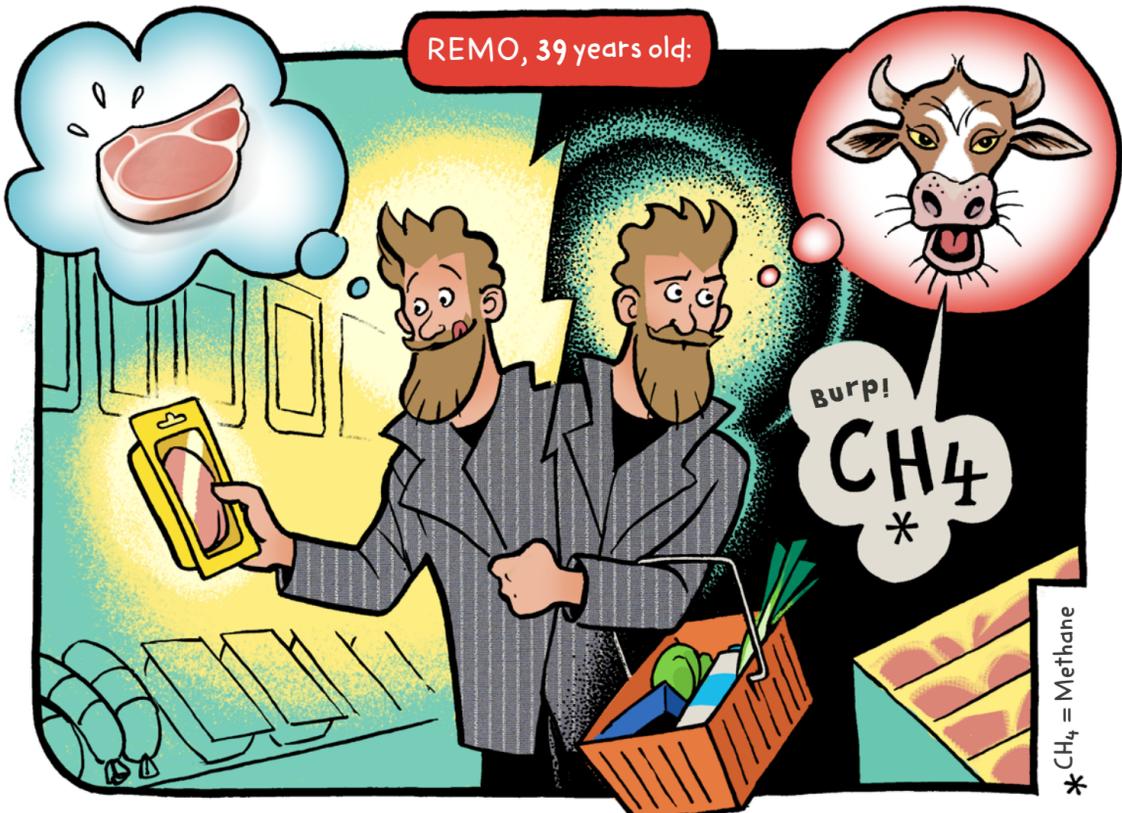


REMO, 39 years old:



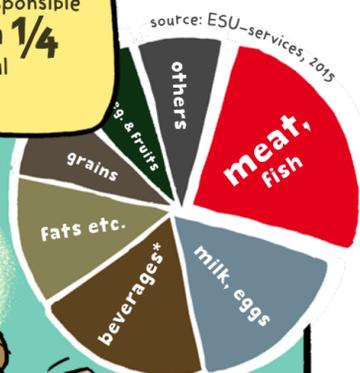
MORE SUSTAINABLE ENJOYMENT — THIS IS HOW IT WORKS!

What we eat and buy has an impact on our health, the environment, the economy, and on humans and animals — both in Switzerland and in other countries. How can we make sure our influence is as positive as possible? How can we eat in a way that is healthy and sustainable? Here are some ideas...

(1) The Part-time Vegetarian

Three years ago I made a conscious decision to eat less meat than before. It was because of a video I watched back then on youtube. Of course, I had already known before that eating a lot of meat was bad for the environment and the climate. But I wasn't aware that the effects were **so extreme** ...

I didn't think our diet had such a big impact on the environment. Meat is responsible **for more than 1/4** of the environmental impact of food.



*wine, coffee, beer, etc.

The video really gave me something to think about, and then I said to myself: *'I have to change something. Starting right now, I'm eating less meat!!'*

At first it wasn't so easy for me to make the change. I suddenly noticed that I ate meat more often than I realized. And I don't just mean a cut of meat on its own, but also the meat which is in a döner or on bread, in the form of sausage, or even in tomato sauce!!! It took time to change my habits...

BOLOGNESE

Now I eat meat at most **once or twice a week**. And I don't feel like I'm missing out on anything. There are so many great dishes that don't use meat. And when I do eat some meat, I enjoy it with much more awareness than I used to.



What resources are required to produce 1 kg of food? And what quantities of greenhouse gases does that create?

1 kg PORK

Animal feed (grains, soybeans) **5.5 kg**

Water* **1'073 litres**

Farming area* **10 m²**

Greenhouse gas emissions **7.3 kg CO₂ equivalents**

*incl. planting of feed

1 kg PEAS

Animal feed **0 kg**

Water **353 litres**

Farming area **7 m²**

Greenhouse gas emissions **0.9 kg CO₂ equivalents**

Rounded values. Source: Poore, J. & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers. Science, 360(6392), 987–992.

Tips:

Try out new meals that don't use any meat. You can find inspiration in recipes from cookbooks or on the Internet.

The body's needs for proteins and other nutrients can also be covered when you eat less or even no meat.

Buy meat that has been produced in a way that protects the environment and the animals (e.g. organic meat from Switzerland).

Ask your butcher or supermarket for meat from animals that have been fed only with roughage (beef) or with food processing byproducts (chicken, pork), instead of with grains or soybeans.

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