

# Sustainable Diets

Edited during virtual mobility meeting in Turkey



# Sustainable diets introducing

01



You're going to learn facts about sustainable diets

03



How it affects an environment in a good way

02



We will talk about their benefits and characteristics

04

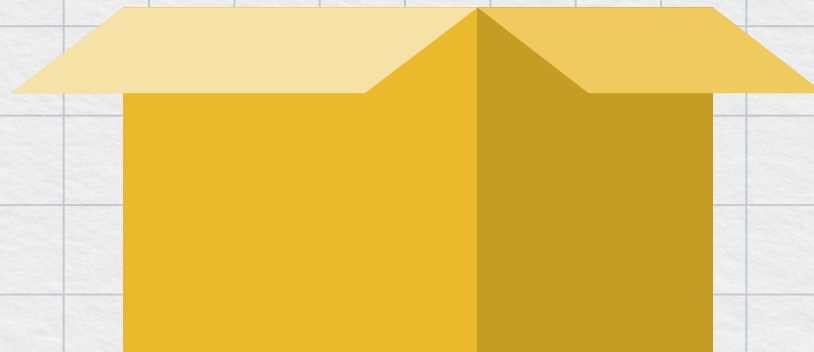


And last but not least example sustainable diets



# Many people ask what a sustainable diet is and if it's helpful

The dictionary definition of the word “sustainable”: ‘able to be maintained’. *Sustainability can be called the ability to be permanent. It is used in the twenty-first century with reference to this ability of the biosphere and civilization in general.* As we talk about diet we could say that sustainable is the diet that can protect our health, our planet, and of course our economy’.



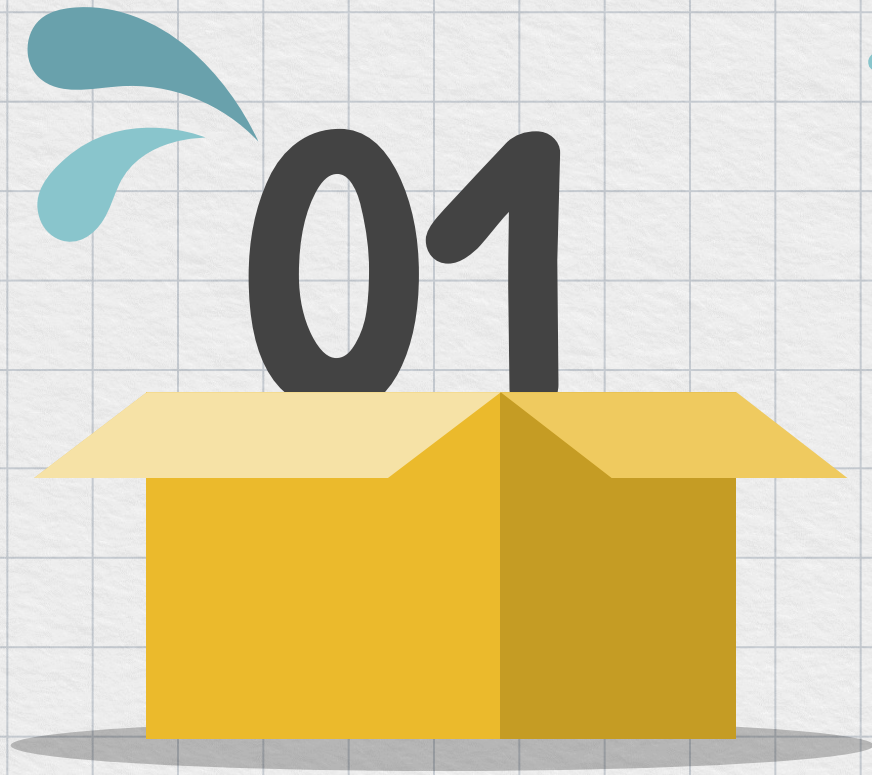




# Facts about sustainable diets

Diets requires a tailored solution for support to optimal health and sustainability.

Sustainable Healthy diets are dietary patterns that promote all dimensions of individuals health and wellbeing: have low environmental pressure and impact : are accessible,affordable,safe and equitable ,and are culturally acceptable.



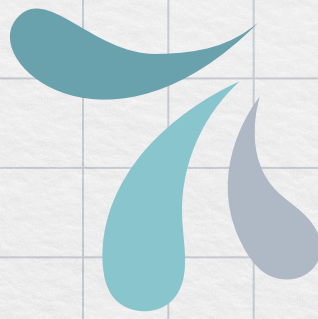


# Sustainable Diet Principles

- Eat enough and balanced nutrition.
- Prefer vegetable protein sources instead of animal-derived proteins (eggs, meat, milk). Take care to consume at least 5 portions of fruit and vegetables a day.
- Pay attention to the frequency and amount of consumption of packaged foods containing sugar, fat and salt.
- Increase your consumption of legumes, whole grains, and oily seeds such as hazelnuts, walnuts or almonds.
- Prefer fish caught with sustainable fishing (caught in season, no risk of being caught).
- Consume vegetables and fruits in season.
- Pay attention to consuming local foods and shopping from local producers



# Benefits and characteristics economic impacts



The social/cultural aspects and the economic impact food and food systems must be taken into account in the dialogue on responses to improve diets and eliminate hunger and all forms of malnutrition.

The aints of sustainable healthy diets are achieve optimal growth and development of all individuals and support functioning and physical,mental and social wellbeing at all life stages for present future generations,contribute to preventing all forms of malnutrition (undernutrition,micronutrient,deficiency , overweight and obesity)





## Impacts of sustainable diet:

- Nutrition and health outcomes (prevent malnutrition)
- Environmental outcomes (water and land use, biodiversity, climate change)
- Economic outcomes (income, employment, affordability, etc.)
- Social equity outcomes (availability)

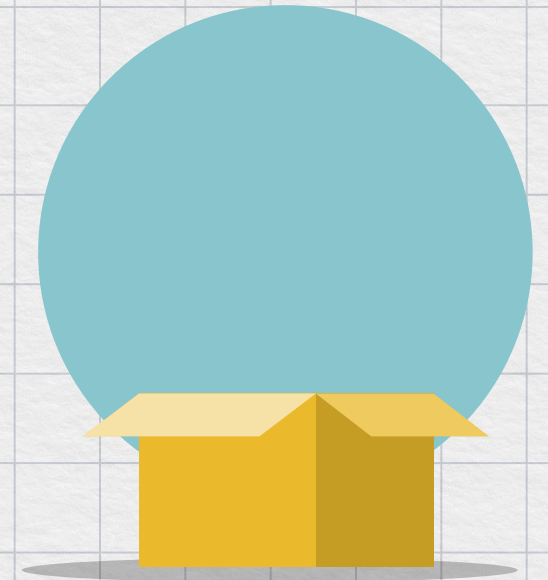


The global costs of malnutrition (undernutrition and diet-related NCDs associated with obesity) reach 5% of global GDP, but in Low-Income Countries can reach 16% of GDP (FAO, 2013)



By saying that it can help with our economy we could also mean that **it's way cheaper than junk food.**

For example the money you will pay for a cheeseburger. You could make one at home by using seasonal vegetables, local cheese and meat. It will be healthier and of course you will spend less money.





# Regarding the health aspects

1. include safe and clean drinking water as the fluid of choice

2. minimize the use of antibiotics and hormones in food production

3. reduce food loss and waste





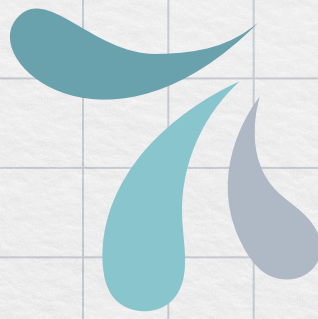
# Mental health.

If you eat healthier you maintain in a healthy weight which helps a lot to feel better. Eating fast food, for example, that doesn't belong to sustainable diets, can cause serious problems to you. On the other hand, researchers have found that the more processed a diet is the more those that consume it are at risk of depression and anxiety.

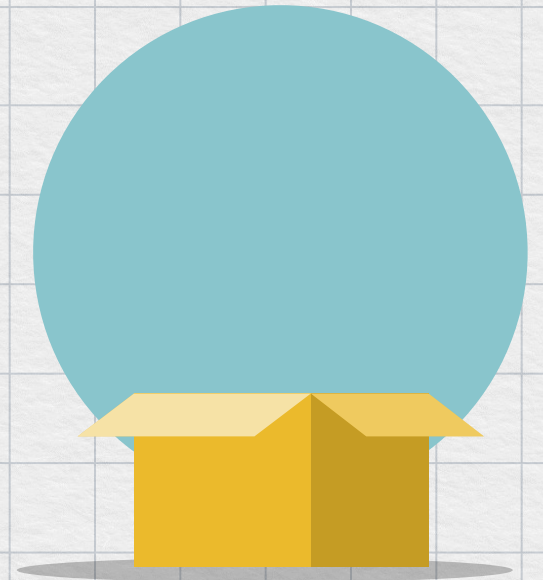




# Benefits for the planet



Sustainable diets consider the environmental cost of food production and consumption. There's a preference on products that use less fossil fuel. Sustainable farms encourage biodiversity, conserve scarce water resources, and build healthy soil through techniques like composting and planting cover crops





**Sustainable healthy diets MUST combine all the dimensions of sustainability to avoid unintended consequences.**

**Having in mind that...**

Global food systems emit 20-35 percent of global greenhouse gas (GHG) emissions, occupies ~40 percent of the Earth's ice-free land area, results in terrestrial and aquatic nutrient pollution from excess fertilizer application, and is the largest driver of biodiversity loss





# Tips

01



Include a great variety of unprocessed or minimally processed foods, balanced across food groups, while restricting highly processed food and drink products

02



Include whole grains, legumes, nuts, fruits and vegetables

03



Include moderate amounts of eggs, dairy, poultry and fish; and small amounts of red meat.

04



Minimize the use of products packaged on plastics -always think of food packaging

05



Prefer local produced food items

06

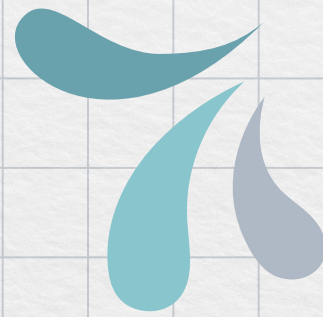


Prefer to eat fruits and salads in season.



# Mediterranean Diet

as an example of sustainable diet



That diet is a plant-based diet, with little to moderate amounts of animal-sourced foods. It's characterized by a variety of vegetables, fruits, nuts, legumes, seeds, fish, olive oil, a moderate amount of dairy foods, and a low amount of red meat. It also give importance to a high content of local fruits and vegetables.

Adherence to this diet has been associated with lower environmental pressures and impacts in comparison to other healthy diets containing meat.



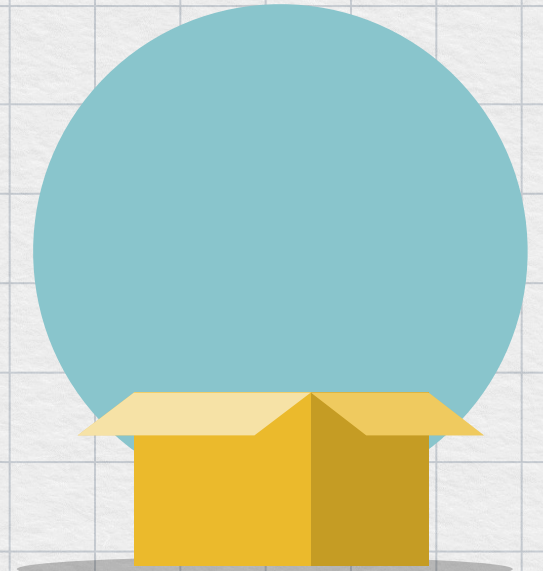
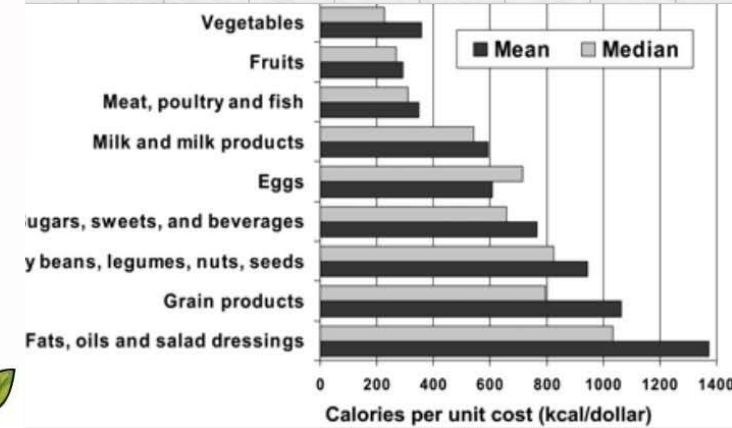


**1 of the 9 major USDA food groups: 1) milk and milk products; 2) meat, poultry, and fish; 3) eggs; 4) dry beans, legumes, nuts, and seeds; 5) grain products; 6) fruit; 7) vegetables; 8) fats, oils, and salad dressings; and 9) sugars, sweets, and beverages malo glavno**

## **SUSTAINABLE DIET**

**The second digit identifies subgroups within each major food group (eg, milk and milk drinks, creams, cheeses, and milk desserts), including mixed foods, whereas the third and subsequent digits provide ever-finer discrimination down to the individual food item.**

**Individual diets can be more or less useful / harmful to the body. Proper or balanced diet implies optimal intake of nutrients (nutrients) and, more importantly, excellent absorption of all nutrients. Eating habits play a significant role in an individual's quality of life and health. In today's society, many individuals are abandoning traditional diets and turning to some new approaches to diet (vegetarianism, veganism, raw food consumption, macrobiotics, etc.) for health reasons, prolonging life or reducing the negative impact on the environment. Such diets often require adjustments or supplementation in order to achieve optimal nutrient intake.**





# Sustainable diets



## Characteristics of a sustainable diet

- precision in terms of the amount of intake and the mass of food and calories
- the composition of the food we eat is important, the energy ,proteins we ingest
- this type of diet generally includes meals that are divided into smaller portions and are precisely determined when they will be used without any food loss

Are diets only for those who want to lose weight?



The answer is no!

Such diets are generally not strict and provide a complete intake of the necessary vitamins and calories for further functioning during the day.

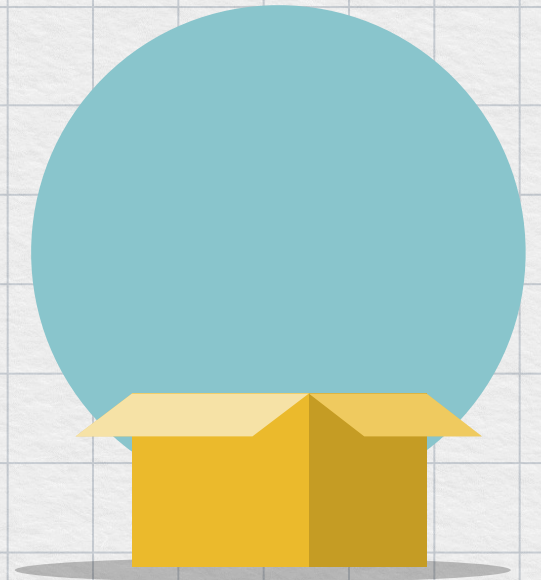
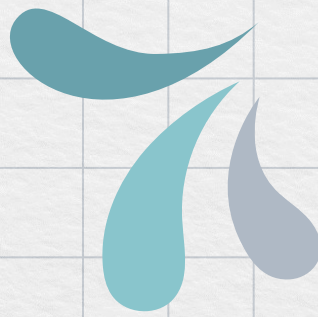


What are these diets all for?

They are used as a diet cycle that has the role of improving your immune system, body function, blood circulation and much more.

Not only do they help physically with the appearance and work of the body but also with mental health, certain foods can be used to reduce feelings of depression, for having better memory. If you are a student you should definitely try! Maybe it will change your life cycle and help you study better.

This was just some of the facts that would maybe interest you to improve your lifestyle and help you reduce unnecessary food loss .





# Credits.

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