



nederlandse zuivel organisatie

# Sustainable diets and lifestyle

Dr. Stephan Peters – NZO

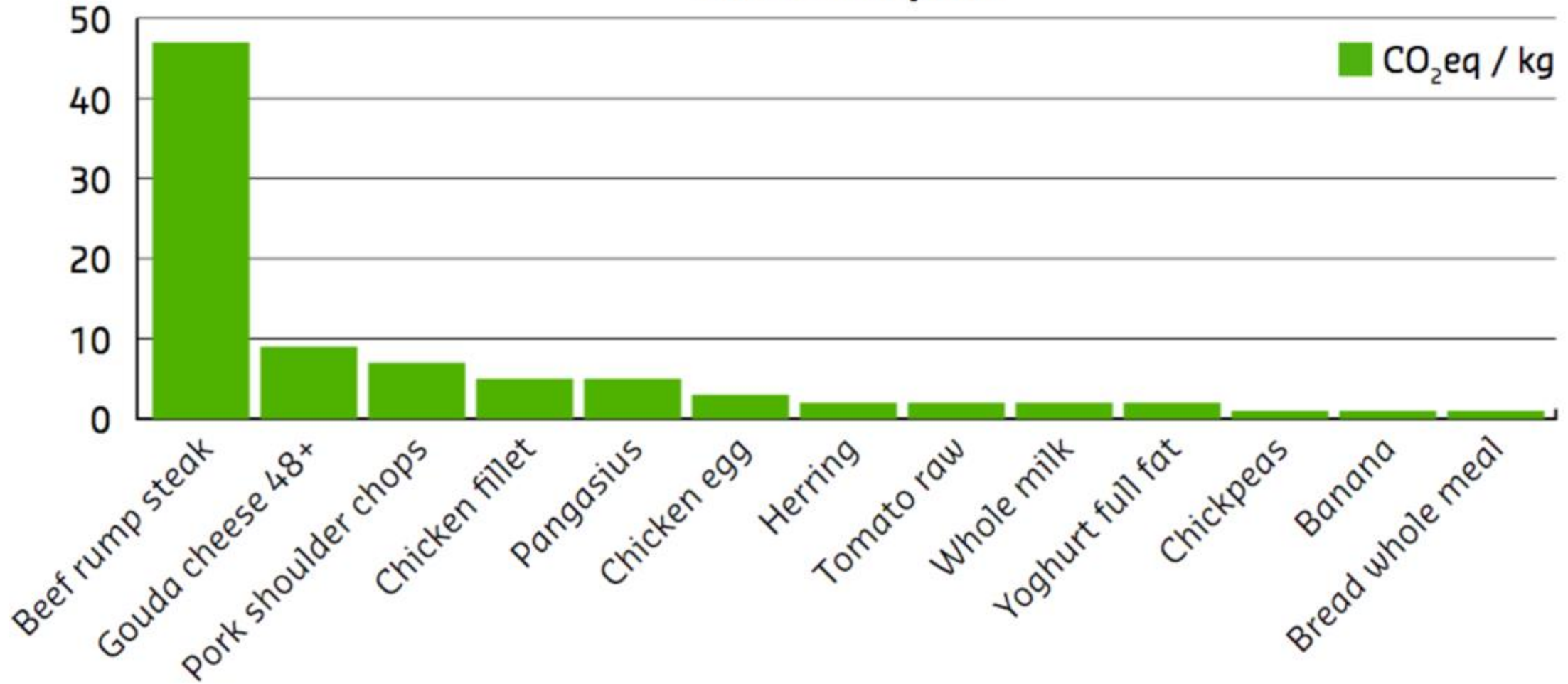
## Less animal – more plant-based?



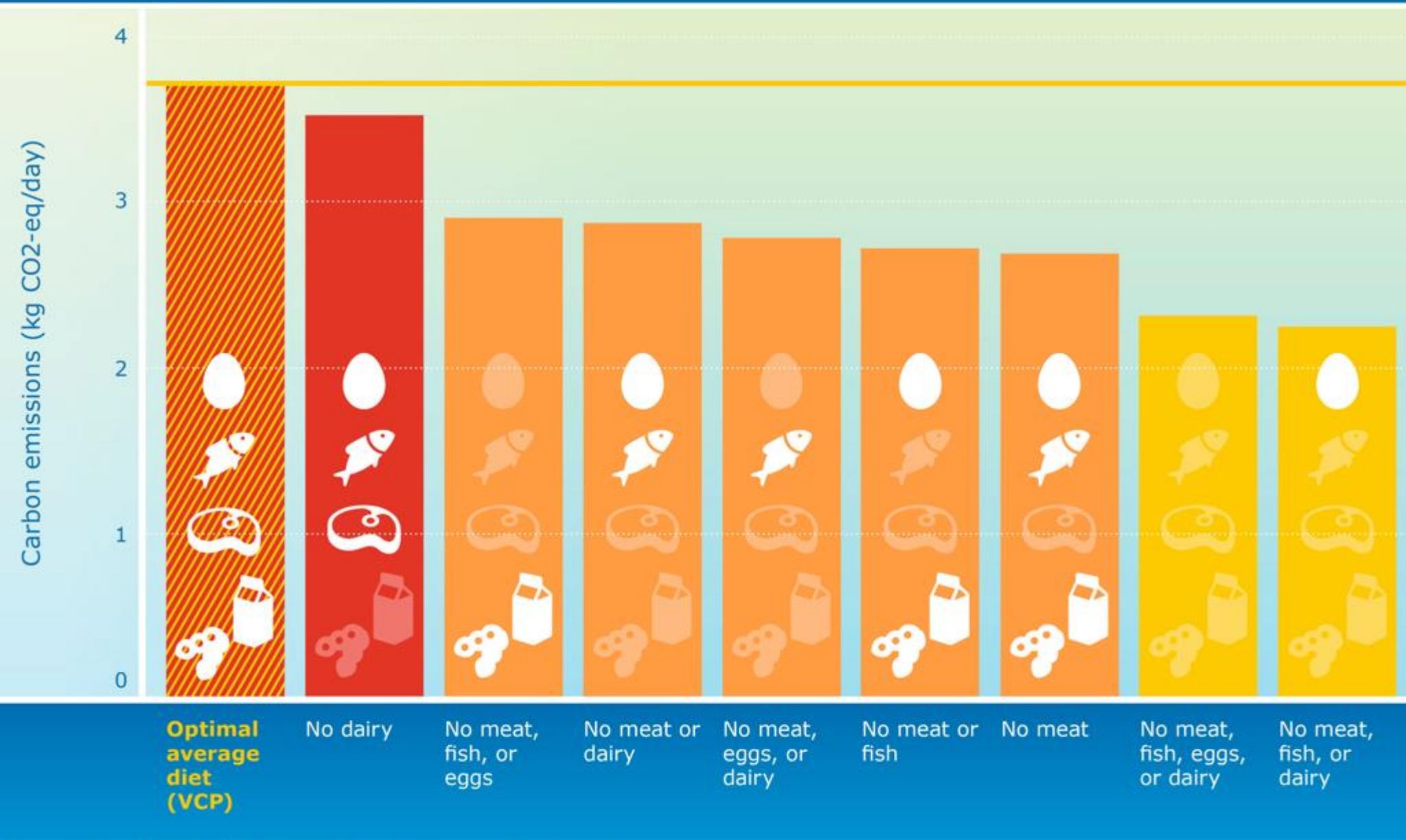
# Life Cycle Assessment



### Carbon footprint



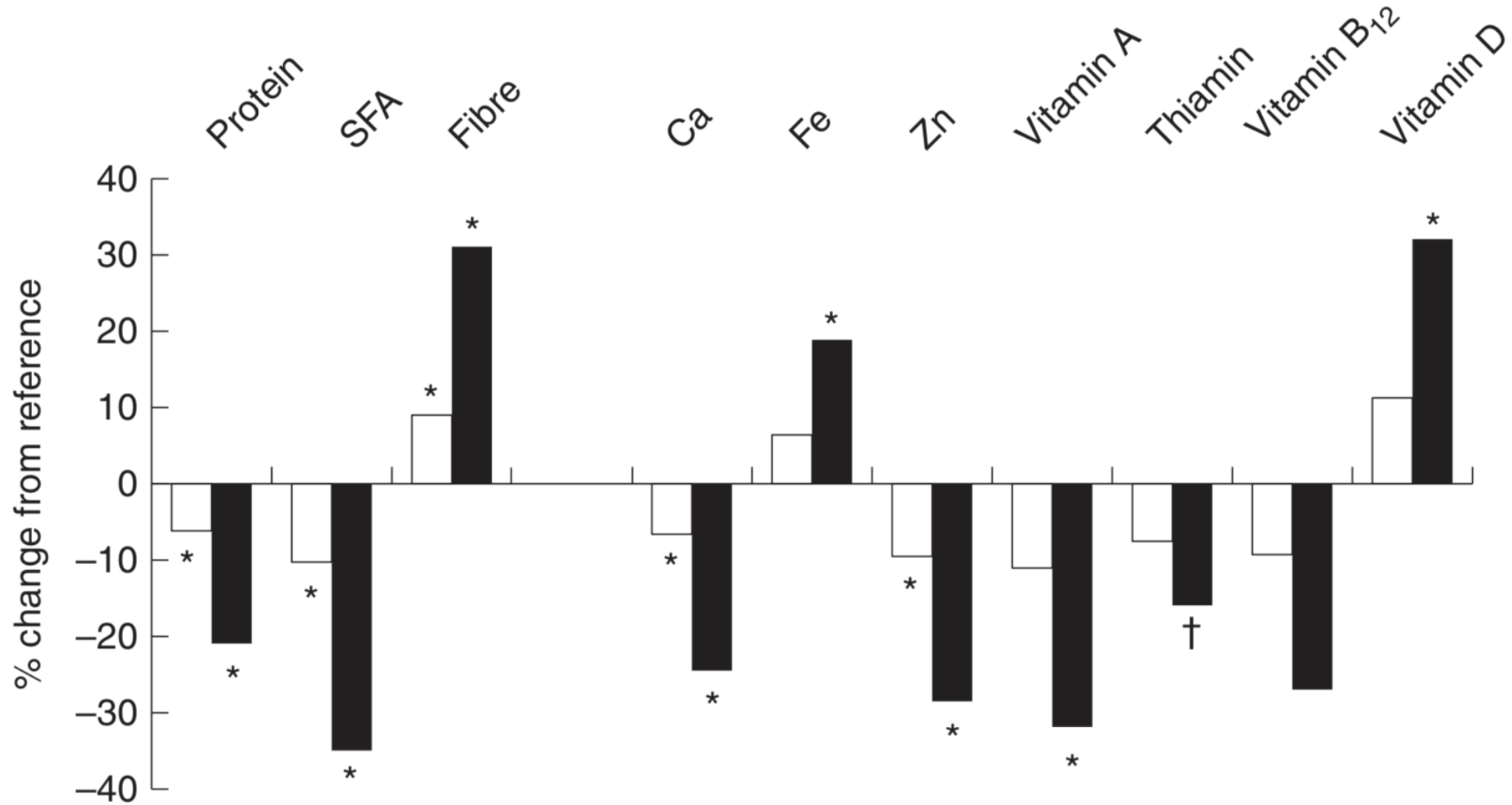
# EFFECTS ON CARBON EMISSIONS FROM LIMITING ANIMAL-BASED FOOD GROUPS IN OPTIMALISED DIETS COMPARED TO THE AVERAGE DIET



Source: calculations with Optimeal® done by [www.nutrisoft.nl](http://www.nutrisoft.nl)

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Less meat and dairy (white). No meat no dairy (black) (Public Health Nutrition: 20(11), 2050–2062)







NUTRIsoft

nutritional software solutions



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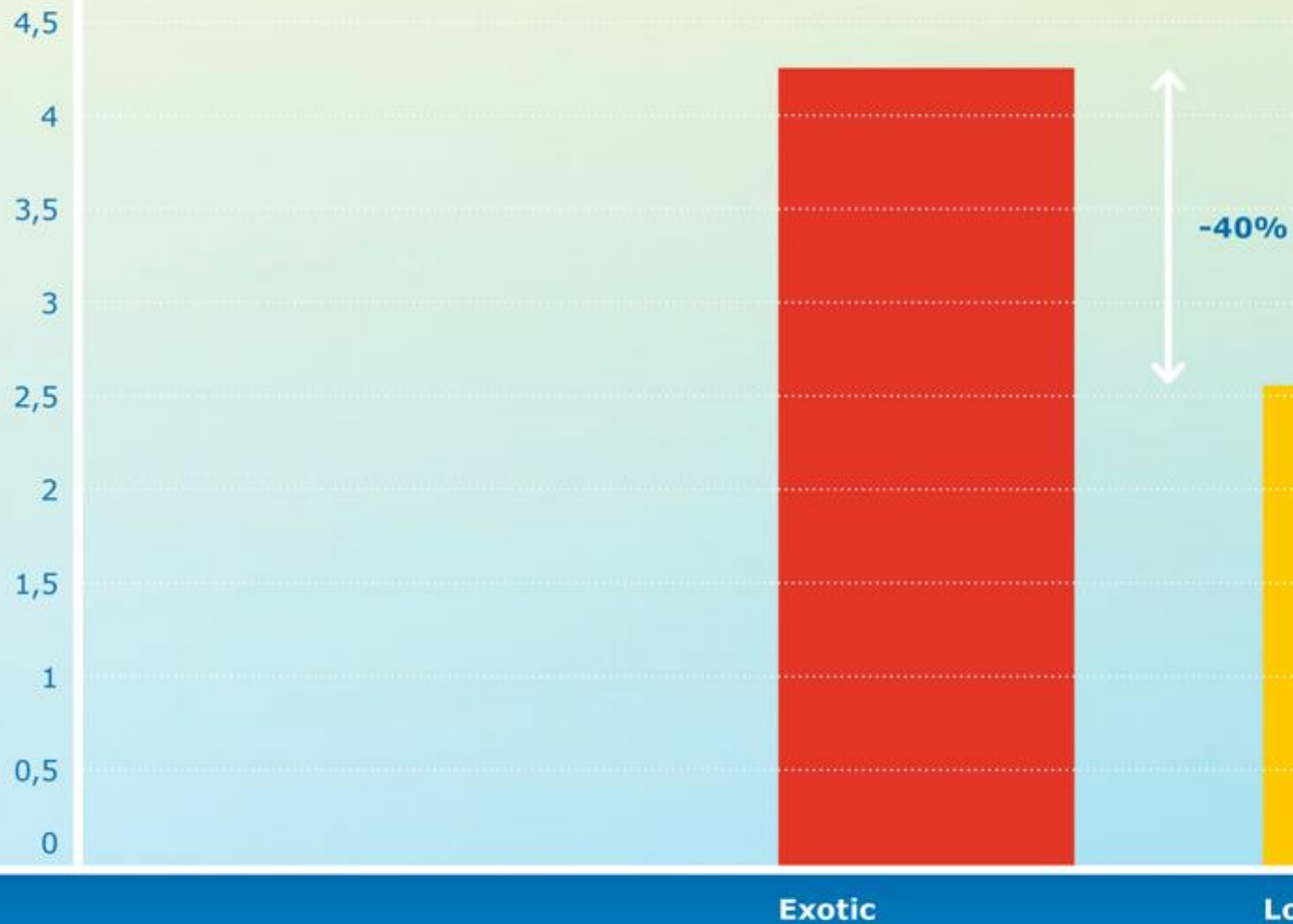
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# CARBON FOOTPRINT OF VEGETARIAN DIETS WITH AVERAGE, EXOTIC OR LOCAL FRUITS AND VEGETABLES



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## Sustainable and healthy diet: Conclusions (Dutch situation)

- Eat less calories and according to food-based dietary guidelines
  - Eat less confectionary products and other extras
  - Eat less red meat (especially imported red meat)
  - Eat more whole grain products
  - Eat vegetables and fruits according to recommendations and as local as possible
  - Keep dairy intake at current level
  - Drink less softdrinks and alcoholic beverages
- EAT A LESS ANIMAL AND MORE PLANT-BASED DIET IS NOT THE RIGHT PARADIGMA  
DECREASING ENVIRONMENTAL FOOTPRINT**



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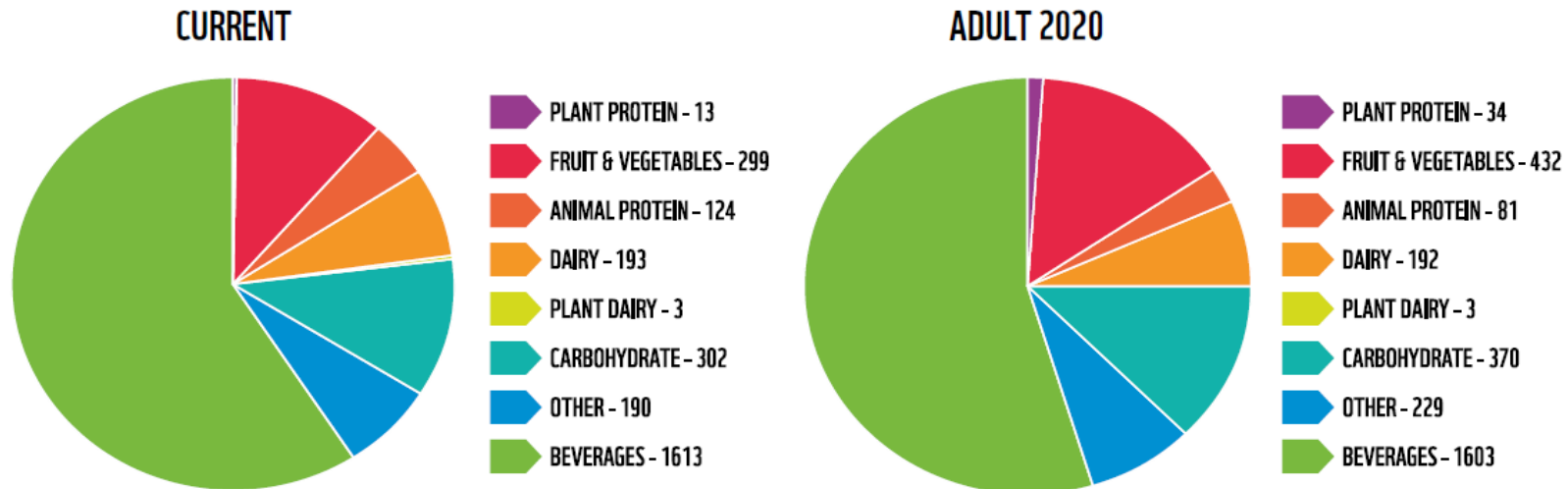
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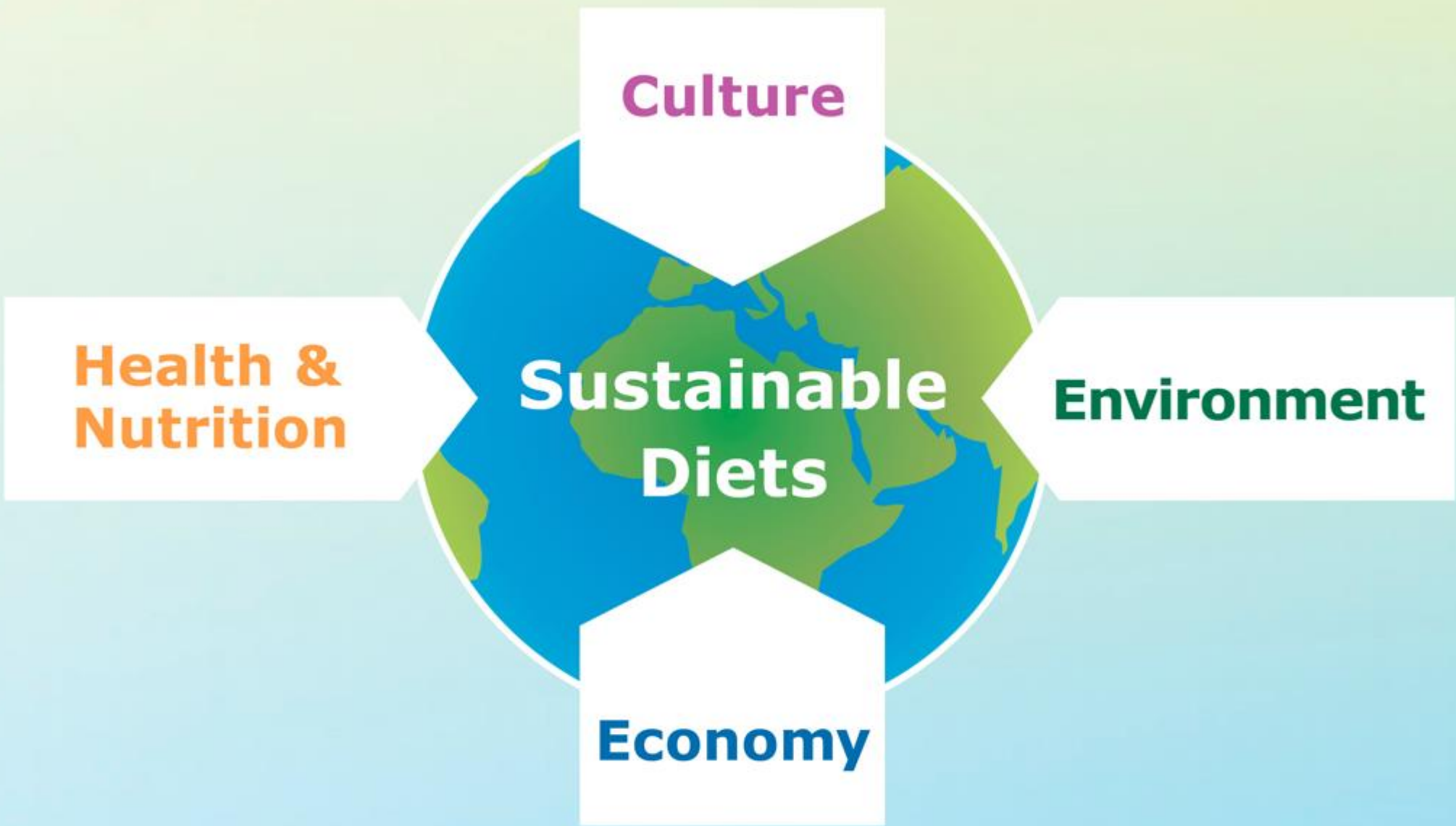
Optimeal©

**“Dietary changes needed by 2020 (and 2030) in order to keep the average global temperature rise well below 2 degrees”**

The Livewell Plates for UK adults: diet that is sustainable – looking at carbon, water and land – affordable and in line food preferences in the UK.

Provides the required amount of calories as well as meeting all national nutrient requirements and the food-based dietary requirements of the Eatwell Guide.





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ARE WE SAVING THE WORLD BY CHANGING  
WHAT IS ON OUR PLATE?



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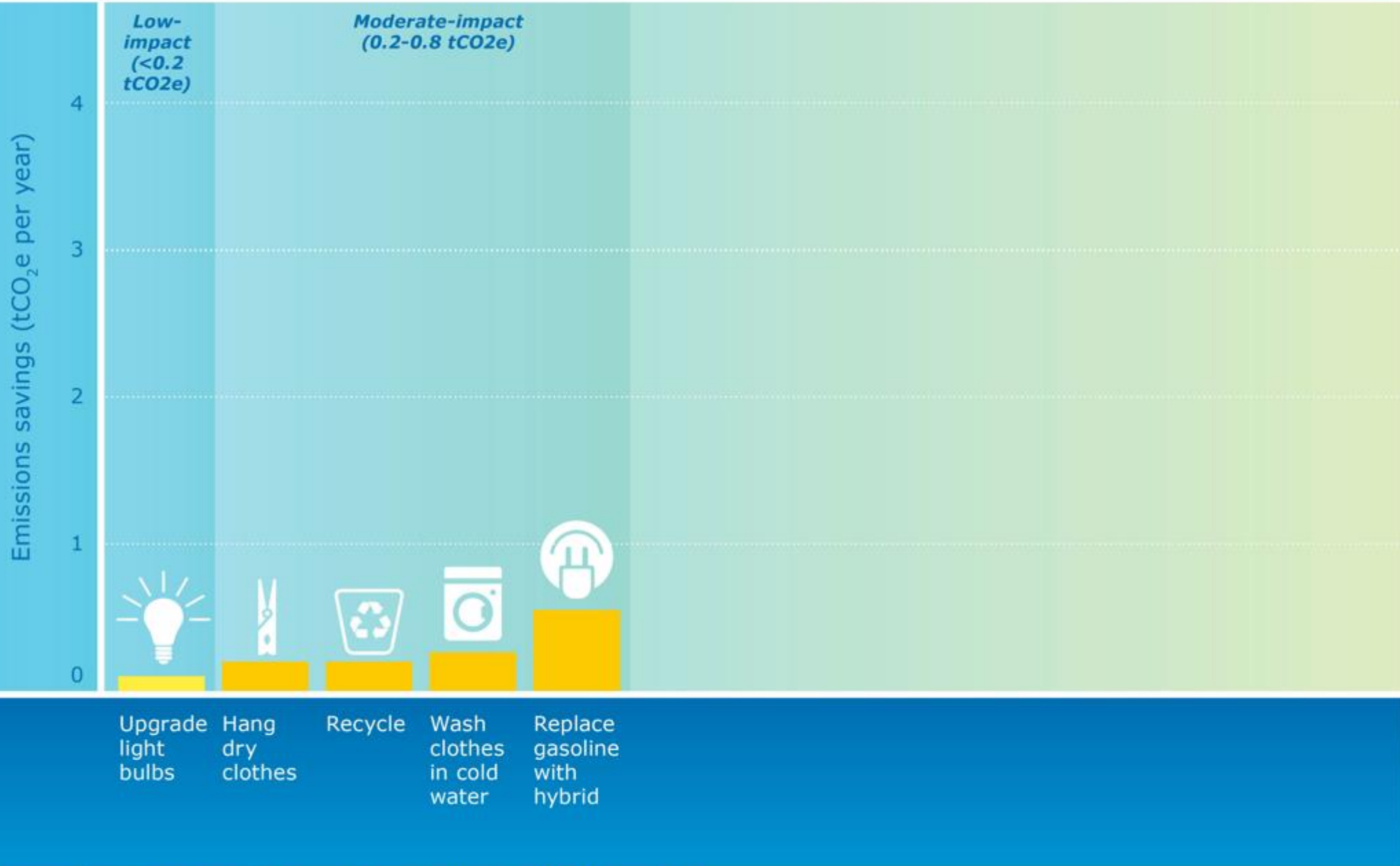
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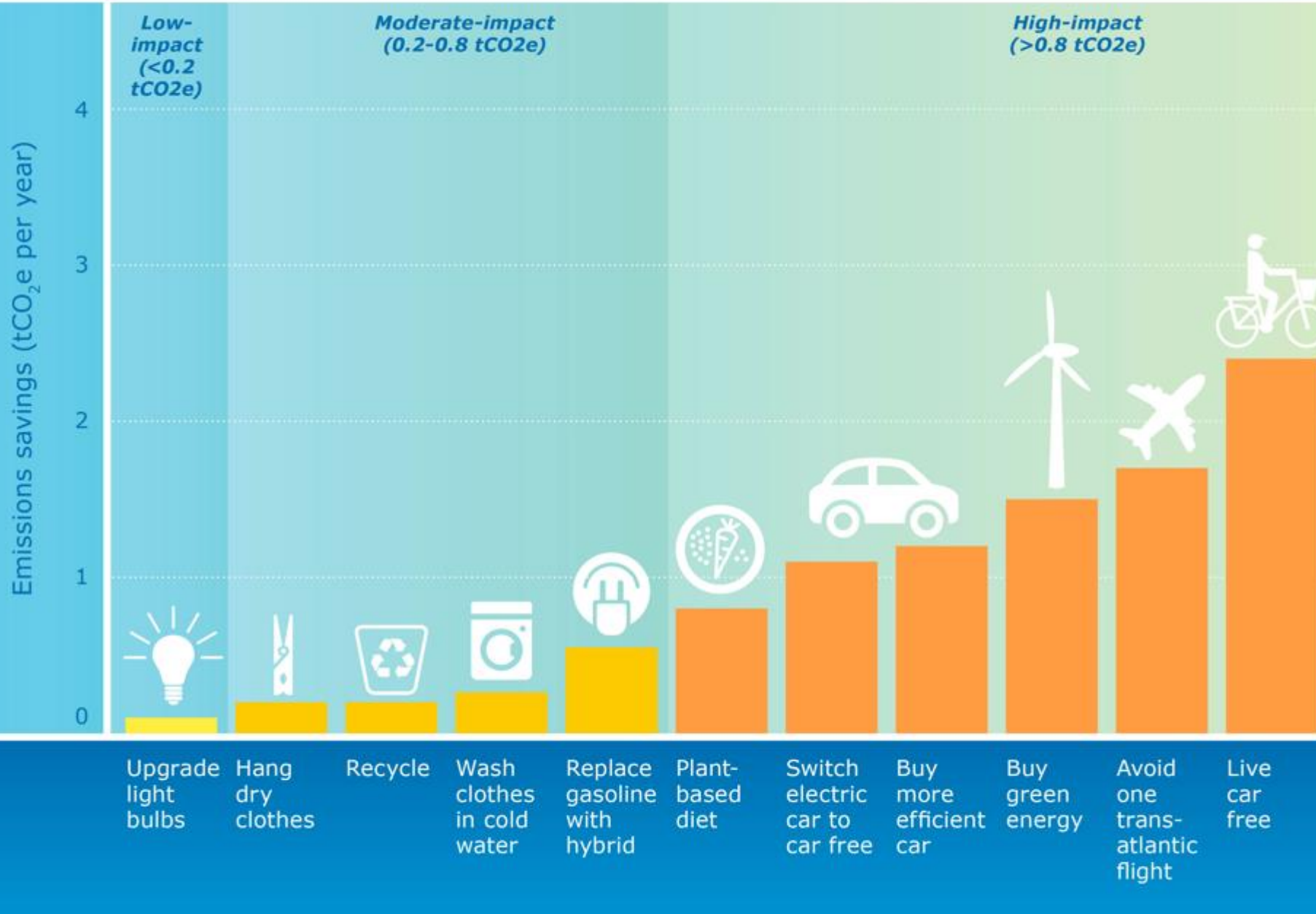


# A COMPARISON OF THE EMISSIONS REDUCTIONS FROM VARIOUS INDIVIDUAL ACTIONS



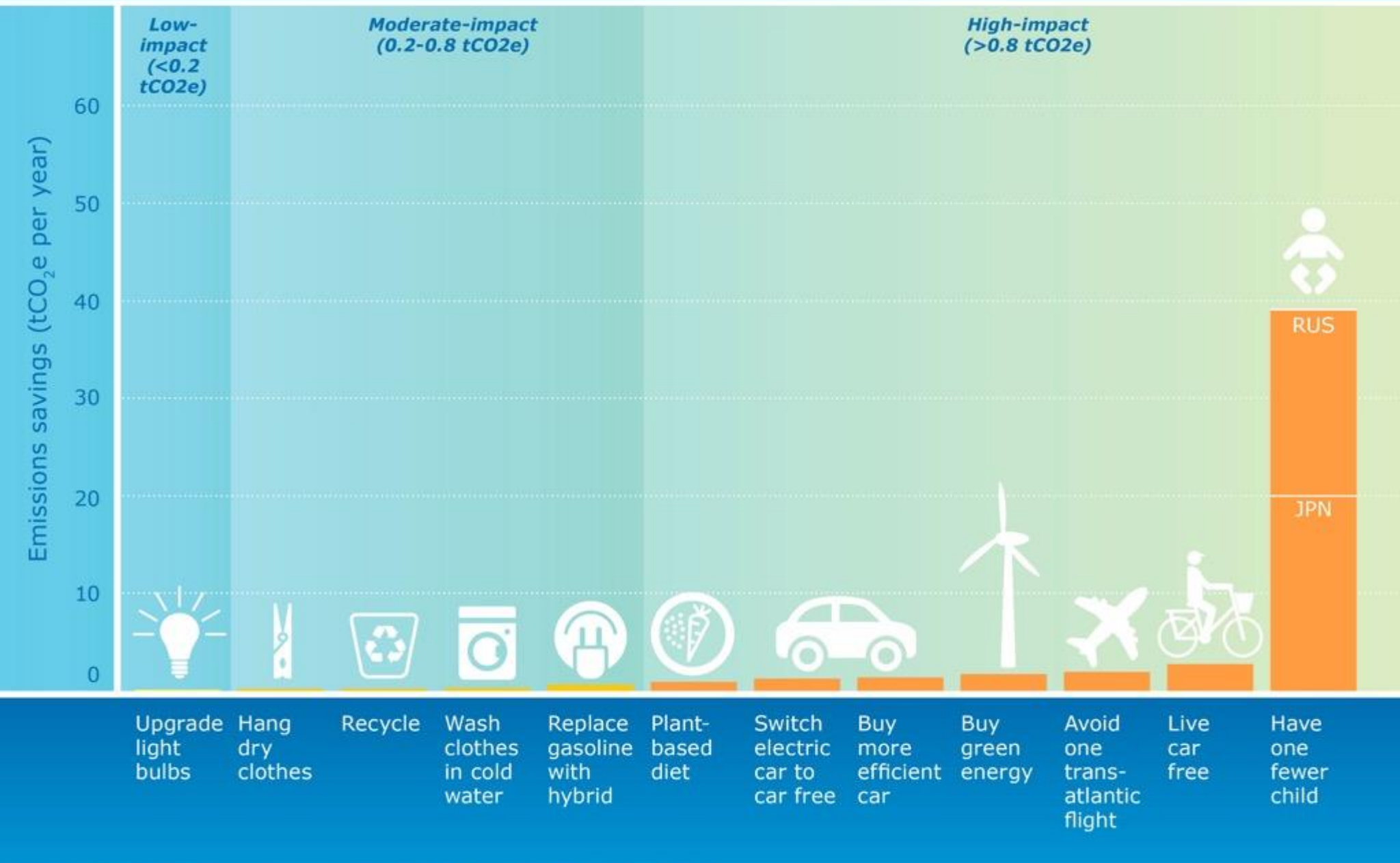
Source: <http://iopscience.iop.org/article/10.1088/1748-9326/aa7541>

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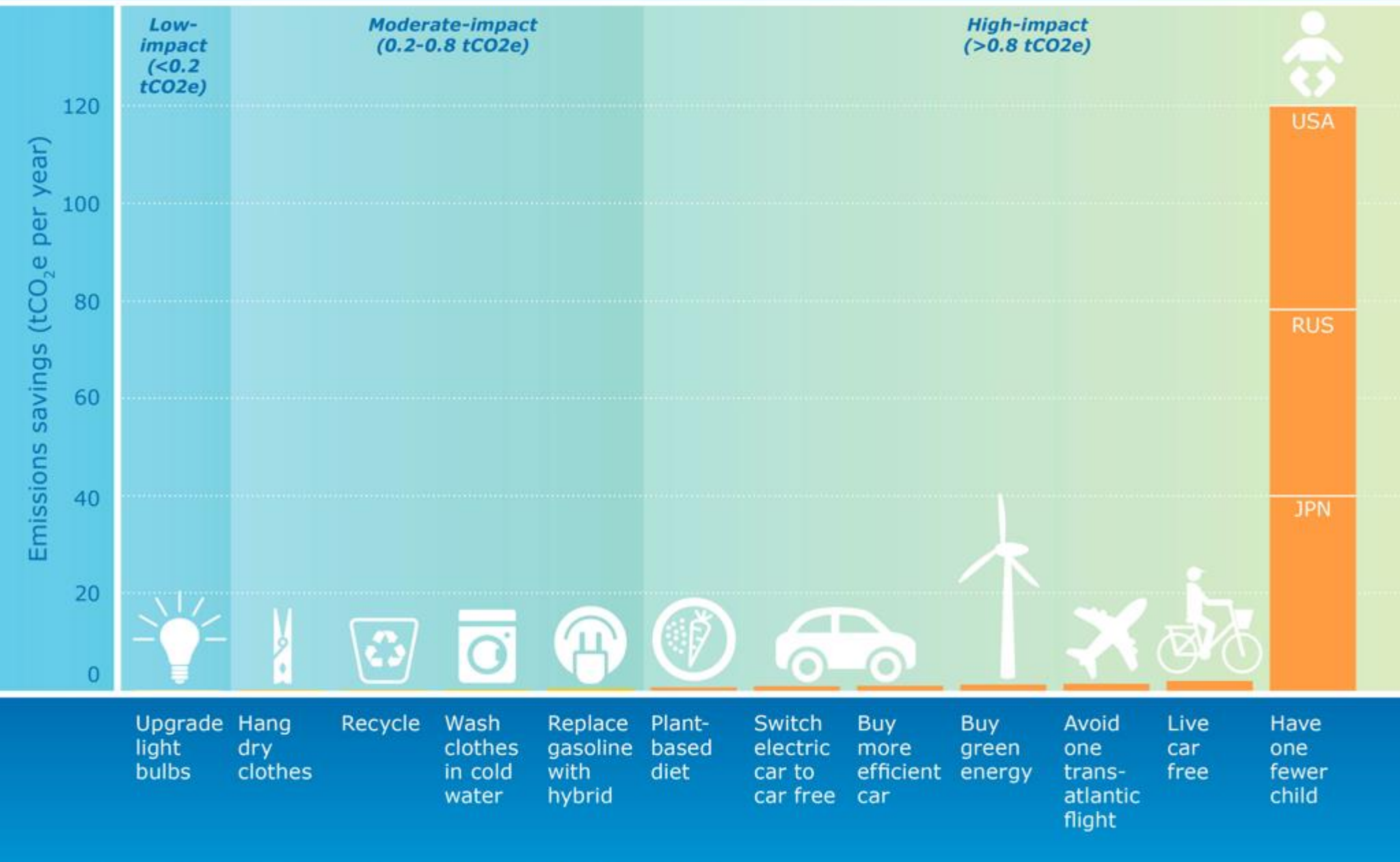
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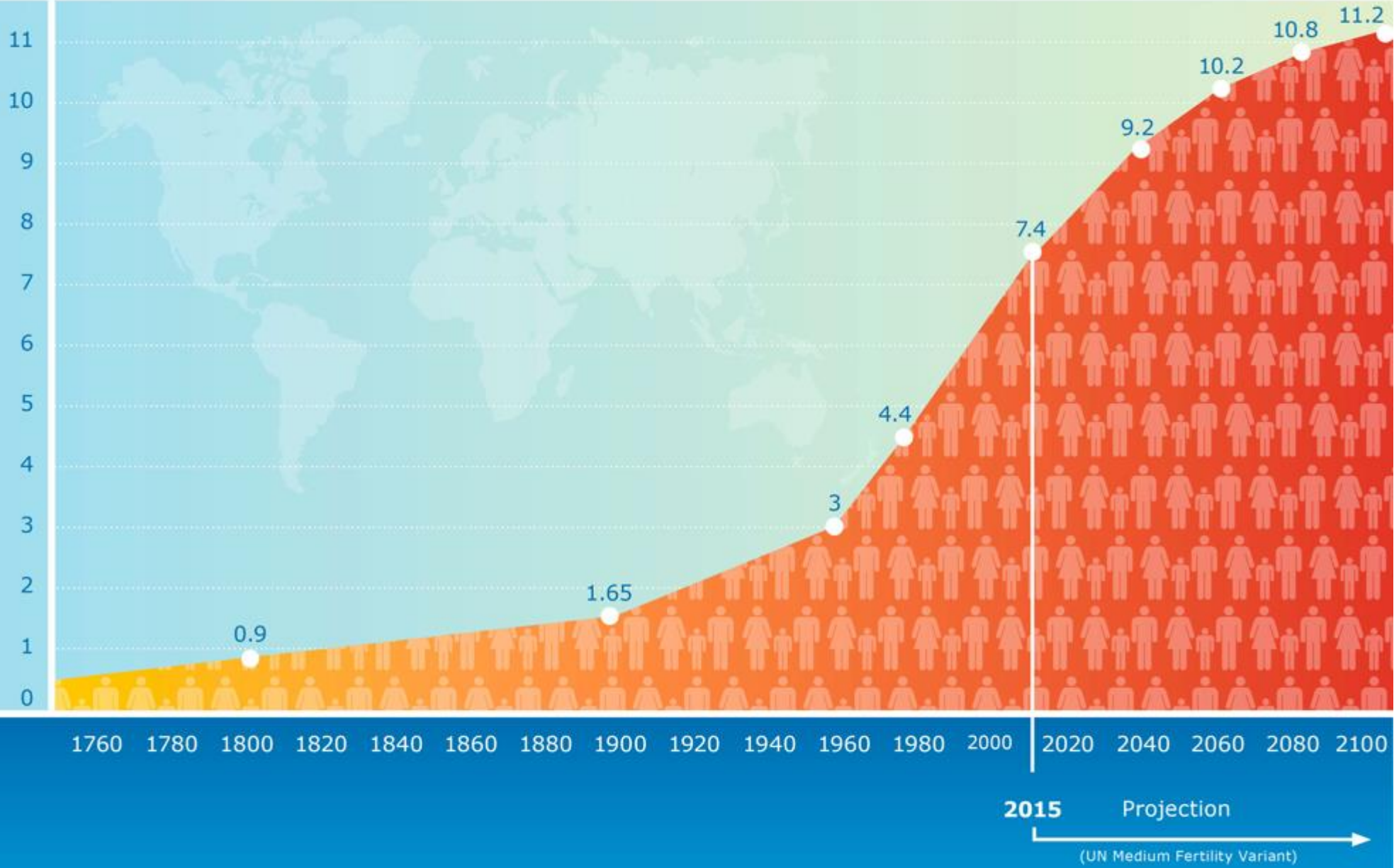
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# WORLD POPULATION GROWTH, 1750-2100

World population count in billions







# SUSTAINABLE DEVELOPMENT GOALS

<b>1</b> NO POVERTY 	<b>2</b> ZERO HUNGER 	<b>3</b> GOOD HEALTH AND WELL-BEING 	<b>4</b> QUALITY EDUCATION 	<b>5</b> GENDER EQUALITY 	<b>6</b> CLEAN WATER AND SANITATION 
<b>7</b> AFFORDABLE AND CLEAN ENERGY 	<b>8</b> DECENT WORK AND ECONOMIC GROWTH 	<b>9</b> INDUSTRY, INNOVATION AND INFRASTRUCTURE 	<b>10</b> REDUCED INEQUALITIES 	<b>11</b> SUSTAINABLE CITIES AND COMMUNITIES 	<b>12</b> RESPONSIBLE CONSUMPTION AND PRODUCTION 
<b>13</b> CLIMATE ACTION 	<b>14</b> LIFE BELOW WATER 	<b>15</b> LIFE ON LAND 	<b>16</b> PEACE, JUSTICE AND STRONG INSTITUTIONS 	<b>17</b> PARTNERSHIPS FOR THE GOALS 	



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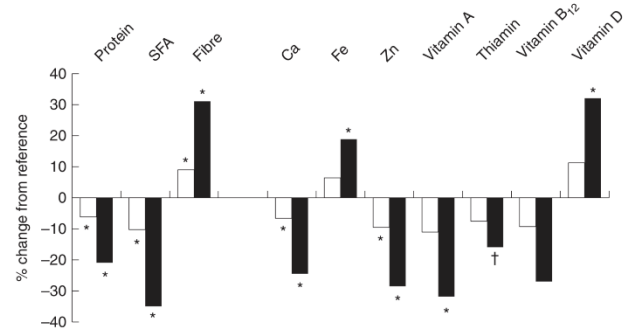


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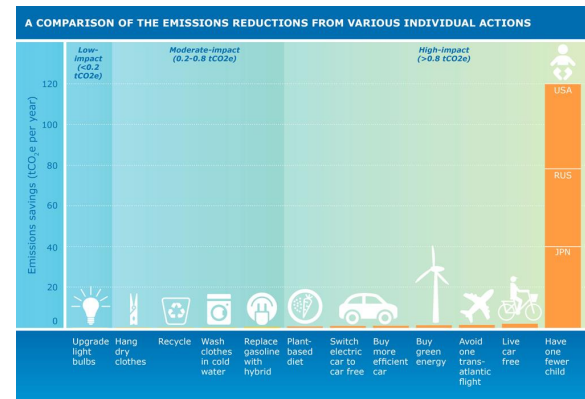
- EAT A LESS ANIMAL AND MORE PLANT-BASED DIET IS NOT THE RIGHT PARADIGM  
DECREASING ENVIRONMENTAL FOOTPRINT
- TOTAL LIFESTYLE DETERMINES ECOLOGICAL FOOTPRINT
- GOING VEGAN IS NOT NECESSARILY HEALTHY AND VEGANS CAN HAVE A HIGH ECOLOGICAL  
FOOTPRINT
- JUST REPLACING ANIMAL PRODUCTS BY 'ALTERNATIVES' HAS GOT NUTRITIONAL  
CONSEQUENCES
- THE SCIENCE BEHIND ENVIRONMENTAL EFFECTS OF LIFE STYLE FACTORS IS AN EMERGING  
SCIENCE AND SOLUTIONS ALWAYS SEEM MORE SIMPLE THAN IN REALITY



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Thank you!



Source: <http://iopscience.iop.org/article/10.1088/1749-9326/aa7541>

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