


Infographic

Sustainable Healthy Diets: Food Swaps for Our Health & Our Planet

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Abstract

A healthy diet is important for our health, helping to reduce the risk of noncommunicable diseases and prevent malnutrition. Our diets and food choices can also have major impacts on the environment. Therefore, in thinking about healthy diets, we must also consider our planet. We can aim for diets that are healthy and diverse, with low environmental impacts. The Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) has outlined guiding principles for the definition of “sustainable healthy diets”. Based on these guiding principles, this infographic suggests food swaps that are beneficial both for our health and our planet, which can be used for the promotion of sustainable healthy diets.

References

FAO and WHO. (2019). Sustainable healthy diets – Guiding principles. Rome. <https://www.who.int/publications/i/item/9789241516648>

WHO. (2018). Information sheet - A healthy diet sustainably produced. WHO. <https://www.who.int/publications/i/item/WHO-NMH-NHD-18.12>

Food Swaps for Our Health & Our Planet

SUSTAINABLE HEALTHY DIETS

Diets play an important role in our health. The foods that we eat can also have big impacts on our planet. We can help make a difference by choosing healthy, diverse foods that are produced and consumed in ways that reduces the environmental impacts of our diets.

Based on recommendations from the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO), check out the food swaps below for inspiration on sustainable healthy diets.

INSTEAD OF...

TRY...



PROCESSED & RED MEATS

Limit intake of processed & red meats. If eating seafood, pick sustainably sourced options whenever possible.



PLANT-BASED FOODS

If available, fill diet with locally grown vegetables & fruits. Try to choose plant-based proteins more often.



HIGHLY PROCESSED FOODS

When possible, avoid foods that are highly processed with lots of sugar or salt.



FRESH & HOMEMADE FOODS

If an option, cook more often. Buy foods that are in-season & local whenever possible.



SUGAR-SWEETENED DRINKS

When possible, avoid beverages with lots of added sugars. Limit fruit juice intake too.



TAP WATER

If safe, drink water from the tap. When possible, choose water over other beverages.



OVEREATING

Consuming excessive calories regularly can be harmful for personal health & the environment.



EATING FOR ENERGY

When possible, eat a variety of foods from all food groups to meet your energy needs.



TRANS FATS

When possible, avoid trans fats by reducing intake of processed foods, fast foods, & fried foods.



UNSATURATED FATS & OILS

If an option, use unsaturated fats in moderation. When possible, try to bake, boil, or steam your foods rather than fry.



UNSAFE FOOD HANDLING

Don't mix raw & cooked foods. Avoid storage at unsafe temperatures. Try your best to prevent food waste.



HYGIENIC FOOD PRACTICES

Always wash hands & sanitize surfaces before preparing foods.

REFERENCES:

- 1) FAO and WHO. (2019). Sustainable healthy diets – Guiding principles. Rome. <https://www.who.int/publications/i/item/9789241516648>
- 2) WHO. (2018). Information sheet - A healthy diet sustainably produced. WHO. <https://www.who.int/publications/i/item/WHO-NMH-NHD-18.12>

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