

A decorative graphic featuring a light blue dashed line that curves around the central text. The line is punctuated by several colorful circles: a large teal circle with a white center in the top left, a smaller teal circle below it, a large lime green circle with a white center in the top right, a smaller lime green circle below it, a large orange circle with a white center in the bottom right, a smaller orange circle below it, a large green circle with a white center in the bottom left, a smaller green circle below it, a small yellow circle, a small pink circle, and a small cyan circle. The background is white.

# Sustainable diets

# Definitions



## sustainable

/səˈsteɪnəb(ə)l/

*adjective*

1. able to be maintained at a certain rate or level.  
"sustainable economic growth"
2. able to be upheld or defended.  
"sustainable definitions of good educational practice"



## sustainability

/səsteɪnəˈbɪlɪti/

*noun*

the ability to be maintained at a certain rate or level.  
"the sustainability of economic growth"

- avoidance of the depletion of natural resources in order to maintain an ecological balance.  
"the pursuit of global environmental sustainability"



# Three Pillars of Sustainability

Society, economy and environment



These three aspects if combined and put into practice can create a solid foundation for a sustainable world.

# Sustainable diets

*'Sustainable Diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; **nutritionally adequate**, safe and **healthy** while optimizing natural and human resources.'*

Food and Agriculture Organisation (FAO)



# The western diet can not and should not be global

O. Schutter, UN Special Rapporteur on the Right to Food



## Keynotes

- ① Meat consumption
- ① Food miles
- ① Food preparation, preservation and cooking methods

# Meat consumption





## Facts

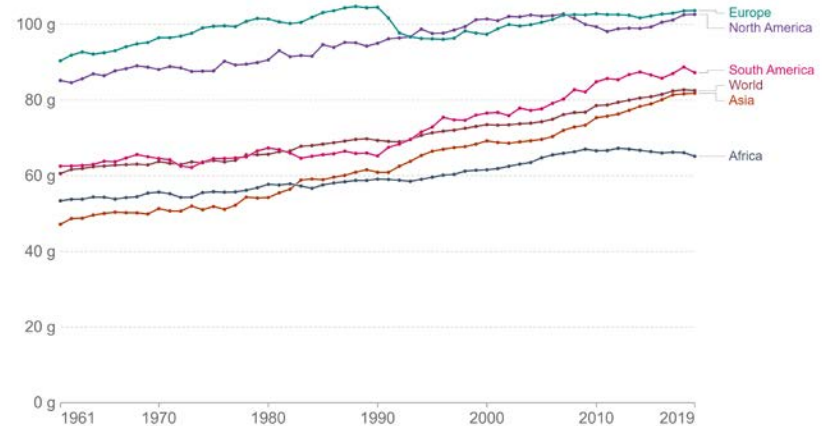
⊙ Meat is an important source of nutrition for many people around the world

⊙ 346.14 million tons of meat is consumed every year

⊙ The production of meat has large environmental impacts

Per capita protein supply from all foods per day, 1961 to 2019

This measures the quantity that is available for consumption at the end of the supply chain. It does not account for consumer waste, so the quantity that is actually consumed may be lower than this value.



Source: UN Food and Agriculture Organization (FAO)  
Note: This is the total of all agricultural produce – both crops and livestock.  
The FAO apply a methodological change from the year 2010 onwards.

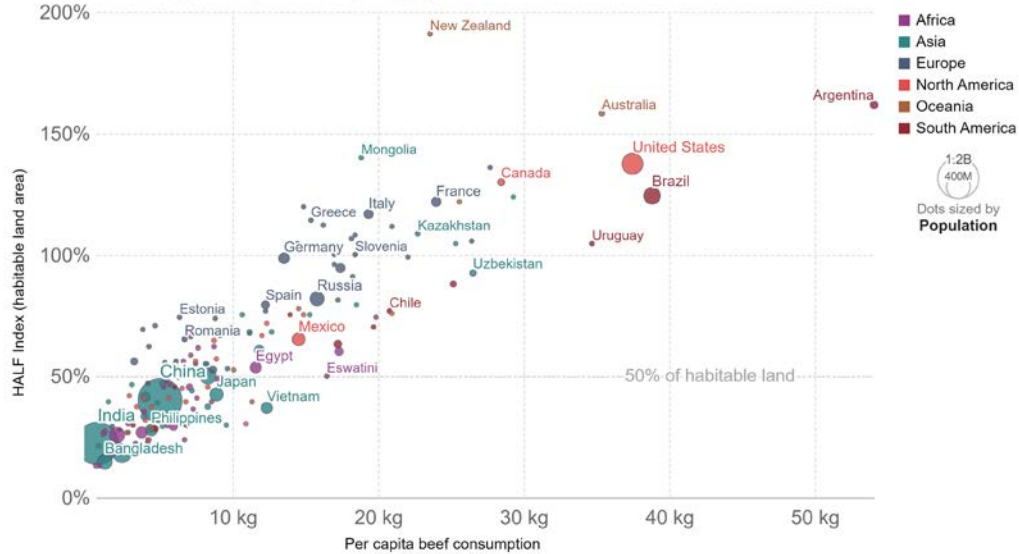
Our World  
in Data

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## Dietary land use vs. beef consumption, 2014

The percentage of global habitable land area needed for agriculture if the total world population was to adopt the average diet of any given country versus annual per capita beef consumption. Globally we use approximately 50% of habitable land for agriculture, as shown by the grey horizontal line.

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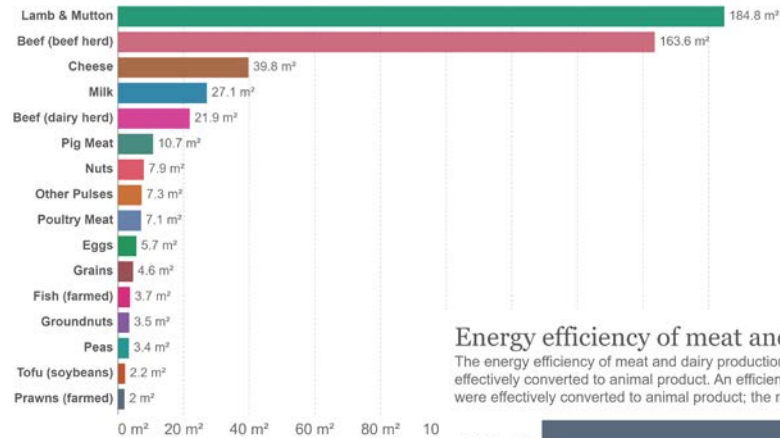
Source: Alexander et al. (2016); Food and Agriculture Organization of the United Nations

OurWorldInData.org/meat-production • CC BY

## Land use per 100 grams of protein

Land use is measured in meters squared (m<sup>2</sup>) per 100 grams of protein across various food products.

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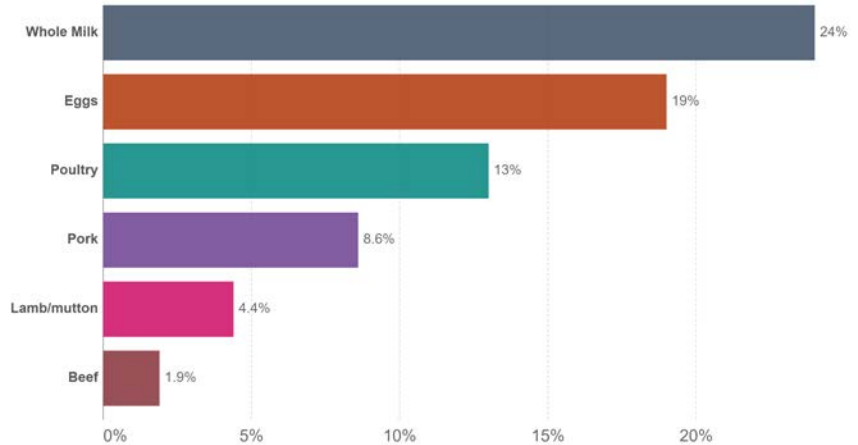


Source: Poore, J., & Nemecek, T. (2018). Additional calculations by Our World in OurWorldInData.org/environmental-impacts-of-food • CC BY

## Energy efficiency of meat and dairy production

The energy efficiency of meat and dairy production is defined as the percentage of energy (caloric) inputs as feed effectively converted to animal product. An efficiency of 25% would mean 25% of calories in animal feed inputs were effectively converted to animal product; the remaining 75% would be lost during conversion.

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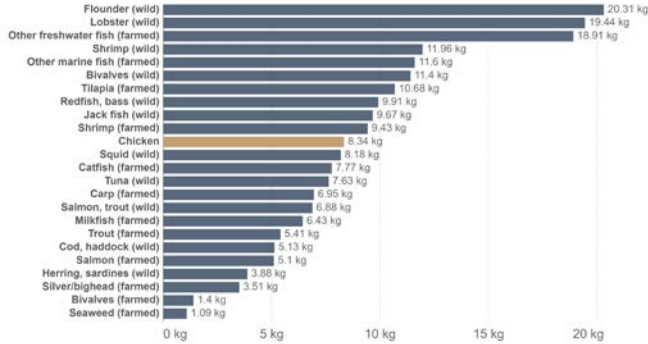


Source: Alexander et al. (2016). Human appropriation of land for food: the role of diet. Global Environmental Change. OurWorldInData.org/meat-production • CC BY

## Greenhouse gas emissions per kilogram of seafood

Based on a meta-analysis of data from 1690 fish farms and 1000 unique fishery records. Impacts are given per kilogram of edible weight.

Our World in Data



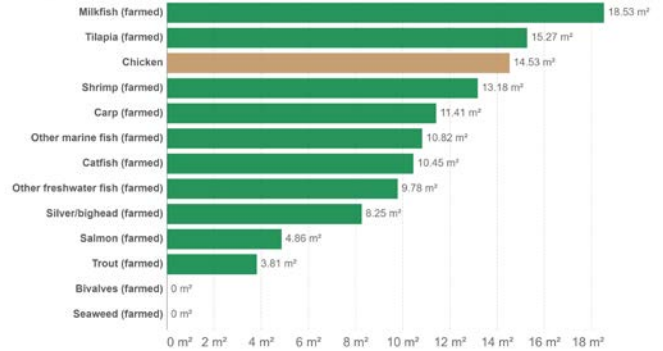
Source: Gephart et al. (2021). Environmental performance of blue foods. Nature.  
Note: Includes on-farm and off-farm, but does not include post-farmgate emissions. This means it does not include impacts such as transport to retail, packaging, processing or cooking.

OurWorldInData.org/fish • CC BY

## Land use per kilogram of farmed seafood

Based on a meta-analysis of data from 1690 fish farms. Land use includes land used for aquaculture farms plus land for feed production. This is given per kilogram of edible weight. Chicken – the lowest-impact meat – is shown for comparison.

Our World in Data



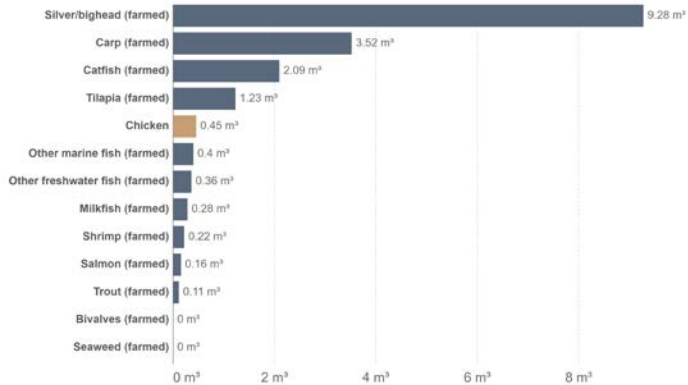
Source: Gephart et al. (2021). Environmental performance of blue foods. Nature.

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## Freshwater use per kilogram of farmed seafood

Based on a meta-analysis that includes data from 1690 fish farms. This is given per kilogram of edible weight. Chicken – the lowest-impact meat – is shown for comparison.

Our World in Data



Source: Gephart et al. (2021). Environmental performance of blue foods. Nature.

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## Food miles

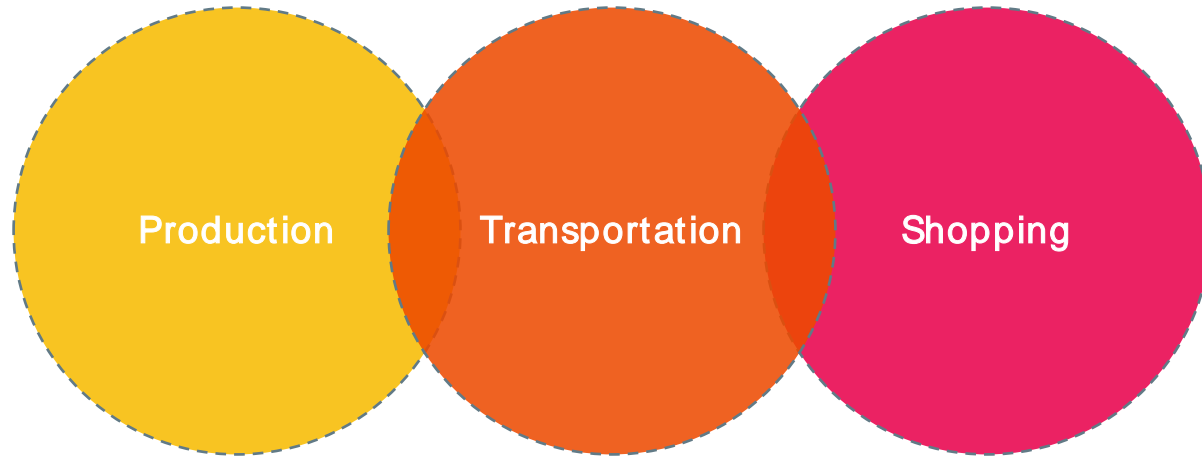
Food miles is the distance food is transported from the time of its making until it reaches the consumer.

Food miles are only part of an ingredient's sustainability story. If you're trying to shop as sustainably as possible, there are lots of other things that can affect a product's carbon footprint.

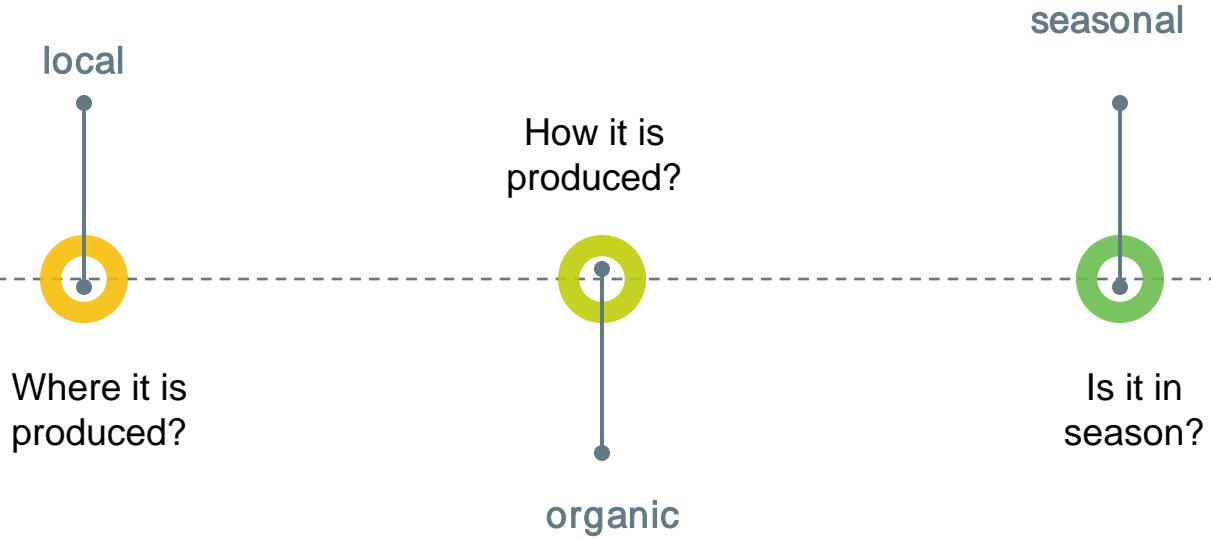


[interactive environmental impact calculator](#)

# Food preparation, preservation and cooking methods



# What can I do?

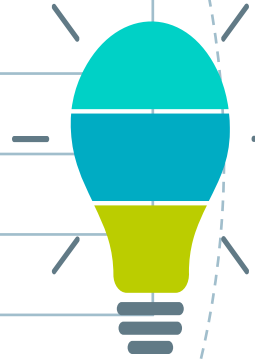


Think before shopping...



## Keep a Weekly Planner

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
breakfast							
snack							
lunch							
snack							
dinner							



## Avoid Food Waste



## Let's review some concepts

### Yellow

Is the color of gold, butter and ripe lemons. In the spectrum of visible light, yellow is found between green and orange.

### Yellow

Is the color of gold, butter and ripe lemons. In the spectrum of visible light, yellow is found between green and orange.

### Blue

Is the colour of the clear sky and the deep sea. It is located between violet and green on the optical spectrum.

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Is the colour of the clear sky and the deep sea. It is located between violet and green on the optical spectrum.

### Red

Is the color of blood, and because of this it has historically been associated with sacrifice, danger and courage.

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## Desktop project

Show and explain your web, app or software projects using these gadget templates.

# Roadmap

Blue is the colour of the clear sky and the deep sea

1

Red is the colour of danger and courage

3

Black is the color of ebony and of outer space

5

Yellow is the color of gold, butter and ripe lemons

2

White is the color of milk and fresh snow

4

Blue is the colour of the clear sky and the deep sea

6

Thanks!



Any questions?



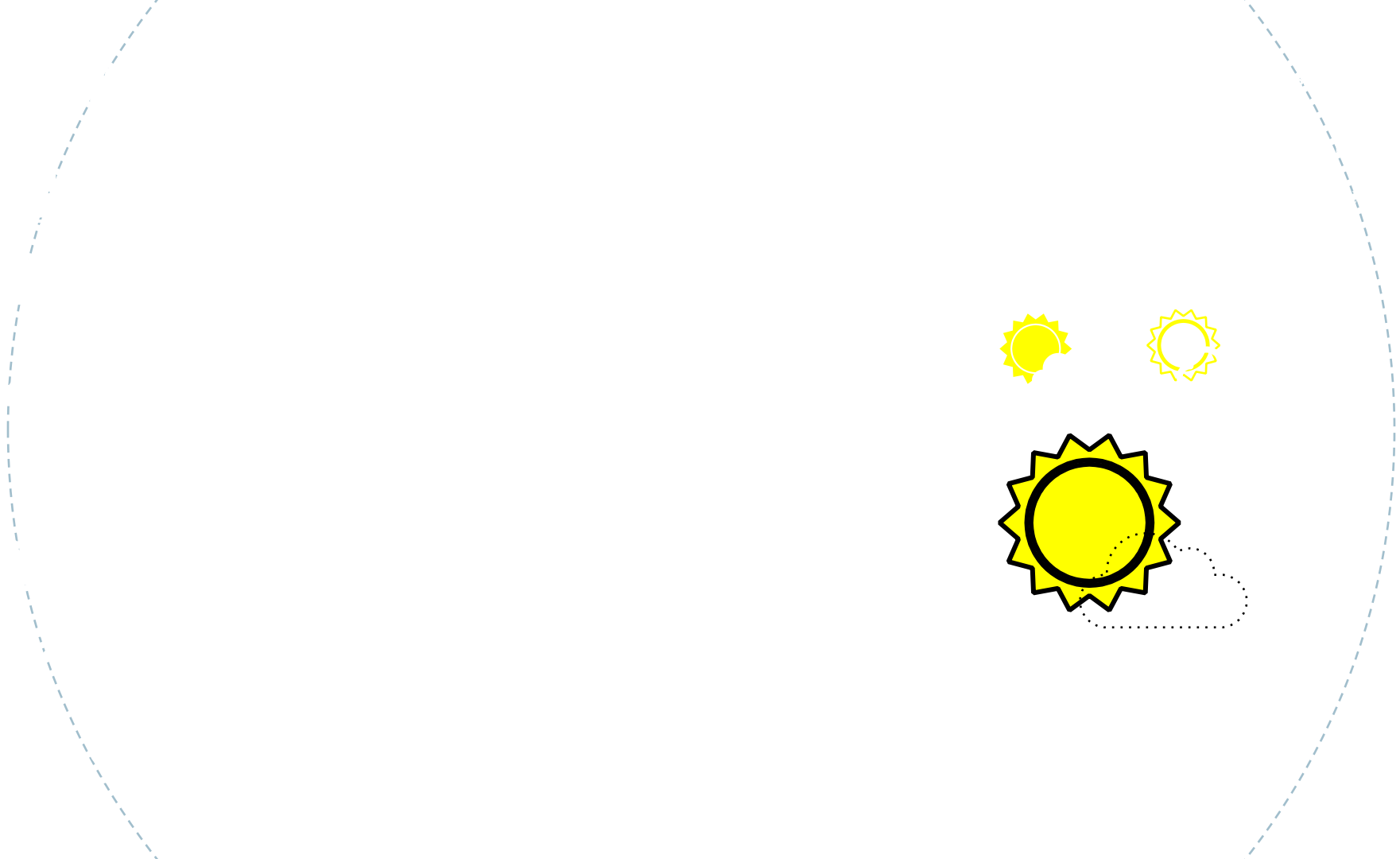
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# Funnel







# Diagrams and infographics

