



WELCOME TO LIVEWELL 2020 FOR A WOMAN

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 straightforward 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 may 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 (not more than 2 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 - WOMEN

Food	Examples of food in the food groups	Weight to buy (g/week)	Woman Approximate equivalent whole (please mix quantities to make a combination of all)
Pasta, noodles, (cooked)	All types of pasta, noodles & macaroni	246	
Rice (cooked)	All types of white, brown, long grain, basmati, easy cook	76	
White bread	Sliced, toasted, fried, French stick, pitta bread & rolls	553	15 slices or 8 bagels or 6 large pitta bread
Wholegrain bread	Sliced, toasted, fried, French stick, pitta bread & rolls	401	11 slices or 6 bagels or 4 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	140	
Other breakfast cereals	Cereals with non-starch polysaccharides \leq 4g/100g; e.g. cornflakes, coco pops, sugar puffs, rice krispies	70	
Oats	e.g. porridge	21	
Potato products grilled or oven baked (not fried)	Oven chips, waffles, croquettes, hash browns, fritters, alphabites, etc	289	
Potato (boiled, baked, no fat)	Boiled, mashed (no fat), baked	490	
Carrots / turnips (cooked)		133	
Tomatoes (tinned & raw)	Tinned, raw	427	
Peas (cooked)	Frozen, canned, mushy, fresh	175	
Cabbages, Brussel sprouts or other brassicas	Fresh, frozen	98	

To see a sample weekly menu developed from this shopping list please go to wwf.org.uk/livewell2020

SHOPPING LIST - WOMEN continued

Food	Examples of food in the food groups		Woman
		Weight to buy (g/week)	Approximate equivalent whole (please mix quantities to make a combination of all)
Cauliflowers, broccoli or spinach	Fresh, frozen	91	
Cucumber		112	19 slices
Lettuce	All types	133	
Mushrooms (fried)	Fried in a variety of oils	94	
Onions (inc. shallots)	Fried in a variety of oils	165	1-6 (depending on size)
Pepper (raw)	Red, green, yellow, etc.	280	2 peppers
Sweet corn	Canned, fresh	28	
Apples or pears		558	5 apples or 3 pears
Bananas		329	2 bananas
Grapes, kiwi, cherries		175	35 grapes or 3 kiwis or 43 cherries
Peaches, Nectarines, Apricots		334	3 peaches or 3 nectarines or 7 apricots
Raspberries, strawberries, blueberries		119	30 raspberries (approx.15 per portion) or 11 strawberries (8 per portion) or 60 blueberries
Fruit juice	All fruit & vegetable juices	630	
Semi-skimmed milk		1630	
Cheese (reduced fat)	All types incl. Hard, soft & cream cheese	203	
Yogurt / fromage frais (low fat)	All types	294	
Yogurt / fromage frais (full fat)	All types	156	
Eggs	Fried, poached, boiled, scrambled	119	2 medium eggs
Ham	All types	21	
Beef (cooked meat only)	All cuts incl. joints, fillets, minced, stewed	131	
Pork (cooked meat only)	All cuts incl. joints, fillets, minced, stewed	138	
Chicken (cooked meat only)	All cuts	271	
White fish (coated, fried)	Battered / fried cod, haddock, plaice etc. Fish fingers, fish cakes, scampi	189	
Shellfish	All types, incl. Mussels, prawns, crab, scallops etc.	58	
Oily fish	Salmon, sardines, mackerel, kippers, herring, fresh tuna	140	
Sesame seed		1.4	
Nuts	Incl. Mixed nuts, peanuts, walnuts, almonds, Brazil nuts	25	
Beans (canned)	Kidney beans, black-eyes beans, butterbeans, chickpeas	70	
Lentils	Boiled	17	
Baked Beans	Canned	273	
Biscuits	All sweet & savoury types e.g. shortbread, digestives, cream crackers, flapjacks, cereal bars	77	
Buns, Cakes and pastries	All types e.g. sponge cakes, muffins, Danish pastries, croissants, doughnuts, tarts, scones, gateaux	98	
Sponge & cereal based puddings	All types e.g. rice pudding, sponge pudding, jam rolypoly, sponge flan, trifle, crumble, bread pudding, tiramisu	217	
Ice-creams	All types	70	
Low fat spread	Spreads containing ≤ 40% fat	98	
Fried, roast potatoes and fried potato products (incl. chips)	All fried potato products, fried in a variety of oils	147	
Crisps & savoury snacks	All types of potato and cereal based savoury snacks	28	
Sugar	All types incl. golden syrup	35	
Preserves (jam, honey, etc.)	Jam, fruit spreads, marmalade, honey, lemon curd	42	
Chocolate	All types e.g. chocolate bars, filled bars, assortments	35	

*The shopping list above has been modelled on the needs of a woman (following a sedentary lifestyle). All Livewell 2020 information is based on the report "Livewell - a balance of healthy and sustainable food choices."