

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



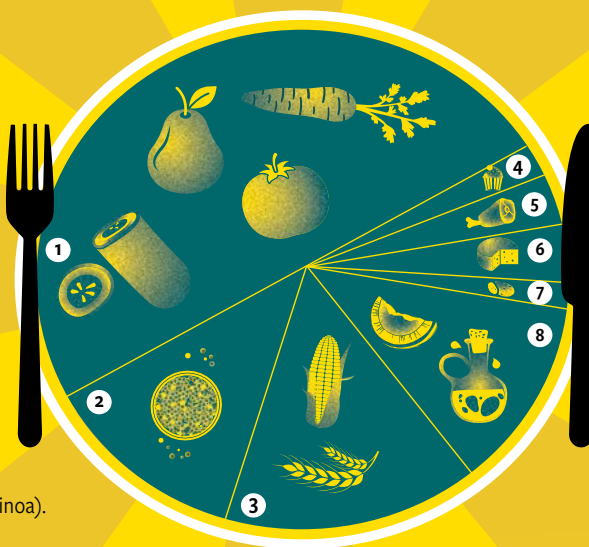
Plant-based proteins ²

(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

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

AVANTAGES POUR LA PLANÈTE



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

REFERENCES

1. Senn N, Gaille M, del Río Carral M, Gonzalez Holguera J (dirs). Santé et environnement. Vers une nouvelle approche globale.RMS editor, 2022. PDF can be downloaded for free. See chapter 33.

2. Macdiarmid JI. Seasonality and dietary requirements: will eating seasonal food contribute to health and environmental sustainability? Proceedings of the Nutrition Society. Août 2014;73(3):36875.

3. <https://jemangevegetal.fr/>

4. Hyland C et al. Organic diet intervention significantly reduces urinary pesticide levels in U.S. children and adults, Environmental Research, 2019; 171: 568-575

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/>]

6. Willett W, Rockström J, Loken B, Springmann M, Lang T, Vermeulen S, et al. Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems. Lancet. 2 févr 2019;393(10170):44792.

