

Decalogue for Sustainable Diets

Sustainable healthy diets are eating patterns that promote all dimensions of **people's health and well-being**; they generate low pressure and **reduced environmental impact**; they are **safe, accessible, affordable** and **equitable**; and they are **culturally acceptable**.

The objective of this decalogue of good practices is to achieve optimal growth and development of all individuals and to support their physical, mental and social functioning and well-being; contribute to preventing all forms of malnutrition; reduce the risk of diet-related noncommunicable diseases; and support the preservation of biodiversity and planetary health:

- 01** | Eat more locally-produced and seasonal foods.
- 02** | Limit foods with added sugar and avoid 'empty' calories (e.g. soft drinks, sweets).
- 03** | Switch to more whole grain, unprocessed breads and cereals.
- 04** | If you've been overeating, eat less: adjust your food and energy intake to the recommended levels (2000-2500 kcal/day).
- 05** | Reduce food loss and waste. Plan your meals out and buy only what you really need.
- 06** | Switch to a flexitarian diet. Start with plant-based foods and build your meals from there.
- 07** | When it comes to food packaging, try the 3-R rule: Reduce, Reuse and Recycle.
- 08** | Seek out foods that use environmentally-friendly farming methods and that respect workers and local communities.
- 09** | Limit your intake of red meat, such as beef and processed meat. Think of meat as an ingredient, not as a main dish.
- 10** | Eat less processed food. Do more home cooking and try out some traditional recipes!