
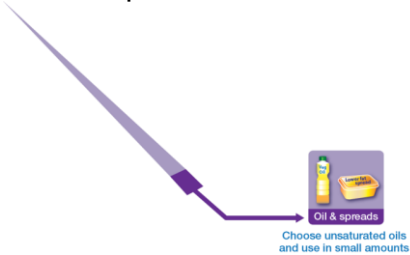




	<p>Nuts, eggs, beans and other pulses including: lentils, chickpeas, baked beans, kidney beans and butter beans.</p> <p>Vegetarian meat alternatives e.g. tofu, tempeh and mycoprotein.</p>
<p>Dairy and alternatives</p> 	<p>Milk, cheese, yogurt, fromage frais, quark, cream cheese.</p> <p>This includes non-dairy alternatives to these foods such as soya drinks.</p>
<p>Oils and spreads</p> 	<p>Vegetable oil, rapeseed oil, olive oil and sunflower oil.</p> <p>Soft spreads made from these unsaturated oils.</p>