


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



Fruit and vegetables


1



Plant-based proteins

2

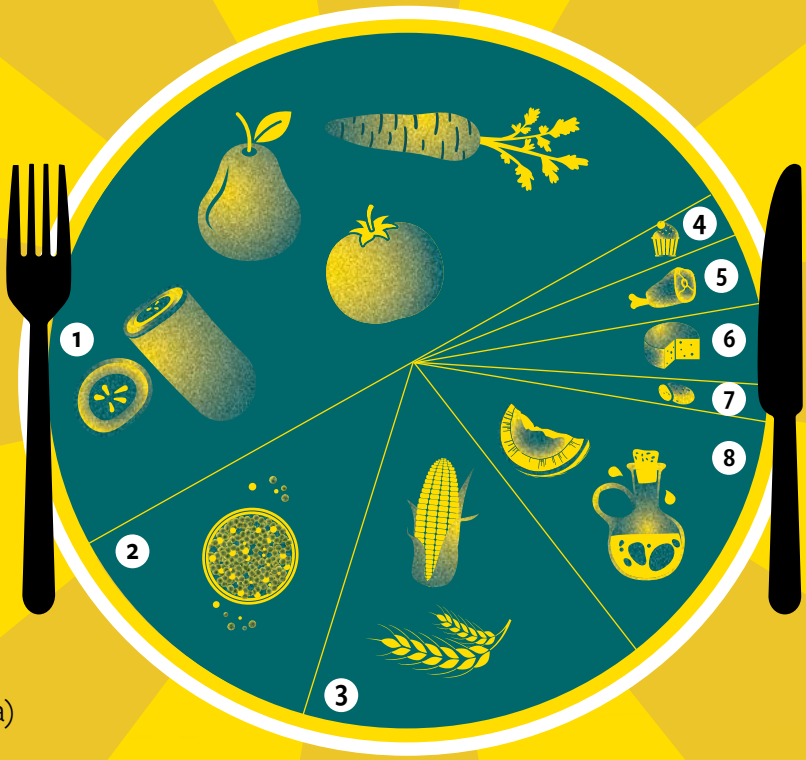
(e.g., beans, lentils, peas, and other legumes)




Whole grains

3

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





Added sugars

4

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



Animal proteins


5

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



Dairy products


6



Starchy vegetables

7

(e.g., potatoes, cassava)



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

BENEFITS FOR THE PLANET

 Biodiversity preservation
(↘ deforestation, pesticides)

 greenhouse gas emissions
(↘ N₂O from fertilizers, ↘ methane from livestock)

 water usage
(↘ livestock farming, especially cattle)

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

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

REFERENCES

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