


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.¹ 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 foods² and prioritizing organic products.





Plant-based foods

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

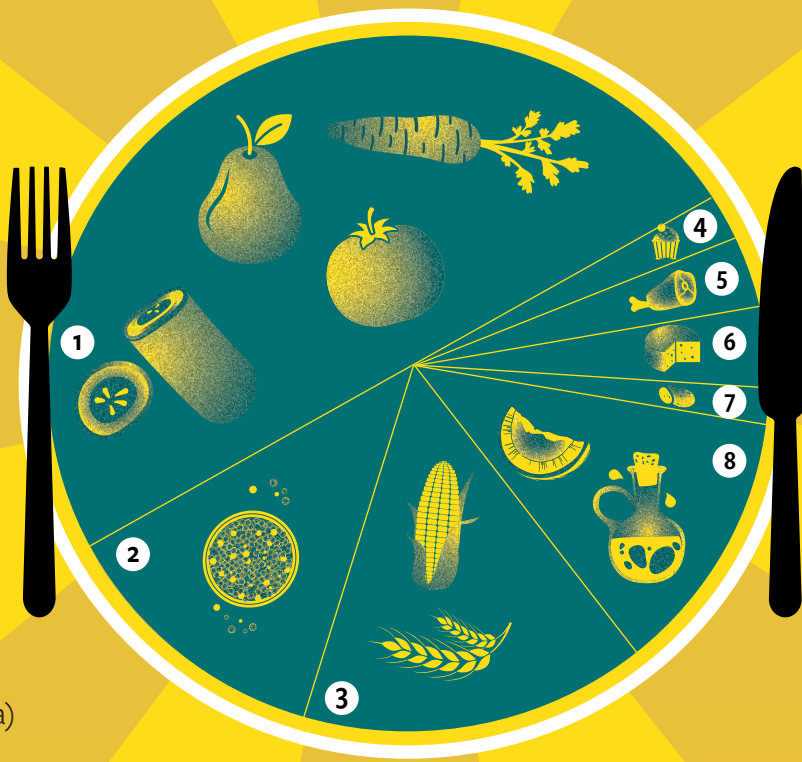
Rich in calcium: Soya, almonds, white beans, cabbage, dried figs.³

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Fruit and vegetables ¹
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Plant-based proteins ²
(e.g., beans, lentils, peas, and other legumes)
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Whole grains ³
(e.g., wheat, oats, rice, corn, quinoa)



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Added sugars ⁴
(e.g., sweets, ultra-processed foods)
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Animal proteins ⁵
(e.g., red meat: max 98 g/week).
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Dairy products ⁶
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Starchy vegetables ⁷
(e.g., potatoes, cassava)
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Saturated fats ⁸
(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 organic⁴
- ✓ Choose local and seasonal products

HEALTHY & SUSTAINABLE DIET⁵ : WHAT ARE THE BENEFITS?⁴

- **Reduced risk of obesity**
(BMI*: -1.4 kg/m²) and **lower cholesterol** (non-HDL cholesterol: -0.5 mmol/L)
- **28% lower risk of coronary heart disease**
due to reduced saturated fat intake⁶
- **59% lower risk of diabetes**
thanks to an overall lower-calorie diet and the protective effect of fiber⁶

BENEFITS FOR THE PLANET

-  **Biodiversity preservation**
(↘ deforestation, pesticides)
-  **greenhouse gas emissions**
(↘ N₂O 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)²



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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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