

Some of the Vegan foods you may already be eating*

All fruit and vegetables are of course Vegan in their natural state, whether fresh, frozen or tinned.

Pasta: most dried pasta is Vegan if made without egg.

Fresh bread: all boulangerie bread is Vegan (with patisseries it is unlikely given they may well contain egg and milk product). Almost all supermarket bread, bagels and crumpets are vegan but check the label. Ciabatta is always vegan as it is made with olive oil.

Rice is Vegan as are rice noodles but check the label for other types.

Sugar and flour.

Yeast extracts like Marmite.

Baked beans (original recipe, without cheese or sausages etc.)

Tinned/canned spaghetti (original recipe, without cheese or sausages etc.)

Sauces: tomato sauce/ketchup, HP sauce, Tabasco and other pepper sauces, most mustards, Branston pickle

Jam: typically made with pectin (to thicken) rather than gelatine which is meat derived.

Hummus

French fries: if cooked in vegetable oil

Porridge/oatmeal: when made with water or plant milk

Crisps, biscuits, chocolate and sweets

Crisps/chips could be Vegan if plain, but may contain milk extract. Flavoured ones could contain just artificial flavourings but maybe real (cheese, beef, prawn etc.) so you need to check the label.

McVities: Fruit Shortcakes, Original and Choc Chip Hobnobs, Ginger Nuts, Light Rich Tea

Ritz Crackers: Original, Crisp and Thin (Salt & Vinegar)

Cream Crackers and many other crackers

Snacks and deserts

Apple Strudel (the kind found in most supermarket freezers)

Mr Kipling: Treacle Tart, Apple and Blackcurrant Pies

Lidl's Bramley Apple Pies

Jus Rol: Gluten-free Puff Pastry

Bird's Custard (when mixed with plant milk), Alpro custard

Pot Noodles: beef and tomato, Bombay Bad Boy, sweet and sour, southern fried chicken (no meat in any of these!)

Tea, coffee and cocoa.

* The above list is from the UK and therefore reflects British food choices and availabilities. Look at the labels on French equivalents to see whether they are Vegan or not.