



## WELCOME TO LIVEWELL 2020 FOR A FAMILY OF FOUR

Why might the way we eat make a difference to the orang-utan, anteater or armadillo? You may not realise it, but some of our food choices in the UK are destroying the homes of animals like these on the other side of the world. For example the cultivation of soya (mainly fed to livestock) and palm oil (used in many processed foods) are key causes of deforestation in South America and South-east Asia. And in the UK our food is responsible for around 30% of our greenhouse gas emissions, making it a major contributor to climate change.

WWF and the Rowett Institute of Nutrition and Health (University of Aberdeen) have come together to develop Livewell 2020 to show that eating healthily is good for the natural world too – it's a win-win approach! The Livewell 2020 shopping list and suggested seven-day menu plan have been carefully calculated to follow the government guidelines for a healthy diet while reducing your greenhouse gas emissions to help meet 2020 targets.

This is just one illustration of how to balance a diet that's both healthy and better for the environment – if the menu is not to your personal taste then just stick to the straight-forward Livewell 2020 principles: eat more fruit, vegetables and cereals but less meat and highly processed foods.

### Final tips:

#### Protecting the planet:

- Buy MSC-certified fish to ensure they're sustainably sourced
- Regionally grown, in-season fruit and vegetables will reduce your impact further
- Choose products that contain sustainably sourced palm oil if possible
- Reduce waste – 40% currently ends up in bins or in landfills
- Alcohol/tea and coffee are not included in the seven-day menu. They will add a small amount to the greenhouse gas emissions of your diet.

#### Healthy Eating (recommended by nutritionists at Aberdeen University):

- Spray oil will help you consume less fat
- Low salt/low fat options of food such as baked beans /stock cubes /cheese will further reduce your intake of salt and/or fat.

#### Store cupboard ingredients

Food Item	Amount
Herbs & spices Garlic Vinegar	
Stock cubes (low salt)	No more than 1 or 2 per week
Oil for cooking (maximum 6 tablespoons per week)	Rapeseed, vegetable, olive, sunflower oils (low saturated fat). Note: this amount of oil is accounted for in the 2020 diet already

## SHOPPING LIST - FAMILY OF FOUR

Food	Examples of food in the food groups	Weight to buy (g/week)	Family of four Approximate equivalent whole (please mix quantities to make a combination of all)
Pasta, noodles, (cooked)	All types of pasta, noodles & macaroni	1221	
Rice (cooked)	All types of white, brown, long grain, basmati, easy cook	433	
White bread	Sliced, toasted, fried, French stick, pitta bread & rolls	2364	66 slices or 34 bagels or 25 large pitta bread
Wholegrain bread	Sliced, toasted, fried, French stick, pitta bread & rolls	1496	39 slices or 21 bagels or 16 large pitta bread
Wholegrain and high fibre breakfast cereals	Cereals with non-starch polysaccharides $\geq$ 4g/100g; e.g. all bran, bran flakes, muesli, shredded wheat	600	
Other breakfast cereals	Cereals with non-starch polysaccharides $\leq$ 4g/100g; e.g. cornflakes, coco pops, sugar puffs, rice krispies	320	
Oats	e.g. porridge	90	
Potato products grilled or oven baked (not fried)	Oven chips, waffles, croquettes, hash browns, fritters, alphabites, etc	940	
Potato (boiled, baked, no fat)	Boiled, mashed (no fat), baked	2116	
Carrots / turnips (cooked)		768	
Tomatoes (tinned & raw)	Tinned, raw	1816	
Peas (cooked)	Frozen, canned, mushy, fresh	768	
Cabbages, Brussel sprouts or other brassicas	Fresh, frozen	440	

To see a sample weekly menu developed from this shopping list please go to [wwf.org.uk/livewell2020](http://wwf.org.uk/livewell2020)

## SHOPPING LIST - FAMILY OF FOUR continued

Food	Examples of food in the food groups	Weight to buy (g/week)	Family of four Approximate equivalent whole (please mix quantities to make a combination of all)
Cauliflowers, broccoli or spinach	Fresh, frozen	408	
Cucumber		500	83 slices
Lettuce	All types	588	
Mushrooms (fried)	Fried in a variety of oils	420	
Onions (inc. shallots)	Fried in a variety of oils	721	5-10 (depending on size)
Pepper (raw)	Red, green, yellow, etc.	1216	7-8 peppers
Sweet corn	Canned, fresh	140	
Apples or pears		1199	11 apples or 7 pears
Citrus fruit	Orange, lemon, lime, grapefruit etc.	1280	6 oranges or 15 Clementines
Bananas		1819	12 bananas
Grapes, kiwi, cherries		782	138 grapes or 11 kiwis or 172 cherries
Raspberries, strawberries, blueberries		508	127 raspberries (approx.15 per portion) or 42 strawberries (8 per portion) or 254 blueberries
Fruit juice	All fruit & vegetable juices	2692	
Semi-skimmed milk		6595	
Cheese (reduced fat)	All types incl. Hard, soft & cream cheese	868	
Yogurt / fromage frais (low fat)	All types	1500	
Eggs	Fried, poached, boiled, scrambled	508	10 medium eggs
Ham	All types	92	
Beef (cooked meat only)	All cuts incl. joints, fillets, minced, stewed	559	
Pork (cooked meat only)	All cuts incl. joints, fillets, minced, stewed	588	
Chicken (cooked meat only)	All cuts	1159	
White fish (coated, fried)	Battered / fried cod, haddock, plaice etc. Fish fingers, fish cakes, scampi	808	
Shellfish	All types, incl. Mussels, prawns, crab, scallops etc.	213	
Oily fish	Salmon, sardines, mackerel, kippers, herring, fresh tuna	598	
Sesame seed		6	
Nuts	Incl. Mixed nuts, peanuts, walnuts, almonds, Brazil nuts	128	
Beans (canned)	Kidney beans, black-eyes beans, butterbeans, chickpeas	300	
Lentils	Boiled	73	
Baked Beans	Canned	1168	
Biscuits	All sweet & savoury types e.g. shortbread, digestives, cream crackers, flapjacks, cereal bars	328	
Buns, Cakes and pastries	All types e.g. sponge cakes, muffins, Danish pastries, croissants, doughnuts, tarts, scones, gateaux	420	
Sponge & cereal based puddings	All types e.g. rice pudding, sponge pudding, jam rolypoly, sponge flan, trifle, crumble, bread pudding, tiramisu	928	
Ice-creams	All types	300	
Low fat spread	Spreads containing ≤ 40% fat	420	
Fried, roast potatoes and fried potato products (incl. chips)	All fried potato products, fried in a variety of oils	628	
Crisps & savoury snacks	All types of potato and cereal based savoury snacks	120	
Sugar	All types incl. golden syrup	280	
Preserves (jam, honey, etc.)	Jam, fruit spreads, marmalade, honey, lemon curd	180	
Chocolate	All types e.g. chocolate bars, filled bars, assortments	152	

\*The shopping list above has been modelled on the needs of a family of four including a woman & man (following a sedentary lifestyle), teenager girl and a young boy. All Livewell 2020 information is based on the report "Livewell - a balance of healthy and sustainable food choices".