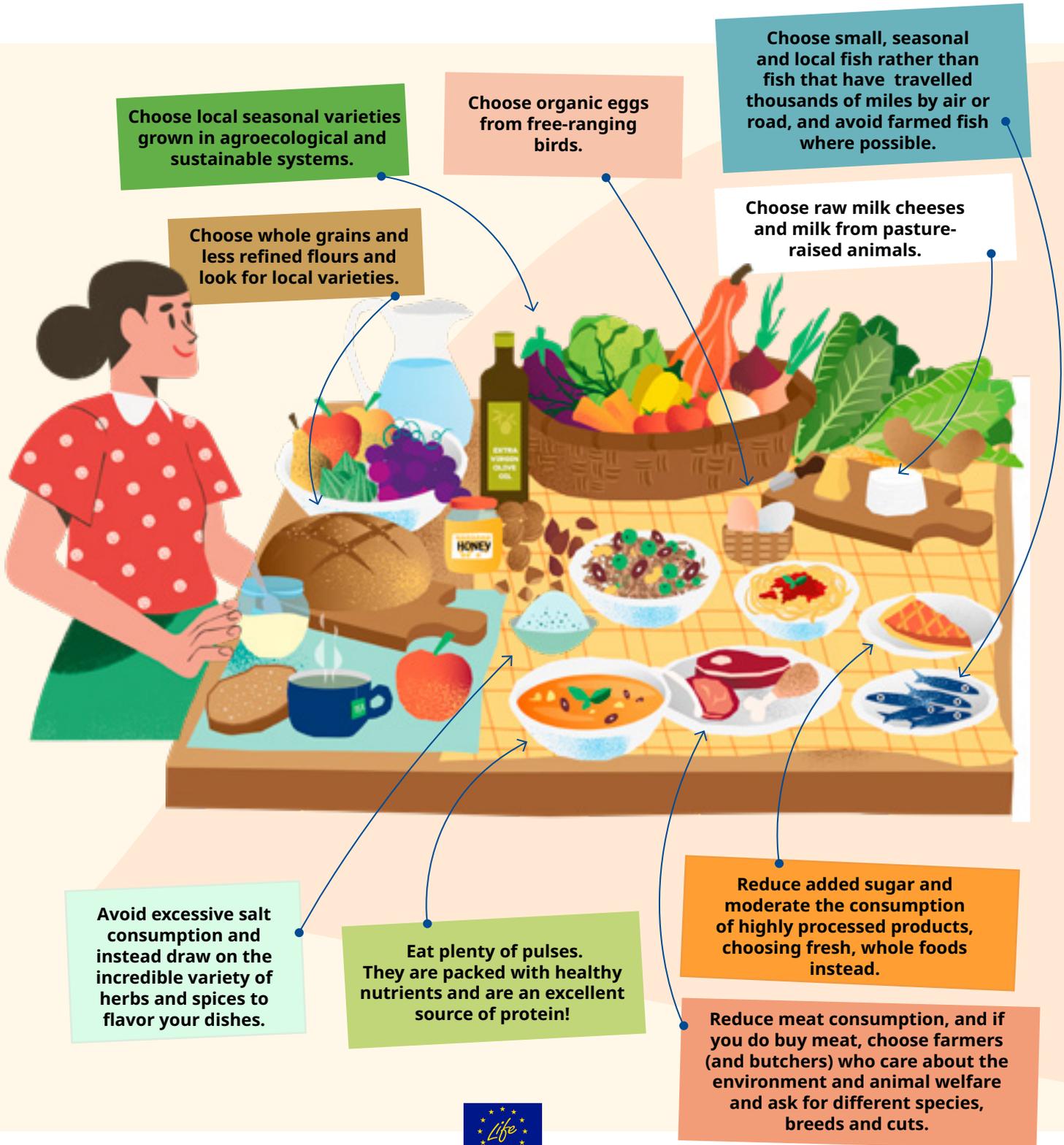


A HEALTHY DIET IS A FUTURE-FRIENDLY DIET

Make the right choices for food that is good for you and good for the planet

Every day, your individual choices can have a positive influence on the global food production system. Set the table by following 10 simple tips.



DISCOVER WHY...



Read the Slow Food's
Position Paper
on Food and Health



... Because each variety thrives where it is best acclimatized, meaning a lower environmental cost and no need for high external energy inputs. And when a variety thrives in soil rich in life, it contains more micronutrients. This choice is good for the environment and also supports a healthy microbiota: the biodiversity of good bacteria that colonize the human gut.
(Read more on pages 26 and 39).



...Because limiting meat consumption and making better choices about the meat we eat is important for many reasons. Overconsumption of animal products is often associated with an overall higher intake of fat and calories, contributing to chronic diseases. Excessive meat production and consumption are becoming increasingly unsustainable for the climate, our planet and the living conditions of billions of animals.
(Read more on page 47).



...Because legumes (beans, lentils, chickpeas, etc.) are an excellent source of nutrients, offering proteins with essential amino acids, complex carbohydrates and dietary fiber. Leguminous plants also play an important role in preserving soil fertility, as they can fix nitrogen, leaving the soil richer in nutrients at the end of their cultivation cycle. This makes legumes useful when applying agroecology principles, both for production and as cover crops.
(Read more on page 41).



...Because it will be richer in omega-3 fatty acids and ALCs, compounds with anti-inflammatory, antithrombotic and immune-system-strengthening properties.
(Read more on page 48).



... Because, like other crops, they are likely to be more nutritious. The application of agroecological methods to wheat production is increasing, and is linked to traditional processing with milling systems that respect the raw material and its components, without excessive refining. Choosing whole grains guarantees a better supply of micronutrients, as the bran and germ are excellent sources of fiber, minerals, vitamins and antioxidants. Consuming whole grains has been linked to a lower risk of chronic diseases such as cardiovascular conditions and obesity.
(Learn more page 42).



...Because excessive consumption of sugar is responsible for many chronic diseases. Reduce added sugar to 5% of your total caloric intake.
(Read more on page 16.)

When you can, choose honey from local artisanal beekeepers, whose bees will probably have foraged for better nectars and in less polluted environments.
(Read more on page 28).



...Because it will most likely be fresher, and some native fish species have more vitamins and minerals than farmed exotic species. The smaller the fish, the shorter the life cycle, meaning less contaminants and heavy metals in their flesh. Packing many fish into limited spaces worsens their health, so they are treated preventively with antibiotics. Plus, in intensive farming, the large amounts of excrement and dispersed feed change the water chemistry and damage the surrounding ecosystems.
(Learn more on page 21).



...When sourced from sustainable farms using free-range systems, they can be rich in bioactive compounds such as omega-3s and vitamins.
(Read more on page 53).



...Because excessive salt consumption leads to increased blood pressure, together with a higher risk of serious heart disease and stroke related to hypertension. Watch out for hidden salt, get your taste buds used to lower flavor thresholds and do not consume more than 2 grams of sodium per day, the equivalent of about 5 grams or 1 teaspoon of table salt.
(Read more on page 16).