MARKETABLE NUTRITIONAL MESSAGES

1. Protein sufficient
   a. Substitutions of meat as a protein source in the foods, such as, vegan cheese, legumes, lentils, and/or eggs, to fulfill nutritional needs.
   b. Examples of recipes that can use this message are Chickpea Salad, Spiced quinoa and eggplant rolls, Spiced Lentil Soup, and Creamy White Bean Soup.

2. Energy sufficient
   a. For each recipe provided, the average calorie content per serving is between 500-800 kcal, which is sufficient for an individual to consume and provides satiety.
   b. This can be applied to any recipe chosen from the recipe list, specific calorie numbers can be listed beside the selection on the menu.

3. Promotes digestive health
   a. Increase in fibre consumption, which promotes the motility of the digestive tract (Karunaratne, 2018).
   b. Examples of recipes that can use this message are Quinoa salad with tomatoes and spinach, and Sweet Potato Carrot Dal With Coconut Leeks.

4. Rich in antioxidants
   a. Reduced oxidative stress in functional parts of the body and potential decreased risk against the development of age-related disorders, such as cardiovascular diseases (Yoshihara, 2010).
b. Example of recipe that can use this message Caramelized Shiitake Mushroom Risotto.