

Sustainable food

What would happen if we changed a diet to become more sustainable?



A **sustainable diet** must be based on **products of vegetable origin**



and **complemented with products of animal origin**

Reduce your consumption of processed foods
More packaging = more waste



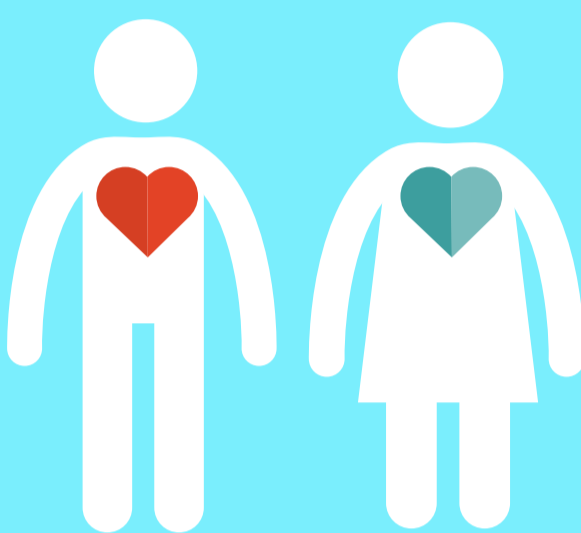
Km 0

Caldria prioritzar els productes de proximitat i de temporada.

Health

Reduces the incidence of certain diseases and saves on health expenditure.

cardiovascular diseases



diabetes



obesity

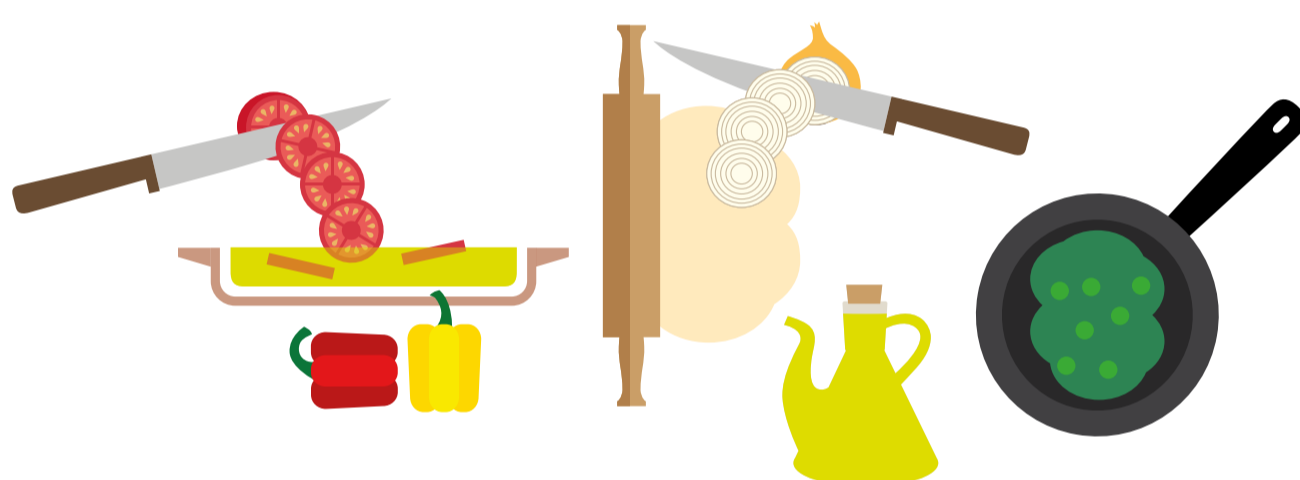


cancer



Cuisine

Maintains traditional recipes, the majority of which are based on sustainable and locally sourced products.



Biodiversity

Preserves local and traditional products which are already adapted to the environment.



Environment

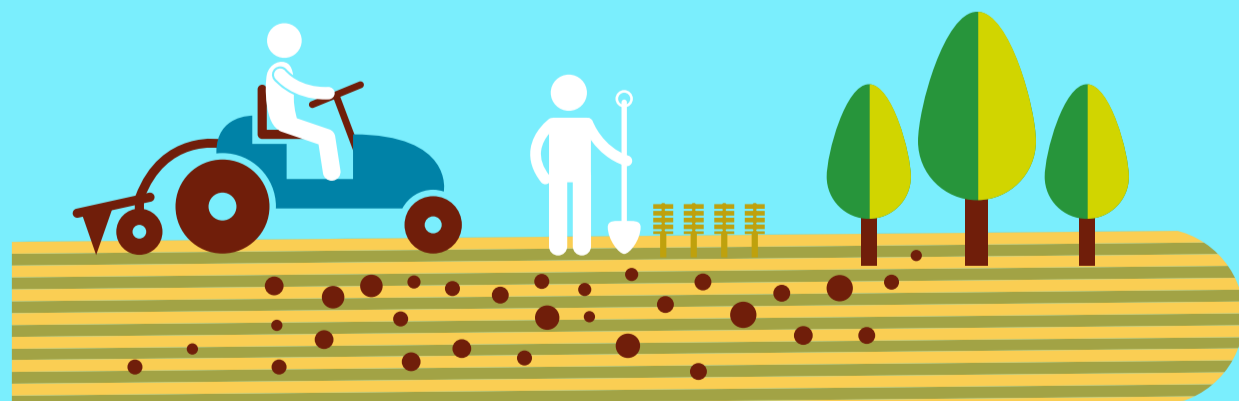
Reduces the consumption of animal products and reduces the carbon footprint and the impact on the environment.



CO₂

Social

Improves the working conditions of rural workers.



Demographic growth

Guarantees food worldwide and for future generations.

