

CATCH UP ON THIS
SYMPOSIUM AT
MYNUTRIWEB.COM



SHIFTING OUR FOOD SYSTEMS TO SUPPORT SUSTAINABLE EATING

FOR CLIMATE & PUBLIC HEALTH

Symposium key messages
summarised for you.

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TRANSFORMING FOOD SYSTEMS: IMPROVE ECONOMIES & BUILD CLIMATE RESILIENCE

JOSEPH ROBERTSON, SENIOR ADVISOR EAT FOUNDATION

It is urgently necessary that we change the way we produce and consume food. To do this we need to change financial incentives that are built into the system.

It's important that we invest in nature, but for the financial sector that is looking for a real-world return on investment in a monetary sense, agriculture is the best place for that to happen. If it can be done in a way that is nature-positive.

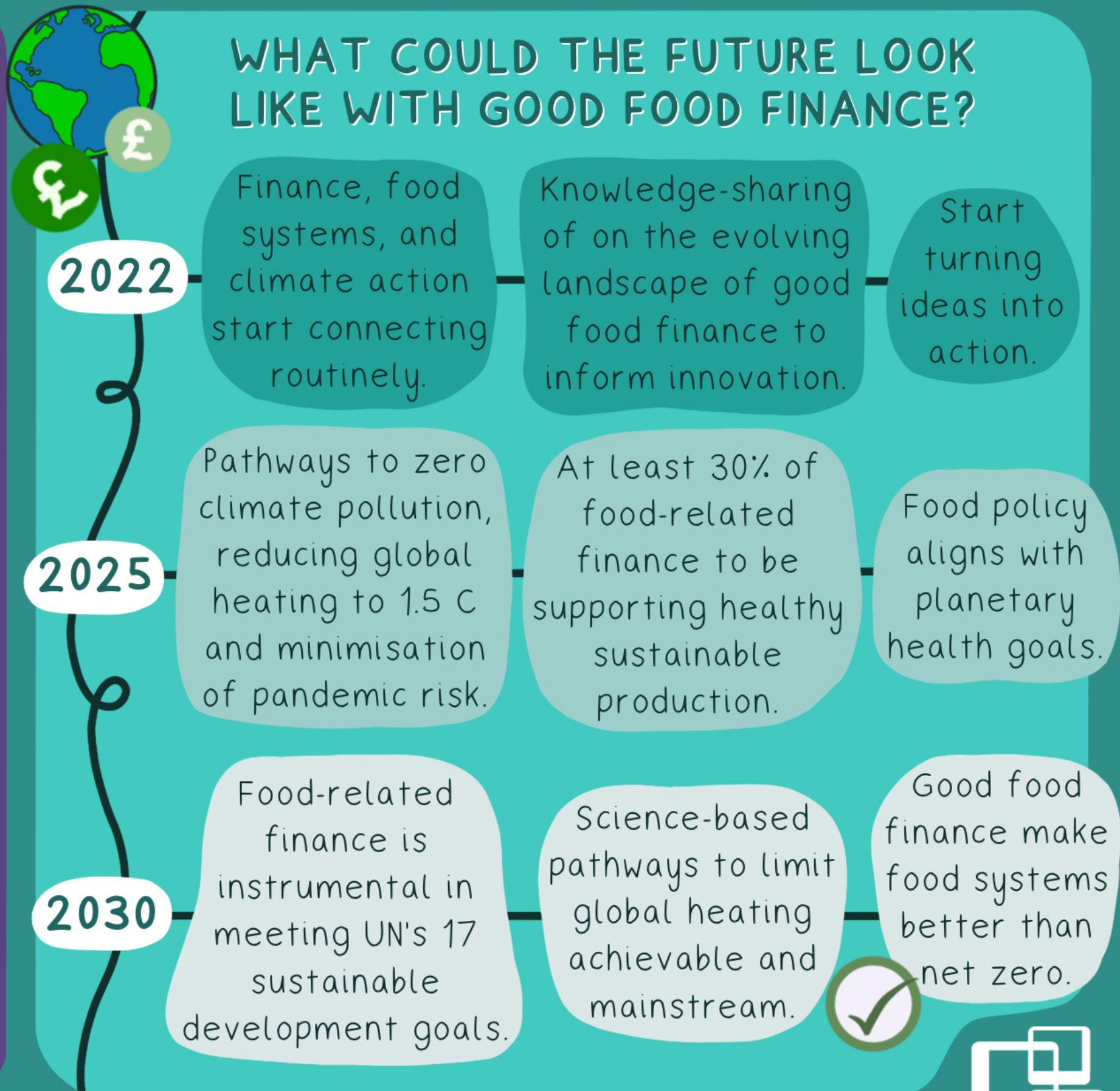
THE GOOD FOOD FINANCE NETWORK

The Good Food Finance Network is a collaborative platform, working to develop the critical innovations that will allow sustainable food system finance to become the mainstream standard.

HOW DOES IT WORK?

- 1 Convening leaders, innovators, and institutions in public, private and multilateral finance.
- 2 Design and deploy financial innovations to bring about sustainable food systems that foster human health.
- 3 Supporting investments in climate-smart nature-positive production methods.

WHAT COULD THE FUTURE LOOK LIKE WITH GOOD FOOD FINANCE?





SEEKING CONSENSUS ON SUSTAINABLE EATING: GLOBAL FORCE FOR CHANGE

DR FABRICE DECLERCK, SCIENCE DIRECTOR EAT FOUNDATION

The EAT-Lancet Commission set out key boundaries for healthy diets and a healthy planet that we must stay within to ensure a healthy and sustainable future.

88% of countries face a serious burden of either two or three forms of malnutrition.

Our food system accounts for **30%** of climate change and **80%** of all environmental risk factors.

BOUNDARY ONE = HEALTHY DIET



2500
KCAL/DAY
(GLOBAL
AVERAGE)

The ideal healthy diet takes a whole plate approach and focuses on the diversity of foods for optimal health.

From a health perspective, we're currently overconsuming red meat by **188%**, potatoes by **193%** and poultry by **53%** globally.

We're also currently underconsuming important food groups such as fruit, vegetables, nuts, legumes and wholegrains.

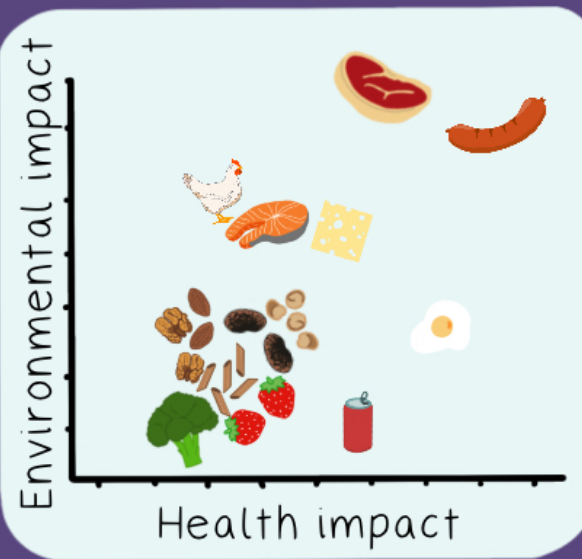
The EAT-Lancet report provides critical ranges within food groups.

As soon as we start to move outside of those ranges the risk of diet related disease increases.

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BOUNDARY TWO = HEALTHY PLANET



The EAT-Lancet commission tracked the environmental and health impact of foods. There are foods that are having a detrimental impact on both environment and health, such as red and processed meats.

“ Saying a food or food group is unsustainable or unhealthy is wrong, rather we can have unhealthy or unsustainable consumption of these foods or food groups. ”

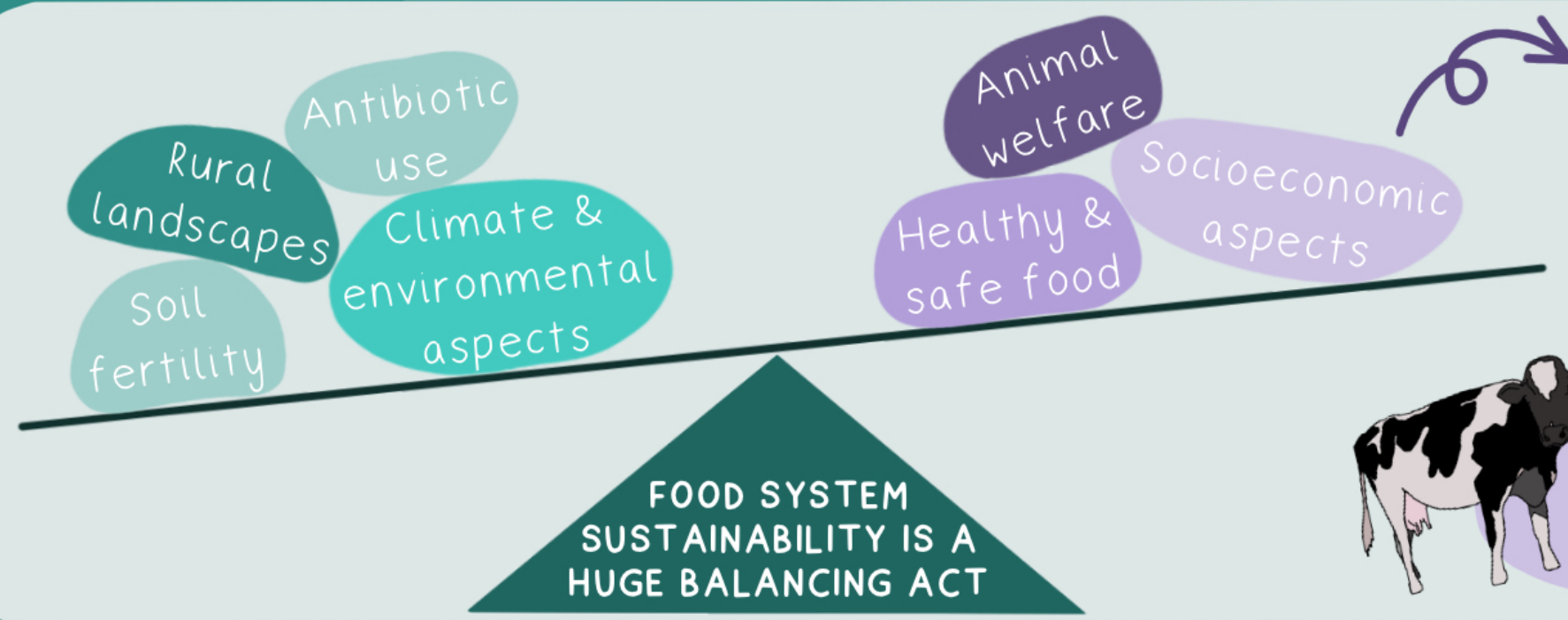
MOVING TOWARDS HEALTHY DIETS HAS A POSITIVE ENVIRONMENTAL IMPACT, SO THE ROLE OF NUTRITION PROFESSIONALS IS KEY FOR CREATING A HEALTHY, SUSTAINABLE FUTURE.





SUSTAINABLE FOOD PRODUCTION & LAND USE SYSTEMS

PROF. ELIN ROOS, SWEDISH UNIVERSITY OF AGRICULTURAL SCIENCES



ONE WAY OF FIGURING OUT HOW WE BALANCE ALL OF THESE FACTORS IS BY WORKING OUT DIFFERENT SCENARIOS ABOUT THE FUTURE.



One concept that has been explored is the idea that we limit livestock to 'leftover' resources.

THE 'LIVESTOCK LEFTOVER' APPROACH:

Livestock on leftovers approach is just one way of thinking about how livestock farming could evolve to become more sustainable in the future.

- ✓ Arable land should be used to produce plant-based food for humans
- ✓ Livestock should be fed biomass not suitable or wanted by humans
- ✓ Grasslands used for livestock production if grazing can be justified by reasons other than meat and milk production

Research suggests it could produce food that meets both dietary requirements and the EAT-Lancet climate boundary!

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FROM THEORY TO PRACTICE

HOW CAN LIVESTOCK ON LEFTOVERS THINKING BE APPLIED ON FARM LEVEL AND IS IT SUSTAINABLE?



ADAM ARNESSON, ORGANIC FARMER

In 2016, Adam's farm diversified from producing exclusively meat and animal feed, to also producing plant-based foods for human consumption.

IS IT MORE SUSTAINABLE?



Learn more about the farm's transition in this 45min session!

- + EFFICIENT AS THE AVERAGE SWEDISH FARM
- + NUMBER OF PEOPLE FED PER HECTARE HAS INCREASED
- + GREEN HOUSE GASES PRODUCED PER CALORIE OF FOOD HAS DECREASED
- + THE FARM'S RESILIENCE HAS INCREASED

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TAKING A BITE OUT OF CLIMATE CHANGE: STRATEGIES & RESOURCES

DR XIMENA SCHMIDT, BRUNEL UNIVERSITY

Until recently, knowledge about the impact our food system is having on our planet was only held by a few in academic circles. There has been misinformation and simplistic messages passed onto the public about food sustainably which has caused confusion.



Researchers from different institutions worked together to develop an accessible resource to raise awareness of climate change, promote sustainable food consumption behaviours, and empower citizens to understand how they can help to reduce their climatic impact.

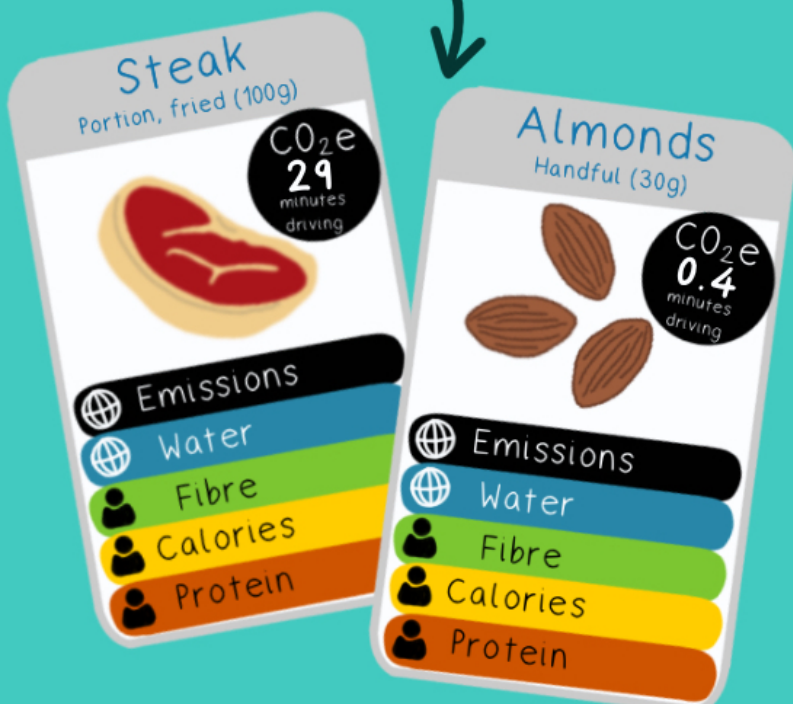
THE AIM:

MAKE RESEARCH ABOUT CLIMATE CHANGE AND ENVIRONMENTAL IMPACTS OF FOOD ACCESSIBLE BY DEVELOPING...

- 1 FUN OUTREACH ACTIVITIES TO ENGAGE WITH THE PUBLIC
- 2 EDUCATIONAL MATERIALS TO ENABLE THE INCLUSION OF THIS TOPIC IN THE CURRICULA WITH MINIMUM EFFORT FOR TEACHERS

TAKING A BITE OUT OF CLIMATE CHANGE RESOURCES

CLIMATE FOOD FLASH CARDS



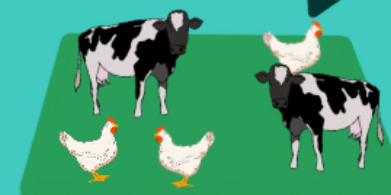
CLIMATE FOOD CHALLENGE DIGITAL GAME



ONLINE CLIMATE CALCULATOR



FARMING FOR THE FUTURE BOARDGAME



AT HOME VIDEO RESOURCES



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ROSIE MARTIN, RD UK



GINNY MESSINA, RD USA

TRANSITIONING TOWARDS A PLANT-BASED DIET

Plant-rich diets encompass any dietary pattern where somebody is trying to reduce the quantity of animal products and increase the quantity of plant foods. All diets rich in plants can have huge health benefits, whether that is flexitarian, Mediterranean, or vegetarian and vegan.

NUTRIENTS TO WATCH

IRON AND ZINC: These nutrients are less bioavailable in plant foods as they are bound to phytates. Including fruit and veg with every meal can help with absorption.

IODINE: If you're not eating dairy or fish, iodine can be found in seaweed, fortified plant-based drinks or in a supplement.

CALCIUM: Plant foods such as calcium-set tofu, kale or almonds, as well as fortified plant-based products provide a source of calcium. Tannins and caffeine found in tea and coffee inhibit the absorption of calcium!

SELENIUM: Levels in plant foods depend on levels in soil, so supplements may be necessary.

SOME SUPPLEMENTS ARE RECOMMENDED ON A PLANT-BASED DIET:

- + VITAMIN B12 (10 MCG D)
- + VITAMIN D (10 MCG D)
- + OMEGA 3 FROM ALGAE OIL

GETTING ENOUGH PROTEIN

Protein requirements can easily be met by eating a variety of plant foods including legumes, but it's important to also ensure energy requirements are met.



The protein quality of plant protein is lower than that of animal foods. By consuming a wide variety of plant foods, those following a vegan or plant-based diet can still meet requirements.

People on weight-loss diets and older people may want to boost protein intake a little by increasing the servings of legumes.



CLIMATE FOOTPRINT LABELLING

DAVID BRYNGELSSON, CEO CARBON CLOUD

There is a global consensus that we need to solve the problem of rising greenhouse gas emissions and decarbonisation is now business critical for all businesses who want to be around in the future. Other industries have fully grasped this, but the food industry hasn't fully caught up yet.

TAKING CLIMATE CHANGE SERIOUSLY IN BUSINESS

Climate change needs to be treated as a business-critical decision. Companies can choose to do this proactively to make more revenue or reduce costs, or reactively to reduce margins. Acting proactively is more beneficial for the planet and makes business sense.

CLIMATE LABELLING

Carbon Cloud helps food companies to proactively start to address climate change with climate labelling.

Although consumers don't fully understand what the numbers on these labels mean yet, what it tells them is this company cares about climate change and wants to be transparent about where they are right now.

BENEFITS OF CARBON LABELLING

- 1 MARKETING:** Companies using climate labelling are able to show consumers that they care and want to be transparent.
- 2 COMPETITIVE ADVANCEMENTS:** If a competitor comes out with a lower label, it means companies then have to work hard to make sure they can reduce their number to get in the lead.
- 3 CLIMATE STRATEGY:** As soon as you put a number on pack, it becomes a KPI that management care about and want to improve on.
- 4 FINANCE:** Proactively reducing emissions before policies are enforced, means companies can expect larger profit margins in the future as those who haven't acted early may be forced to pay taxes.
- 5 SUPPLY CHAIN:** When a company starts to decarbonise their supply chain, they will be willing to pay more for better performance which sends a procurement incentive down the supply chain resulting in reform throughout.

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TAKE A LOOK AT
THE CLIMATEHUB ON
CARBONCLOUD.COM



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