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#anti-waste #educate #environment

Everything You Need to Know: Sustainable Food

Structure : ADEME



Is a more sustainable diet possible?

Over the past 50 years, our eating habits have changed. Our diet is more diverse, but also higher in fat, sugar, and animal protein. We cook less, consume more prepared meals, and eat out more often. We also seek a wide variety of foods everywhere and in every season, often at the lowest price.

This way of eating has consequences for our health (overweight, obesity, diabetes, cardiovascular disease) and for the environment: air, water, and soil pollution, energy consumption, greenhouse gas emissions... Not to mention food waste, which further increases the amount of resources unnecessarily consumed and the waste that needs to be processed.

However, consumer perceptions are evolving, even if changes in habits have yet to materialize. 85% of French people do not plan to change their diet, but 24% now identify as flexitarians and are mindful of consuming less meat. Only 2.2% have completely eliminated it from their diet. These figures are significantly below the average in certain countries, such as Anglo-Saxon nations, Germany, and Switzerland.

Is a diet that is good for our health, the environment, and fair for everyone possible? An overview of the impacts, trends, and solutions.

Liens

https://librairie.ademe.fr/agriculture-alimentation-foret-bioeconomie/7617-9249-tout-comprendre-l-alimentation-durable-9791029724114.html#/43-type_de_produit-format_imprime