

## 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.