

# Sustainable Nutrition

Adopt a healthy diet!

KLEO KALOGERAKOU JUN 20, 2022 01:00AM

## Question 3

Why should we adopt a sustainable diet?

## Question 2

What are the main goals of sustainable healthy eating behaviour?

## Question 1

Explain the concept of sustainable diet and nutrition.



### Healthy diet for a healthy planet

by WWF International

YOUTUBE

# WHAT CAN I DO?

### What Can I Eat? | The Diet to Save the Planet

by Terra Mater

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### Sustainable Food Facts

by Study in Sweden

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### Can healthy food save the planet?

by EAT

YOUTUBE



**Planet-Based Diets - Good for us, good for nature!**

by WWF International

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# WHAT IS SUSTAINABLE NUTRITION?

The way we produce and consume food is pushing the planet and its systems to the limit

2020: Reach the United Nations' 17 Sustainable Development Goals

2040: By 2030, the world will have to... Complete the Paris Climate Accord objectives

And by 2050... Feed almost 10 billion people (+2 billion vs 2020)

**A future vision: Sustainable Nutrition**  
To ensure enough safe, nutritious food for all, as well as sustainably-developed products, there is a need for a new approach that optimizes health and nutritional outcomes whilst respecting the key ecosystems on which the world depends

**Six guiding principles**

- 1 Protective and respectful of biodiversity and ecosystems
- 2 Culturally acceptable
- 3 Accessible, economically fair, and affordable
- 4 Nutritionally adequate
- 5 Safe and healthy
- 6 Optimizes natural and human resources

