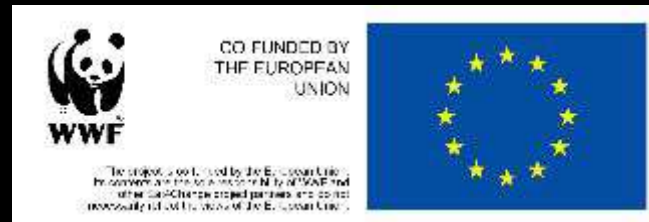


Eat4Change

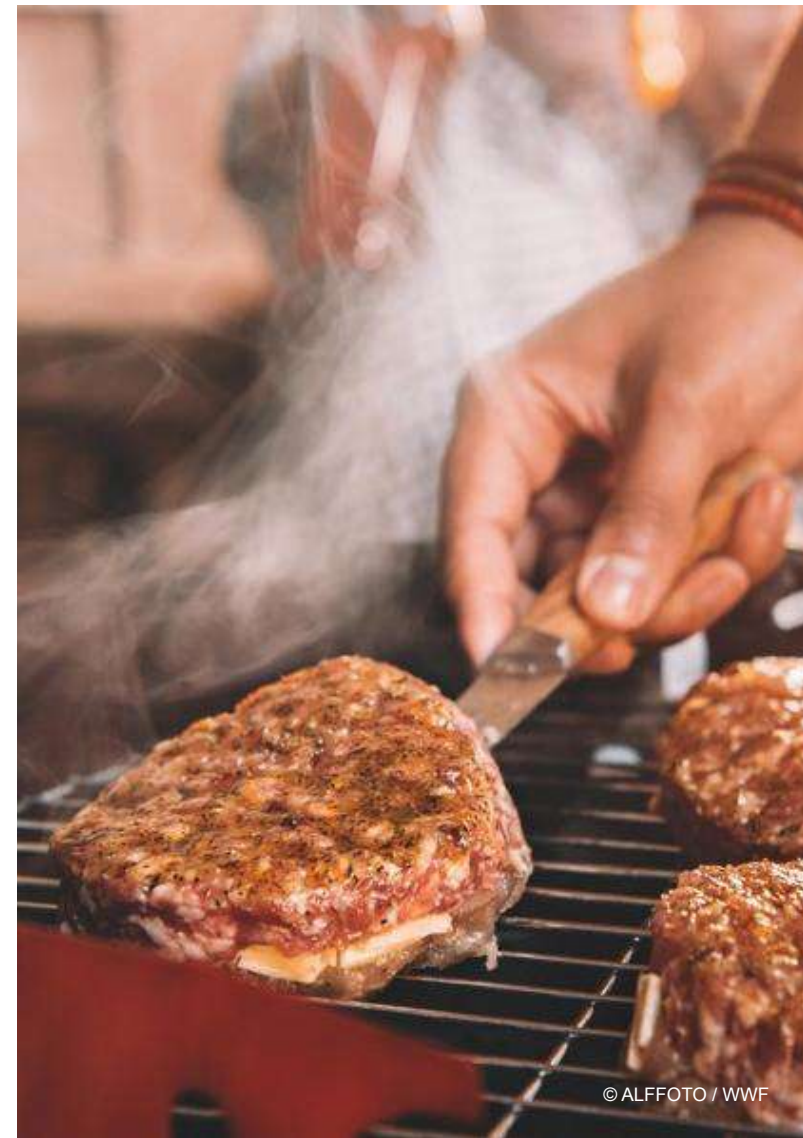
Nature on our plate

How to bring about change in nutrition,
biodiversity and climate change



#Eat4Change

How are these images related?



60%



© HKUN LAT / WWF US



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Biodiversity is under threat!



What does biodiversity really mean?



Food production and land use

crops
34%



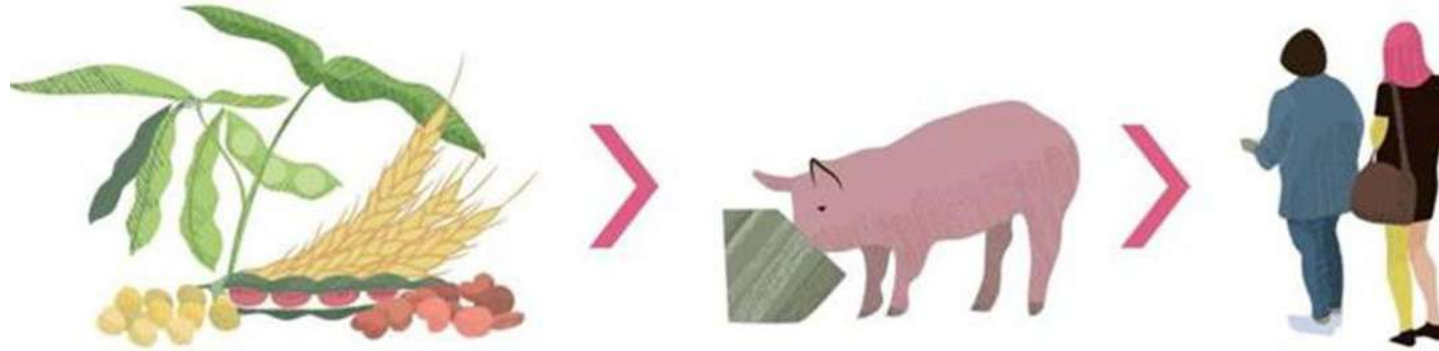
forests and bushland
34%



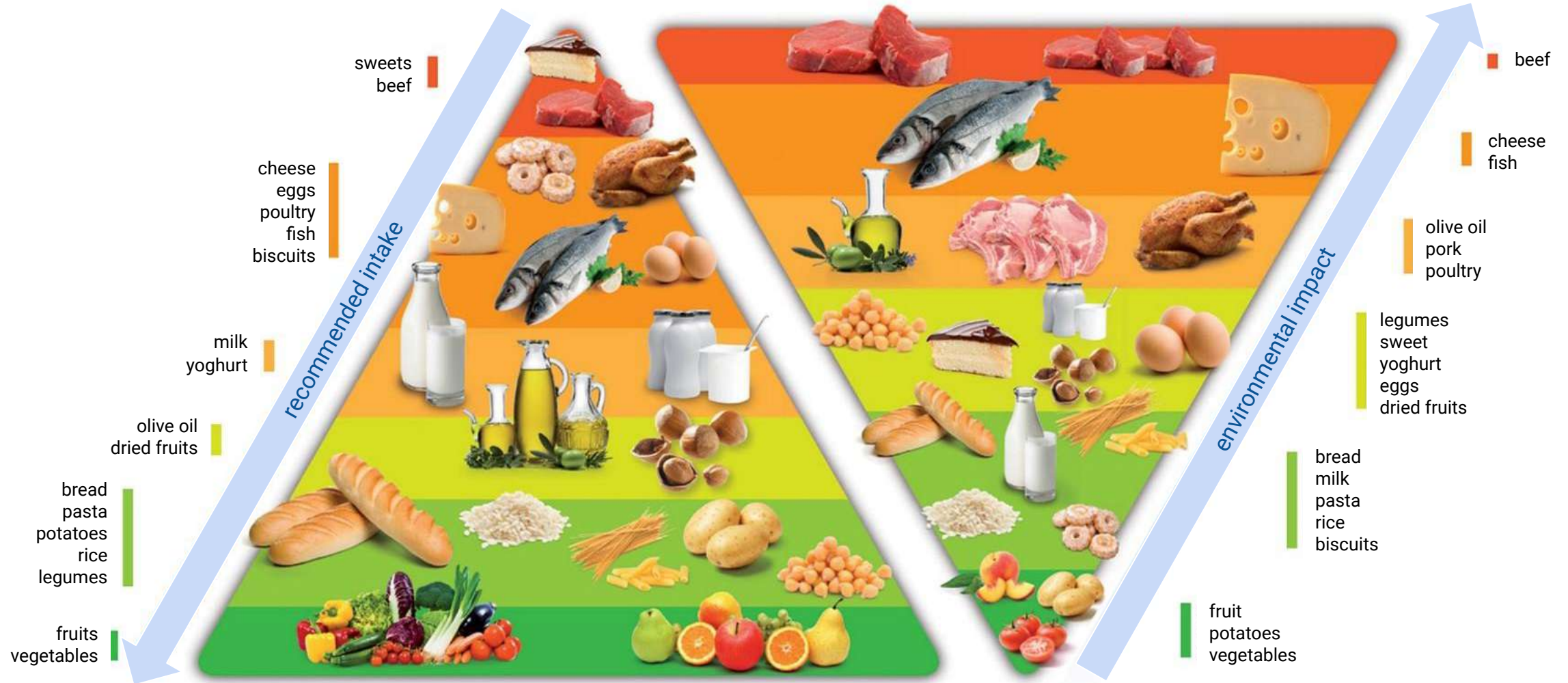
other
31%

**How can we eat in a way this is
healthier for our planet?**

Plants instead of meat!



The optimal diet for our health and the planet



Food Pyramid

The New Mediterranean Diet Pyramid

Mediterranean Diet Pyramid: a lifestyle for today
Guidelines for Adult population

Serving size based on frugality and local habits



Wine in moderation and respecting social beliefs



© 2010 Fundación Dieta Mediterránea
The use and promotion of this pyramid is recommended without any restriction.



ICAF
International Commission on the
Anthropology of Food and Nutrition



Predimed
Prevention and Dietary Modification

Ciiscom

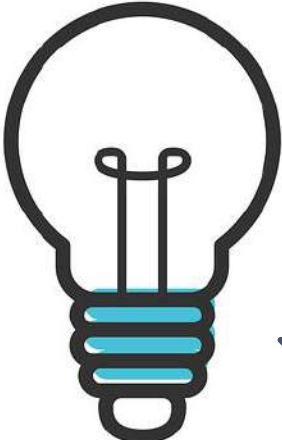


H.M.F.

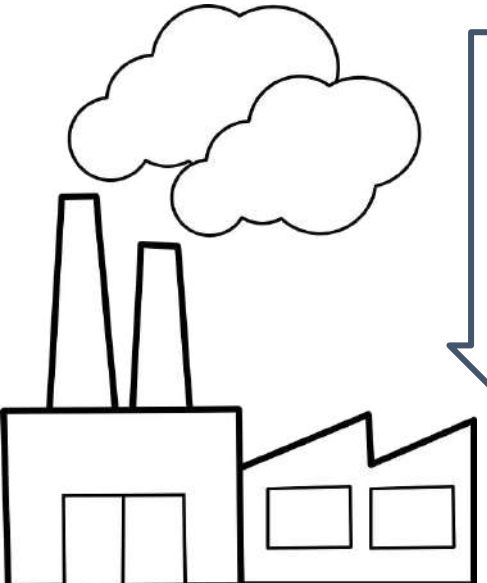


fens

Mediterranean Diet = Sustainable Diet!



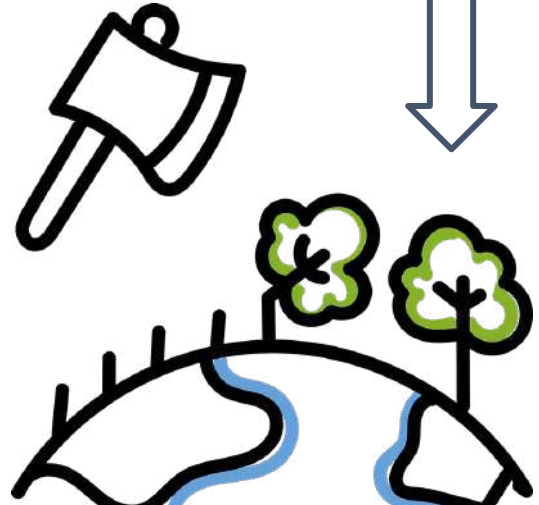
-52%
Energy
Consumption



-72%
Greenhouse gas
emissions



-58%
Land Use



-33%
Water
resources



Eat locally!



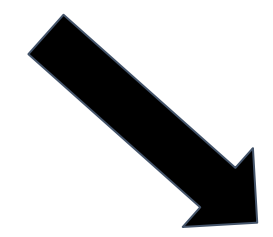
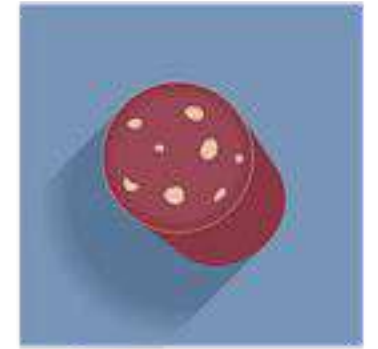
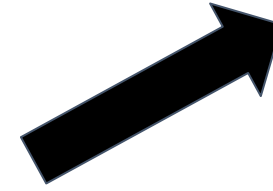
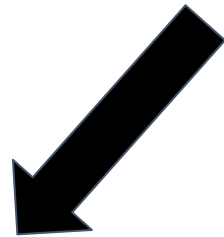
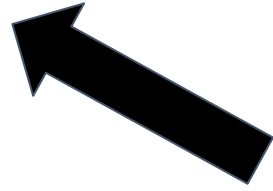
PIXABAY LICENSE

Eat Seasonally!



Eat unprocessed food!





Which people help us eat better?

Who provides us with healthy and fresh food?



#Eat4Change

UNSPASH LICENSE



UNSPASH LICENSE

Where can I find local and seasonal food?



PIXABAY LICENSE



UNSPLASH LICENSE

Who provides us with sustainable food?



UNSPLASH LICENSE



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Thank you!