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Institute
for dairy nutrition and health

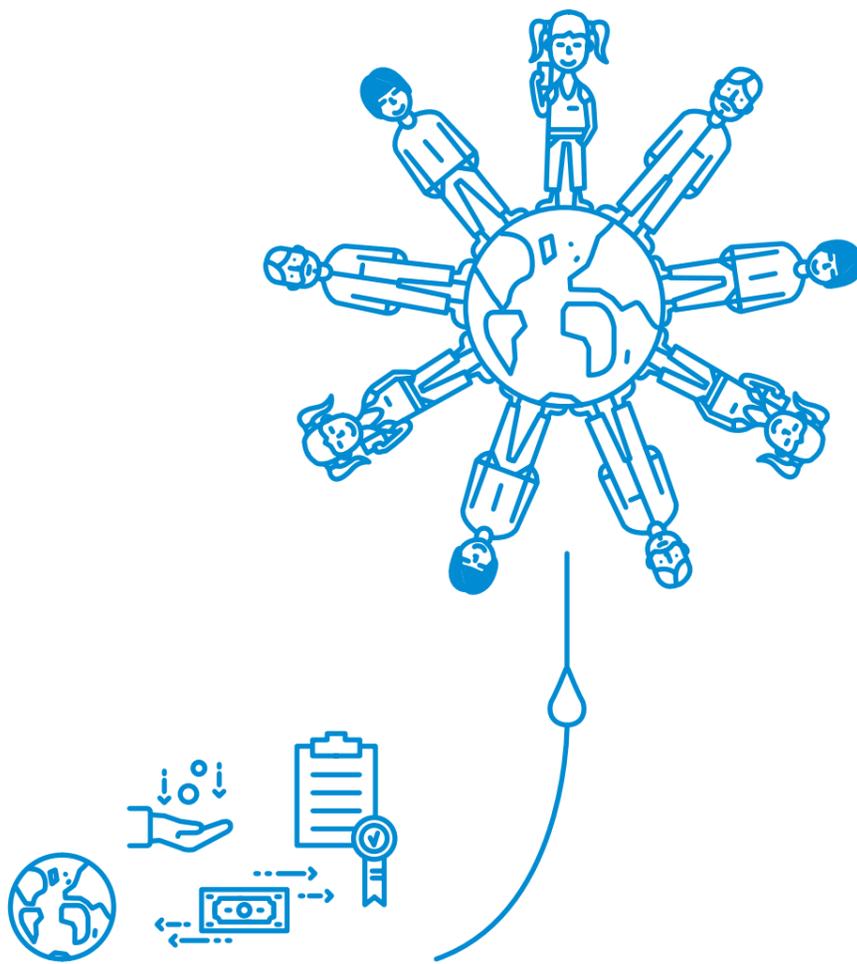
Sustainable and healthy nutrition

Feeding a growing world population



Sustainable and healthy nutrition

Feeding a growing world population with more sustainable and healthy nutrition, is a major challenge for the future.



What is a more sustainable and healthy diet?

Sufficient nutrients and energy, **low environmental impact**, affordable, available, culturally appropriate, safe, fair trade.⁽¹⁾



Environment

More sustainable food production includes: efficient (re)use of water, soil and minerals, land use, biodiversity and the reduction of **greenhouse gas emissions**. Also: less food waste.⁽²⁾

Greenhouse gases

Annual CO₂ emissions per tonne

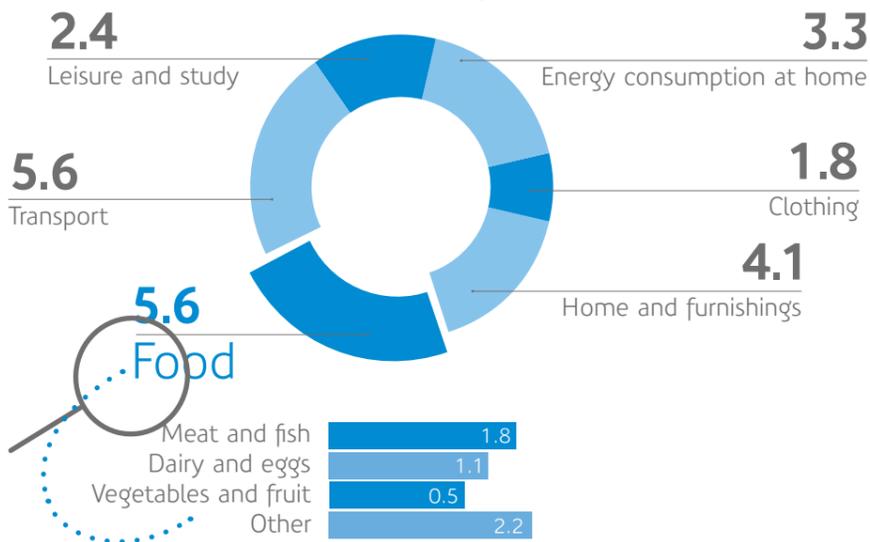


Figure: Annual CO₂ emissions of an average Dutch household (2.2 people) and further subdivision into 4 food product groups.⁽³⁾



Food choices

For a sustainable and healthy diet ^(4,5,6,7):

- Eat more minimally processed and nutrient-rich food
- Eat less 'extras': food products not included in the national dietary guidelines
- Waste as little food as possible
- Eat less meat, especially less red meat
- Keep **dairy consumption** at current level

Did you know?

That each food product group provides different nutrients that the body needs on a daily basis? Therefore, it is important to realise that simply replacing a food product group is not as easy as it sounds: it can reduce the environmental impact, but it also has an effect on nutrient intake.⁽⁸⁾



Milk

Milk is a natural source of protein, vitamin B2, B12 and calcium, phosphorus, potassium and iodine. This is why recommendations for a more sustainable & healthy diet include 2-3 portions of dairy per day.





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The FrieslandCampina Institute provides nutrition and health professionals with extensive information about dairy, nutrition and health following the most recent scientific developments. This information is solely meant for professionals and not for consumers, clients or patients. Are you a nutrition or health professional who wants to know all about dairy, nutrition and health? Please contact the FrieslandCampina Institute.

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