FLEXITARIAN DIET

A plant-based diet good for the planet and good for your health

Usually rich in nutrients and low in energy

Population growth +34% by 2050

Planet ressources are limited
Food system responsible for more than 24% of carbon emissions

Good for human **HEALTH**

SUSTAINABLE DIETS

FLEXITARIAN DIET

Good for the **PLANET**

FLEXITARIAN DIET

A healthy and balanced diet composed of :

- ***Mostly plant-based products*** *(fruit, vegetables, legumes, whole grain cereals, nuts and grains for ex),*
- ***Dairy products***
- ***Limited quantities of qualitative meat***

FLEXITARIAN CHOICES, MADE THROUGH A WIDE RANGE OF PLANT-BASED FOOD AND DAIRY PRODUCTS, ARE:

Promoting environmental sustainability and **reducing the dietary carbon footprint by 20 to 40%**[1]	Driving diversity and choices regardless individual preferences	Included in the Belgian food based dietary guidelines[2]	Providing crucial nutrients to support long term health[3]
ENVIRONMENT	*SOCIETY*	*LOCALLY*	*HEALTH & NUTRITION*

Good and balanced availability of nutrients naturally present:

DAIRY PRODUCTS CONTAIN:

- High quality **proteins** which contribute to muscles and bones health
- Certain **vitamins** (A, B2, B12, etc.) & **minerals** (Ca, Mg, Zn, I, etc.)

PLANT BASED FOOD CONTAIN:

- Certain **vitamins** (folic acid, C, etc.) & minerals (K, Mg, etc.)
- Dietary fibers
- **Unsaturated fats** like omega 6 & phytosterols for cholesterol lowering

Both categories can be found fortified with minerals and vitamins on the market such as calcium and vitamin D.

1. E. Hallosträm, A. Carlsson-Kanyama, P. Börjesson (2015). Environmental impact of dietary change: a systematic review.
C. Chen, A. Chaudhary, A. Mathys (2019). Dietary Change Scenarios and Implications for Environmental, Nutrition, Human Health and Economic Dimensions of Food Sustainability.
2. Conseil Supérieur de la Santé (2019).
3. Chen C et al. (2019): Dietary Change Scenarios and Implications for Environmental, Nutrition, Human Health and Economic Dimensions of Food Sustainability. Nutrients 2019, 11, 856; doi:10.3390/nu11040856.
Springmann M et al. (2018): Health and nutritional aspects of sustainable diet strategies and their association with environmental impacts: a global modelling analysis with country-level detail. Lancet Planet Health. 2018 Oct, Volume 2, e451-e461.

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