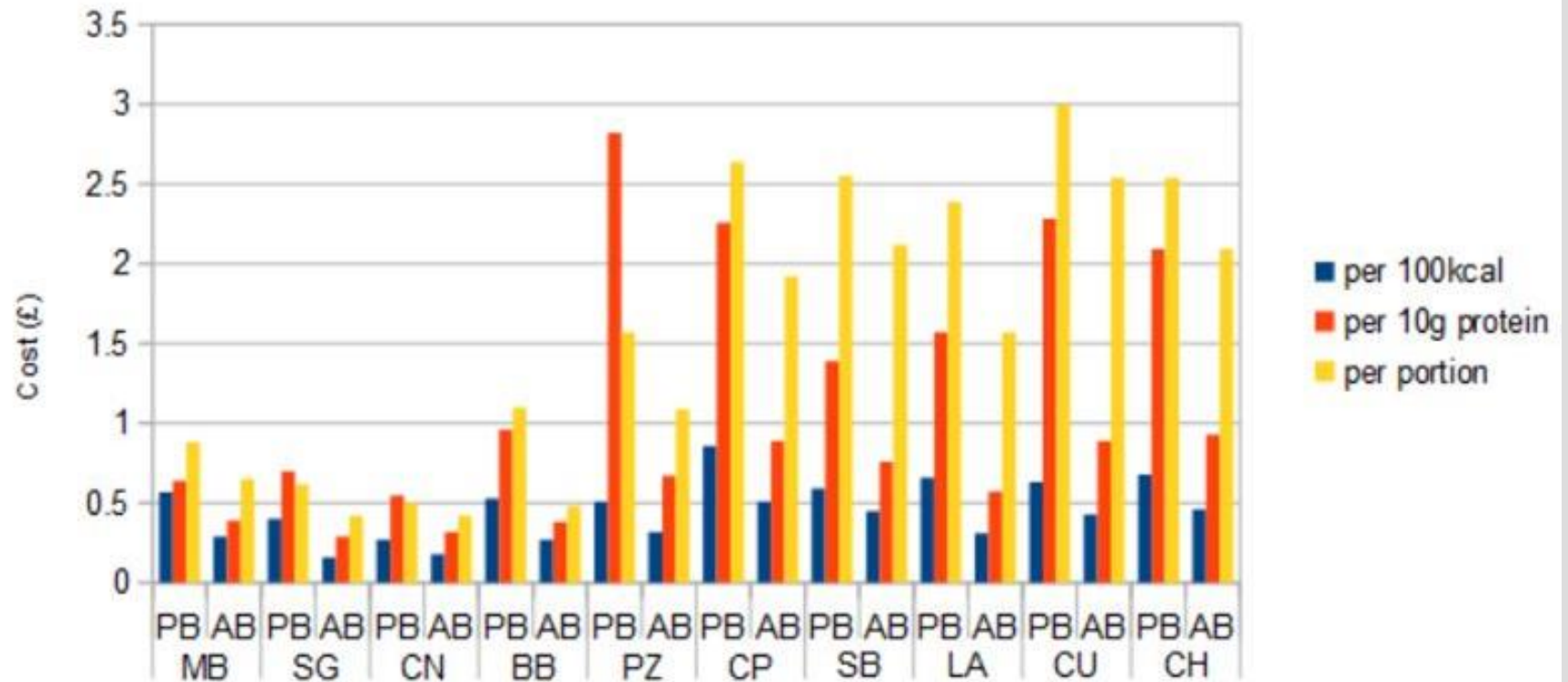


Figure 3: McNeill, C. (2021)

Products

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## Conclusions

Plant-based products were found to have:

- ❖ Lower levels of protein
- ❖ Higher levels of added sugar
- ❖ Low levels of micronutrient fortification  
(e.g. iron, calcium, iodine, vitamin B<sub>12</sub>)
- ❖ Higher fibre content
- ❖ Higher price



## References & Credits

- ❑ BNF (2012) 'Protein' <https://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/protein.html?start=2> [Last accessed: 14 January 2021].
- ❑ McNeill, C. (2021) 'Do Novel Plant-Based Convenience Foods Vary from Animal-Based Versions in the same Way as Plant-Based and Omnivore Dietary Patterns Vary? Are they lower in fat, protein and energy and higher in carbohydrate and fibre?' MSc Thesis, Oxford Brookes University  
(Supervisor: pthondre@brookes.ac.uk)
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Thank you for listening

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