

The Little Green Fork is a wellness awareness initiative that helps guide better dining choices. We've designated the green fork icon to make your shopping experience a breeze. Spot the green fork, spot the healthier choice!

Making the effort to swap certain ingredients for their healthier counterpart are small steps that we can feel good about without sacrificing our favourite meals.

Let the Green Fork guide you to where the healthier choice can be found within our dining spaces!





**Packed full of
antioxidants
Apples are great
for healthy skin
and gums**





**Apples contain a
form of soluble fibre
called pectin that
can help lower blood
cholesterol levels**





**Beetroot is a great
source of folic acid
and mineral silica
which is good for
your bones**





**Broccoli contains
Vitamin C and is also
a good source of
folate which helps
prevent heart disease**





**Broccoli contains
Lutein that can delay
the progression of
impaired vision**





**Tomatoes contain no
saturated fatty
acids, are low in salt
starch and sugars
and a high in dietary
fibre**





**Tomatoes are
Vitamin E loaded
and a good source
of potassium**





**Tomatoes contain
beta-carotene which
helps maintain
healthy skin and
tissue lining**





**Asparagus contains
more folic acid
than any other
vegetable**





**Asparagus is a
great source of
Fibre, Potassium
Vitamin A and
Vitamin C**





**Spinach contains
calcium, magnesium
and potassium as
well as a
substantial amount
of vitamin A**





Lentils are rich in protein, minerals and fibre, are a good source of vitamin B and are very low in fat.





**Sweet potatoes
contain vitamin C
and the orange
variety is an
excellent source of
beta carotene**





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**It's recommended that
you eat at least 5
portions of a variety of
fruit and vegetables
every day. They can be
fresh, frozen, canned
dried or juiced.**





**Potatoes with the
skins on are a great
source of fibre and
vitamins**





**Milk and dairy foods
such as cheese and
yoghurt, are good
sources of protein.
They also contain
calcium which helps
keep your bones healthy.**





**Aim to eat at least 2
portions of fish a
week, including at
least 1 portion of oily
fish**





**Choose wholegrain
varieties, and eat
potatoes with their
skin on for more
fibre**





Fibre that cannot be digested helps other food and waste products to move through the gut. Potato skins, wholegrain bread and breakfast cereals, brown rice, and wholewheat pasta are all good sources of this kind of fibre.





**Whole oats with
fruit and low-fat
lower-sugar
yoghurt makes a
tasty breakfast.**





**Try a baked potato
for lunch
Eat the skin for
even more fibre.**





**Bread, especially
wholemeal, granary,
brown and seeded
varieties can be part of
a balanced diet.**





**Wholegrain, wholemeal
and brown breads give
us energy and contain B
vitamins, vitamin E,
fibre and a wide range of
minerals.**





Wholegrain cereals can contribute to our daily intake of iron, fibre, B vitamins and protein. Higher-fibre options can also provide a slow release of energy.





**30g of dried fruits
counts towards your 5
a day**





**150ml juice counts
as one of your 5 a
day**





**Adding a table spoon
of raisins is an easy
way to get one of your
5 a day**





Choose wholegrain varieties of starchy foods such as brown rice, wholewheat pasta over white bread or rice, they contain more fibre





**Pulses, including
beans, peas & lentils
are naturally very low
in fat and high in
fibre, protein
vitamins and minerals**





**Green leafy
vegetables such as
broccoli & cabbage
are good sources of
calcium**





**Sesame seeds
are a good
source of
calcium.**





**Pulses are a good
plant based
source of iron**





**Did you know that
this product is
baked not fried**





**Did you know that
this product is
steamed
not fried**





**Raw veggies maintain
all the nutrients that
can be lost in the
cooking process**





**Stay hydrated
drink more water**





**Swap your fries
for a side salad**





**Potatoes do not
count towards your
5 a day**





**Made with low
fat dressing**





**Made with low
fat yoghurt**





Low fat spread





**Reduce your meat
consumption
have a half and half
portion
add some pulses**





**Ask a member of
the team for your
fish to be steamed**





Reducing your meat consumption is not only good for the planet , it can help you squeeze a wider range of nutrients into your diet if you substitute some meat for plant proteins instead

