



# Diet for a Green Planet

**Food that makes you feel good and can be produced in a sustainable way.**

- The concept originates from Baltic related research projects BERAS (2003-2006) and BERAS Implementation (2010-2013).
- Successfully implemented by Södertälje municipality since 2010.
- Foundation of project MatLust's work on sustainability within the food sector.



# Sustainability from many aspects

**Diet for a Green Planet is a research-based concept that incorporates sustainability in several aspects:**

- Climate
- Baltic sea and eutrophication
- Biological diversity and soil fertility
- Land use
- Health

# Ecological Recycling Agriculture (ERA)

- Balance between animal and farm size
- Manure and crops become part of a cycle
- Different varieties of rotation crops are grown
- Grasses and clover are cultivated in perennial fields
- Avoidance of artificial fertiliser and chemical insecticides
- Animals graze on lands

An agricultural method that minimises negative environmental impact on the Baltic sea and surrounding water ways.

Simultaneously the cultivation method has a positive effect on the climate – humus content in soil is increased which binds carbon particles, creating carbon sinks.



# Diet for a Green Planet – the criteria

**Diet for a Green Planet is based on five criteria that can be applied in any part of the world, but results in different varieties of food on the plate, according to place and season.**

- Good and healthy food
- Ecologically grown, preferably from Ecological Recycling Agriculture
- Less meat, more vegetables, pulses and whole grains
- Locally produced in season
- Reduced waste

Foods are based on landscape models, we eat what is produced in a sustainable way in a landscape that protect the values important to water, soil, plants, animals and climate.



# Tips for cooks

**From the cooks in school canteens in Södertälje municipality:**

- Display the meat free dish at the top of the menu
- Always have the meat free dish first on the buffet, serve as you would other dishes
- Serve vegetables respectively on salad buffets
- List vegetables that are alternatives to imports, E.g: - barley instead of rice



MatLust

# The food pyramid

Some foods can be eaten often while others should be eaten seldom, this reduces our climate impact.



Different challenges in the production of food, affects the contents of the pyramid during a year.



# Good for mankind. Good for our planet.

**Diet for a Green Planet is a healthy diet, in line with Nordic nutritional recommendations. Diet for a Green Planet has scientific grounds and corresponds with other diet recommendations for a healthy and sustainable diet.**

System perspectives and foundations are that foods should reflect what agriculture can favourably produce over long time periods; the base of research done in this framework for Baltic project BERAS See: [beras.eu](http://beras.eu).

Elin Rööös et.al colleagues, has similar results in her report “meat and milk from animals raised on pasture and waste products results in sustainable products” See: [slu.se](http://slu.se).

EAT-Lancetkommissions report “Food, Planet, Health”, compiled by 37 leading scientists worldwide shared several conclusions with a global approach. See: [eatforum.org](http://eatforum.org).

World Nature Fund`s “One Planet Plate” is a guide and recommendation of foods that favour climate, diversity and health. See: [wwf.se](http://wwf.se).