


# FOOD QUALITY


Our diet has a significant impact on both the planet and our health. Globally, 30% of greenhouse gas (GHG) emissions are attributed to food production.<sup>1</sup> Reducing the consumption of animal-based products is crucial, as this category accounts for nearly half of food-related GHG emissions in Switzerland. Other useful measures include choosing local and seasonal foods<sup>2</sup> and prioritizing organic products.

 **Plant-based foods**

Rich in **iron**: Pulses, whole grains, nuts, green vegetables.

Rich in **calcium**: Soya, almonds, white beans, cabbage, dried figs.<sup>3</sup>

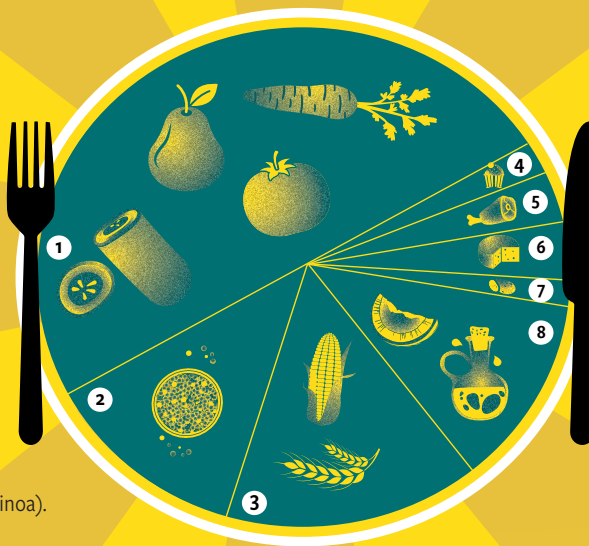
 **Fruit and vegetables** <sup>1</sup>


 **Plant-based proteins** <sup>2</sup>

(e.g., beans, lentils, peas, and other legumes).


 **Whole grains** <sup>3</sup>

(e.g., wheat, oats, rice, corn, quinoa).



 **Added sugars** <sup>4</sup>

(e.g., sweets, ultra-processed foods).


 **Animal proteins** <sup>5</sup>

(e.g., red meat: max 98 g/ week).

 **Dairy products** <sup>6</sup>

 **Starchy vegetables** <sup>7</sup>

(e.g., potatoes, cassava).

 **Saturated fats** <sup>8</sup>

(e.g., animal products, coconut/ palm oils).

**Prefer unsaturated fats**  
(e.g., olive/rapeseed oil, nuts, hazelnuts, fatty fish)

## GOOD HABITS


- ✓ Reduce animal product consumption in favor of plant-based foods
- ✓ Limit fast food and ultra-processed foods
- ✓ Reduce plastic use
- ✓ Eat organic<sup>4</sup>
- ✓ Choose local and seasonal products


## HEALTHY & SUSTAINABLE DIET<sup>5</sup> : WHAT ARE THE BENEFITS ?<sup>4</sup>

- ✓ **Reduced risk of obesity**  
(BMI\*: -1.4 kg/m<sup>2</sup>) and **lower cholesterol** (non-HDL cholesterol: -0.5 mmol/L)
- ✓ **28% lower risk of coronary heart disease**  
due to reduced saturated fat intake<sup>6</sup>
- ✓ **59% lower risk of diabetes**  
thanks to an overall lower-calorie diet and the protective effect of fiber<sup>6</sup>

## AVANTAGES POUR LA PLANÈTE

 **Biodiversity preservation**  
(\ deforestation, pesticides)

 **greenhouse gas emissions**  
(\ N<sub>2</sub>O from fertilizers, \ methane from livestock)

 **Water usage**  
(\ livestock farming, especially cattle)

## THE SUSTAINABLE PRESCRIPTION

- ◆ Adopt a **more plant-based diet**
- ◆ Choose minimally processed, local, and seasonal foods
- ◆ Eat in **moderation**

### When to discuss food quality?

Especially for individuals with overweight or obesity, metabolic diseases, cardiovascular risk factors, cancer history, chronic pain, and inflammatory diseases.

\*BMI = weight (kg) / height (m)<sup>2</sup>

## REFERENCES

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5. Summary of the EAT-Lancet commission for health professionals (PDF can be downloaded for free) [cited on 21/january 2024: <https://eatforum.org/lancetcommission/healthcareprofessionals/>]

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