



*Food systems that support
transitions to healthy and
sustainable diets*



«Taste, Flavor and Sustainability»



What are we going to talk about today?

- 1. What Sustainable Diet means**
- 2. Organic Farming VS Conventional Farming**

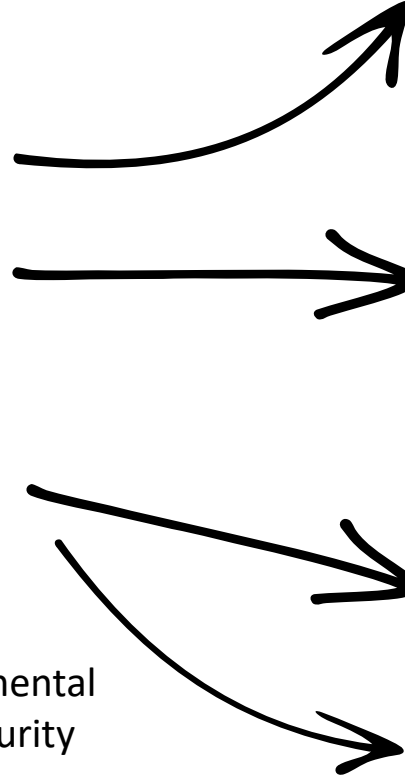
Sustainable Diet



FAO, 2010:

“Sustainable Diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations.

Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources”



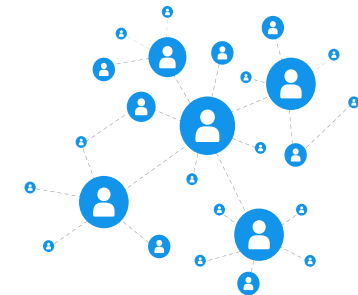
It prevents forms of malnutrition



It is environmentally and planet friendly



It adapts to the socio-cultural context



It contributes to the livelihood of local producers and to prevent necessary health care expenses for the treatment of chronic diseases





SUSTAINABLE DIET

- Moderate consumption of animal proteins
- Fish from sustainable fishing
- Predominant consumption of plant-based proteins
- Fair and solidarity-based foods
- Abundant fruits and vegetables
- Predominant consumption of whole grains and legumes
- Reduced intake of fats, sugars, and salt
- Nutritional adequacy

- Fresh seasonal foods
- Local products
- Moderate use of packaging
- Traditional recipes
- Respect for local customs and traditions
- Variety and biodiversity



UNSUSTAINABLE FOOD CHOICES

- Ultra-processed foods with high energy density
- Predominant consumption of animal proteins and ultra-processed products
- Foods rich in fats, sugars, salt, and additives
- Foods from intensive agriculture
- Foods from intensive farming
- Ready-to-eat foods



How do we assess the environmental impact of the food we consume??

Along all stages of the production chain:



From crops...



to the harvest...



to storage and transportation...



until the final consumption!

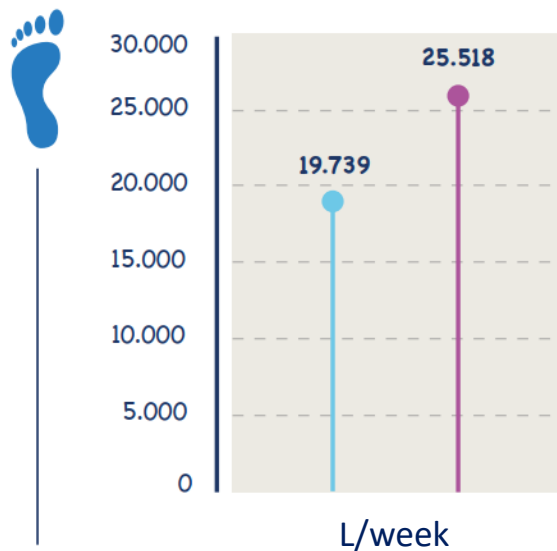
HOW DO WE MEASURE THE IMPACT OF OUR DIET ON THE ENVIRONMENT?

Comparing Dietary Patterns

● WESTERN DIET

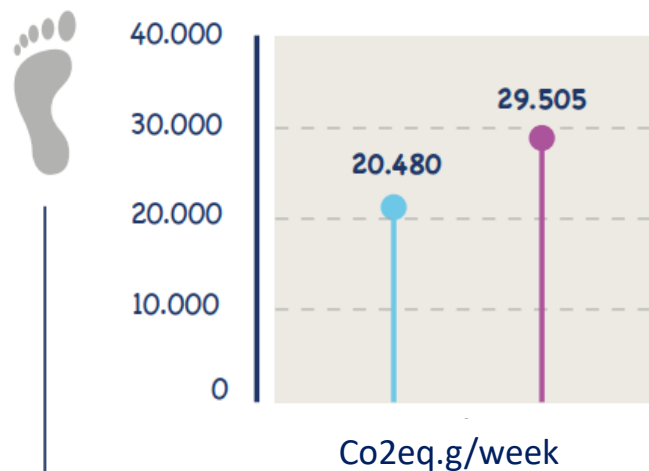
● MEDITERRANEAN DIET

1 Water footprint



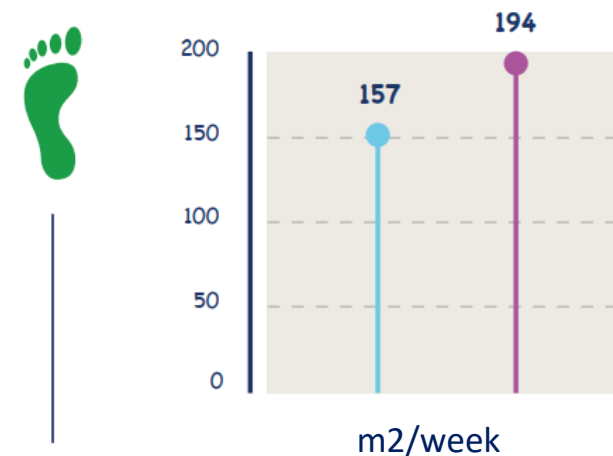
● Total volume in liters (L) of water resources used to produce 1 kg of food or 1 L of beverage

2 Carbon footprint



● Grams of CO2 equivalent (gCO2eq) and greenhouse gases emitted used to produce 1 kg of food or 1 L of beverage

3 Ecological footprint

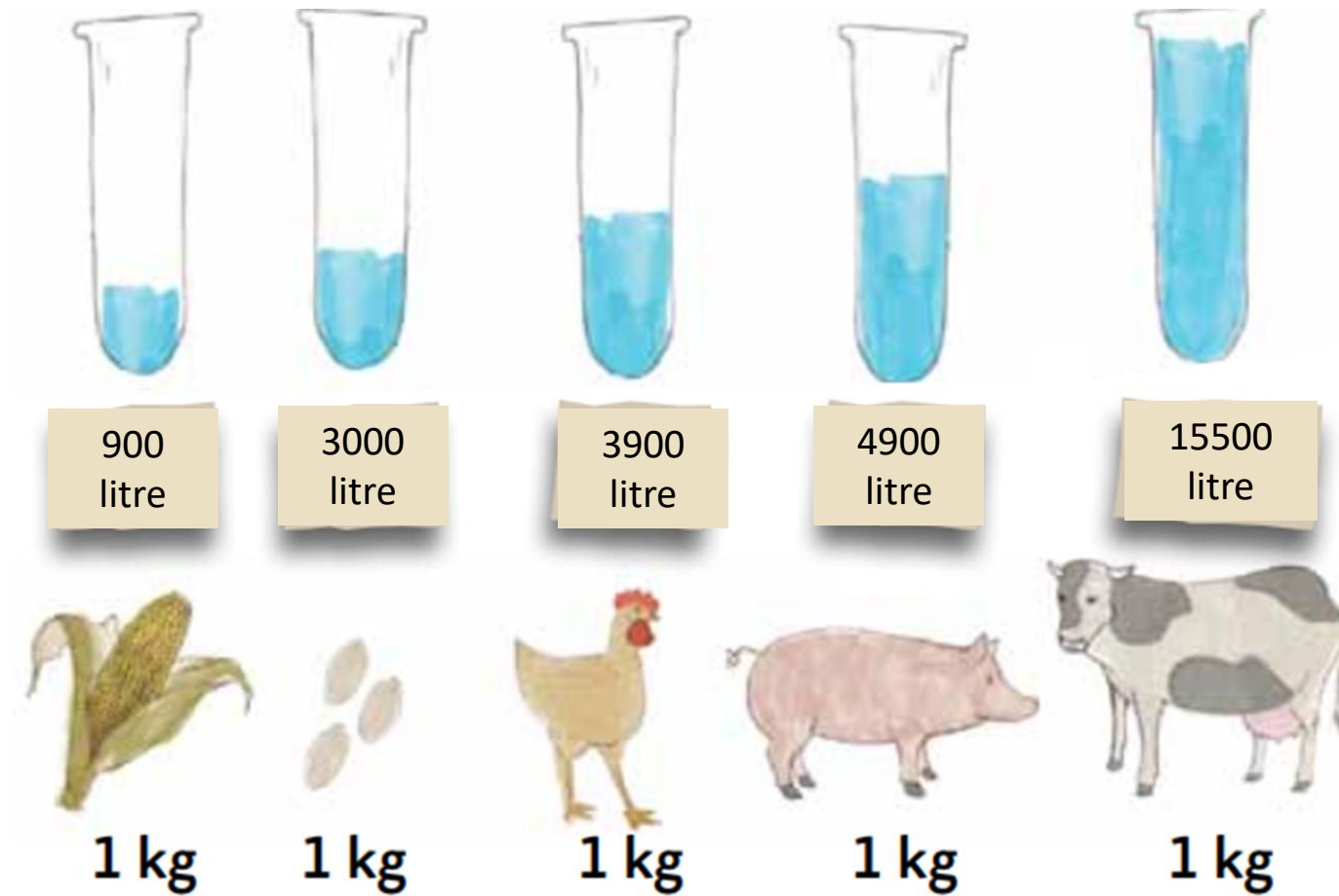


● Square meters (m2) of natural resources (soil or water) used to produce 1 kg of food or 1L of drink compared to the earth's capacity to regenerate them

Source: «Modelli di diete sane e sostenibili a partire dalle diete tradizionali». Progetto CCM-Azione Centrale 2019 del Ministero della Salute



Plant VS animal water footprint



Litres of water needed to produce 1kg of certain foods

Source: pubblicazione Slow Food nell'ambito del progetto a co-finanziamento Europeo «4 Cities4Dev.»



BIO VS CONVENTIONAL

WHAT IS ORGANIC FARMING?

Organic production is an overall system of farm management and food production that combines best environment practices, a high level of biodiversity, the preservation of natural resources and the application of high animal welfare standards

KEY PRINCIPLES



The use of chemical pesticides and synthetic fertilisers is banned



Antibiotics are severely restricted



GMOs are not allowed



Crops are rotated



The EU's organic logo guarantees EU rules on organic farming have been respected



europarl.eu

Sources:

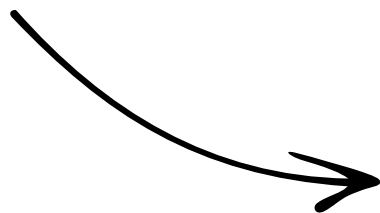
EPRS, European Commission



ARE ORGANIC PRODUCTS RICHER IN NUTRIENTS THAN THOSE PRODUCED BY CONVENTIONAL FARMING?



To date, we do not have sufficient scientific data to demonstrate with certainty a different nutrient content of organic products compared to those produced by conventional agriculture



The recognized differences between organic and conventional produce relate to how the food is produced, harvested, and processed



NOT

for different nutrient
intake



LET'S PUT IT INTO PRACTICE!

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THANKS FOR YOUR ATTENTION!



Co-funded by
the European Union

FEAST is co-funded by the European Union's Horizon Europe research and innovation programme under grant agreement number 101060536. Views and opinions expressed are those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be held responsible for them.

UK participant in FEAST (Good Food Oxfordshire) is supported by Innovate UK grant number 10041509 and the Swiss participant in FEAST (FiBL) is supported by the Swiss State Secretariat for Education, Research and Innovation (SERI) under contract number 22.00156.