



Södertälje Municipality, Sweden

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Diet for a Green Planet

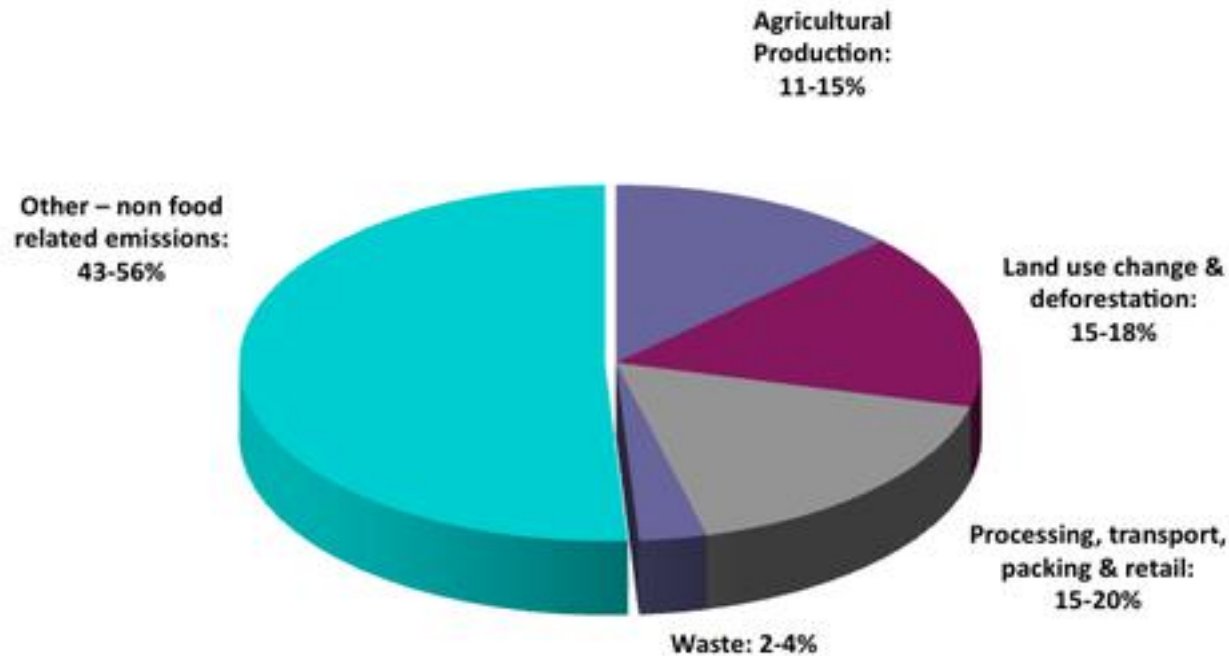
Aims:

- Maintain and improve fertility of **soil**
- Save the **waters**
- Promote **biodiversity**
- Reduce change of **climate**



Global climate change

- Emissions of green house gases from human activities



Responsibility to feed the world

- The eating habits in the rich world can't continue.
- Poor countries should not copy western eating habits.

What can be produced in one m²?

- 50 grams/0,05kg of meat
- 500 grams/0,5 kg of cereals
- 5000 grams/5 kg of root crops



Diet for a Green Planet

Criteria:

- Tasty and healthy food.
- Organic products.
- Less meat, more vegetables, legumes and whole grain.
- Locally produced, according to season.
- Reducing leftover food.



A health aspect often discussed:

How to get enough protein?





Meat



- **Beef, lamb and goat**

Good meat if they are fed with hay and pasture

- **Pork and chicken**

Eat what people can eat, good if they are breaded in small scale on left overs.



Fish and seafood



- **Wild fish** can be overfished and depleted. Be sure not to use threatened species.
- **Cultivated fish** may be environmentally harmful.
- **Species that eat plants and algae** are good, e.g. carp and mussels.



Legumes



- A combination of legumes and cereals gives a good protein that can replace animal protein.
- Domestic legumes are preferred before imported ones.
- Soya is often genetically modified (GMO), and may also cause allergy.

Thank you

