# **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

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What Can I Eat? | The Diet to Save the Planet by Terra Mater

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#### **Sustainable Food Facts**

by Study in Sweden

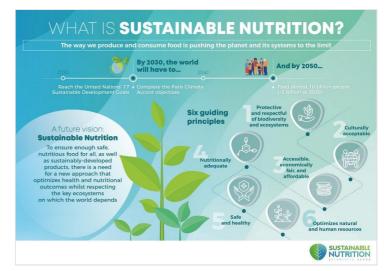
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**Planet-Based Diets - Good for us, good for nature!** by WWF International

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