

SUSTAINABLE FOOD TIPS

- 01 | **BALANCE YOUR DIET.**
Choose a diet rich in greens, pulses, fruit and vegetable.
- 02 | **REDUCE CONSUMPTION.**
Decrease the amount of meat, fish and dairy in your diet.
- 03 | **OPT FOR NATURAL PRODUCTS.**
Forget about precooked, transgenic and processed products.
- 04 | **AVOID WASTE.**
Only buy the amount of food you are going to eat.
- 05 | **BET ON THE ECOLOGICAL.**
Include products free from pesticides in your diet.
- 06 | **PROTECT THE ENVIRONMENT.**
If you eat seasonal foods, you will reduce CO2 emissions.
- 07 | **SUPPORT FAIR TRADE.**
Choose foods that promote a respectful business relationship.
- 08 | **JOIN A CONSUMER GROUP.**
This will give you access to local products without intermediaries.