

PLANT-BASED FOOD & LABEL DETECTIVE



Page 1: simple nutrition awareness + your own meal ideas

A free educational activity for teens and adults. Use the blank spaces to explore choices, not to calculate individual nutrient needs.

01 Build one plant-based day

Breakfast idea:

Lunch idea:

Dinner idea:

Snack or drink:

02 Find variety on the plate

Check any foods you included or would like to try:

- ☐ Beans, lentils, tofu, tempeh or another protein-rich food
- ☐ Vegetables or fruit in several colors
- ☐ Whole grains, potatoes or another starchy food
- ☐ Nuts, seeds or another source of unsaturated fats

03 Nutrients worth checking

- ☐ I know my reliable vitamin B12 source (fortified food or supplement).
- ☐ I checked whether my plant milk/yogurt is fortified with calcium.
- ☐ I considered iron-rich foods and vitamin C-rich produce.
- ☐ I considered omega-3 sources such as walnuts, chia or flax.

Something I want to learn more about:

Nutritional needs vary. Vegan diets require reliable B12 planning; ask a qualified clinician or dietitian for individual guidance, particularly for children, pregnancy or medical conditions.

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Page 2: practice reading ingredient lists + weekly action

04 Be a food-label detective

Pick a snack, cereal, bread, plant milk or another packaged food. Read its entire ingredient list and any allergy information.

Product name: _____

Main ingredients: _____

Allergens noted: _____

Did you spot any of these ingredients?

☐ Milk, whey, casein or lactose

☐ Egg, albumen or egg powder

☐ Gelatin / gelatine

☐ Honey or animal-based stock

Your conclusion (and why):

05 Questions worth asking

☐ Does it contain any animal-derived ingredients?

☐ Is a vegan label present? (Still check allergy information.)

☐ Is a fortified food actually fortified with the nutrient I need?

06 One simple next step

This week I will:

Useful free sources:

PETA vegan starter guide | peta.org/lifestyle/food/free-vegan-starter-kit/

TeachKind resources | teachkind.org/free-materials/

NHS vegan nutrition guidance | nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegan-diet/

Original worksheet by Veggie-Blog.com, independent of PETA. Educational only; not individualized dietary or allergy advice.