

THE FOOD TRANSITION TO CHANGE THE WORLD



Feeding the world in a sustainable way implies a change in the way food is produced and consumed, in other words, a food transition. Each of us can contribute to this transition through our choices and eating habits.

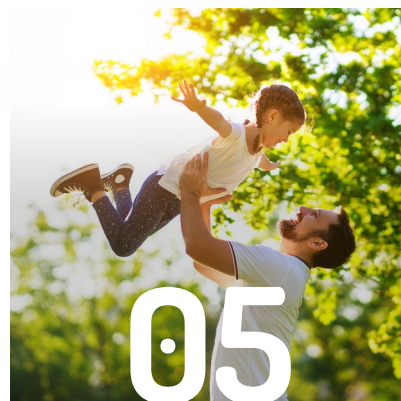
SUMMARY



**The food transition
for sustainable
development**



**6 pillars
to support
the food transition**



**GOAL 1
Good health
and well-being**



**GOAL 2
Climate action**



**GOAL 3
Sustainable consumption
and production**



**GOAL 4
Zero hunger**



**GOAL 5
Protecting
life underwater**



**GOAL 6
Protecting life
on land**



THE FOOD TRANSITION FOR SUSTAINABLE DEVELOPMENT

Climate change, malnutrition, over-exploitation of resources, pollution... our planet is under stress, and this has implications for the sustainability of our communities. It is high time to act in favour of sustainable development through a global food transition! This food transition requires changes in the way we buy, process and eat our food.

WHAT IS SUSTAINABLE DEVELOPMENT?

Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs (*United Nations*).

There are three pillars to sustainable development: economic, environmental, social



The United Nations (UN) have identified [17 Sustainable Development Goals](#) (SDGs), which are a call to action to promote prosperity while protecting the planet.



A DECADE IN WHICH TO TAKE ACTION

In 2019, at the Sustainable Development Goals Summit, world leaders committed to making the 2020-2030 period a decade of action and delivery for sustainable development.

6 PILLARS TO SUPPORT THE FOOD TRANSITION

Our eating habits have an impact on 6 out of the 17 United Nations Sustainable Development Goals. Each of us, at our own level, in our own everyday lives, can contribute to this transition. Mighty oaks grow from little acorns.

6 pillars for a sustainable world:



1

**GOOD HEALTH
AND WELL-BEING**



2

CLIMATE ACTION



3

**SUSTAINABLE CONSUMPTION
AND PRODUCTION**



4

ZERO HUNGER



5

**PROTECTING LIFE
UNDERWATER**



6

**PROTECTING
LIFE ON LAND**

About [European Sustainable Development Week](#)



Download infographic
"6 goals for the food transition"

GOAL 1

GOOD

HEALTH AND

WELL-BEING

The food transition is essential for everyone to live in good health, which is one of the preconditions for sustainable development.



Huge progress has been made in the field of medicine. Our lifestyle, however, is critical in maintaining good health for as long as possible. Diet, as well as physical activity, plays an essential role.

Our eating habits not only impact human health, but also the health of the planet. It is therefore imperative that we choose a diet that is good for human health, while taking into account its impact on the planet. In other words, **it's time to switch to sustainable food!**

WHAT IS SUSTAINABLE FOOD?

The Food and Agriculture Organization of the United Nations (FAO) defines sustainable food systems as food systems:



that have a **low impact on the environment.**



contribute to food and nutritional security, and healthy living for present and future generations.

MORE PLANT-BASED FOOD ON YOUR PLATE!

The basic formula for eating well while respecting the planet:



More plant-based food

Making sure to draw from the four families of plants: fruits and vegetables, whole grains, legumes, nuts and seeds.



Fewer animal products

Especially red meat and processed meats (cold cuts). Dairy products may be consumed in moderate quantities (about 2 portions per day).

The aim is not necessarily to adopt a vegetarian diet, but to shift the focus from animal to plant-based products. This is known as the “**flexitarian**” diet, which consists of a predominantly plant-based diet, while occasionally eating meat.

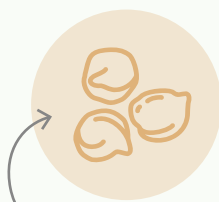


Read our white paper: ['Plant-based food, a major global challenge'](#)

HOW CAN WE EAT BETTER FOR OUR HEALTH AND THE PLANET?

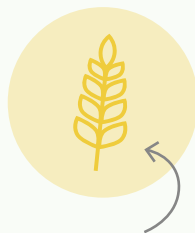
Salad is an excellent food, but it cannot replace the protein, iron and zinc that is found in meat.

To do this, it is essential to vary sources of plant-based protein, which can mainly be found in:



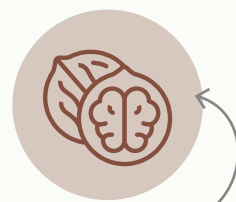
PULSES

eaten plain, hot or cold, in patties, burgers, falafel, hummus...



WHOLEGRAIN CEREALS

in the form of bread, rice or pasta, or combined with pulses in patties, burgers, etc.



NUTS AND SEEDS

walnuts, almonds, sunflower seeds, pine nuts... to be eaten alone, sprinkled on salads, or added to hot dishes.

“To replace meat, make sure to vary the sources of plant-based protein.”

GOAL 2

CLIMATE ACTION

The food transition helps to contain lifestyle-induced climate change

Record temperatures and levels of carbon dioxide and other greenhouse gases... the **climate** crisis is here, as stressed by the IPCC's [Climate Change 2022](#) report.

Climate change affects every part of the world, impacting lives, disrupting national economies, leading to rising sea levels and more extreme weather events.

DID YOU KNOW?



Between 1880 and 2012, the **average global temperature** rose by **0.85°C**. If nothing changes, it is expected to rise by more than **1.5°C** by the end of the century. An increase of **1 degree** leads to a decrease in grain production of about 5%.



Average global sea levels rose by **19 cm** between 1901 and 2010, and are expected to reach **+ 40** to **+ 63** cm by the end of the century.



Carbon dioxide emissions have increased by almost 50% since 1990.











The 2015 [Paris Agreement](#) aims to limit global warming to well below **2°C** compared to pre-industrial levels.

EATING FOR THE CLIMATE

The food we eat has an impact on climate change, whether through **production, processing, transport, consumption or food waste**. Fortunately, a diet that helps to contain climate change can also perfectly meet our nutritional requirements, provided it is well thought out.

Below are the quantities of the different types of food that make up the EAT-LANCET¹ plate, designed to meet both the nutritional needs and the ecological challenges of the planet:

	MACRONUTRIENT <i>intake</i> grams/day (possible range)	CALORIC INTAKE (kcal/day)
 Whole grains <ul style="list-style-type: none"> • Rice, wheat, corn and other 	232	811
 Tubers or starchy vegetables <ul style="list-style-type: none"> • Potatoes and cassava 	50 (0-100)	39
 Vegetables <ul style="list-style-type: none"> • All vegetables 	300 (200-600)	78
 Fruits <ul style="list-style-type: none"> • All fruits 	200 (100-300)	126
 Dairy foods <ul style="list-style-type: none"> • Whole milk or equivalent 	250 (0-500)	153
 Proteins sources <ul style="list-style-type: none"> • Beef, lamb and pork • Chicken and other poultry • Eggs • Fish • Legumes • Nuts 	14 (0-28) 29 (0-58) 13 (0-25) 28 (0-100) 75 (0-100) 50 (0-75)	30 62 19 40 284 291
 Added =fats <ul style="list-style-type: none"> • Unsaturated oils • Saturated oils 	40 (20-80) 11,8 (0-11,8)	354 96
 Added sugars <ul style="list-style-type: none"> • All sugars 	31 (0-31)	120



“A simple way to plan this diet is to think 1 + 1 for animal protein: about one portion of dairy products per day and one portion per day of other animal-based foods (including red meat once a week). Add to this, nuts, pulses and soy foods, plenty of fruit and vegetables, whole grains and healthy fats.”

Walter Willett (Harvard Medical School).

Discover the full interview



GOAL 3

SUSTAINABLE CONSUMPTION AND PRODUCTION

The aim of the food transition is to ensure that the environment and natural resources are able to feed the world. This means that their use, and our consumption, must be reasonable. And in particular, it means less waste.

More environmentally friendly crops, and the greater production and consumption of plant-based foods instead of livestock for meat are important steps in the right direction.

DID YOU KNOW?



According to the FAO, **one third of all the food produced** – or 1.3 billion tonnes – is lost every year (either ending up in the bin, or spoiling through poor transport or harvesting practices).



European consumers account for 53% of food waste².



The most affected category is **fruit and vegetables, 45% of which are lost.**



Read our e-book
on how to prevent food waste

LOCAL AND SEASONAL



Choose fresh and seasonal produce: it tastes best and is better for the planet. [Find out why seasonal vegetables are so good for you.](#)



Buy local, i.e., food produced within a radius of 250 km from your home
Find out more: [Does local food always mean you are eating responsibly?](#)

10 TIPS TO AVOID WASTE

We can act on the way we shop, cook and eat.



1
Don't snub fruit and vegetables that have a few imperfections: they're just as tasty!



2
Avoid unnecessary purchases: buy only what you need, and don't be tempted by special offers that encourage you to buy too much or food you do not need.



3
Adapt the portions served: don't bite off more than you can chew!



5
When cooking, make sure to measure out the **right amount of ingredients** according to the number of people and their appetites.



4
Save leftovers by putting them in the fridge at once.



6
Keep an eye on food **use-by dates** to make sure that you eat it in time.



8
Find ways to use leftovers: in soups or bakes, pizza, quiches... there are a thousand and one ways to give your food a second life!



7
Use **over-ripe fruit** to make compotes, crumbles or jam.



9
Eating out: don't be ashamed to ask for a doggy bag.



10
Salvage **unsold food**.



See our [Facebook page](#) for tips and ideas against waste

GOAL 4

ZERO HUNGER

The food transition can contribute to eradicate hunger in the world, in particular by favouring plant-based sources of protein, which have a better environmental and economic record than animal protein.



The number of people facing hunger in the world has been falling for several decades, but rose again in 2015. Nearly 690 million people around the world are currently estimated to go hungry. The goal of Zero Hunger by 2030 will be difficult to achieve without drastic changes. If nothing changes, hunger will affect 840 million people in 2030.

DID YOU KNOW?



821 million people were undernourished in 2017.



One in three women of childbearing age across the world is **anaemic**.



Agriculture employs **26%** of the world's population.

In addition to providing humanitarian aid to regions most at risk, it is imperative to overhaul the global food and agriculture system so as to:

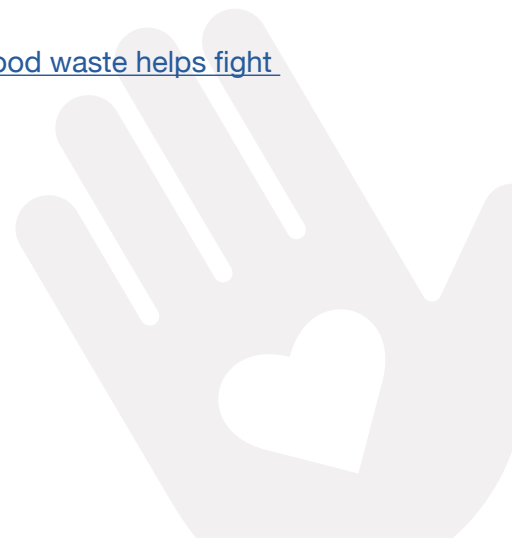


Increase the capacity of agricultural **productivity**.



Strengthen **sustainable food production systems**.

Read also: [When fighting food waste helps fight hunger](#).



THE ADVANTAGES OF PLANT-BASED PROTEINS

Producing quality protein for the whole population in a sustainable way means using plant-based proteins. The combination of different plant-based sources of protein (cereals, pulses, nuts and seeds) is perfectly suited to meeting our physiological needs. **But that's not all. Plant-based proteins also have the following advantages:**



Limiting the emission of **greenhouse gases**



Improving the **quality** and **fertility** of soils



Reducing the use of **nitrogen fertiliser**



Reducing production **costs**

Find out more: [Plant-based Proteins to Feed the World](#)



GOAL 5

PROTECTING

LIFE

UNDERWATER

The food transition for sustainable development also implies more responsible choices when it comes to eating fish.



The oceans play a crucial role in life on earth, whether by evaporating to generate rain and drinking water, influencing the weather and climate, and even providing much of our food. This vital resource must therefore be managed carefully.

DID YOU KNOW?



The ocean covers **3/4th** of the global surface.



The ocean absorbs about **30% of CO₂** produced by humans and mitigates the impact of global warming.



Over **200,000 species** have been identified in the ocean.

SHOULD WE STOP EATING FISH?

No, fish remains an important food in a balanced diet. However, it is better to eat fish sustainably.

WHAT CAN I DO?



Opt for certified sustainably caught fish (labels such as “Friend of the sea” or “MSC”).



Avoid eating threatened species (such as bluefin tuna).



Prefer locally caught fish.



Vary the types of fish you eat.

GOAL 6

PROTECTING LIFE ON LAND

The food transition must also contribute to protecting life on earth, in particular by preserving biodiversity.



Nature provides us with oxygen, regulates the climate, pollinates crops, and provides us with food and clothing. Yet 75% of Earth's surface has been transformed by human activity, and 1 million animal and plant species are threatened with extinction. Deforestation and desertification pose a major challenge to sustainable development and survival of life on earth. Investing in soil restoration is essential.

DID YOU KNOW?



Since 1990, **75% of crop diversity** has been lost in farmers' fields.



A greater agricultural biodiversity can contribute to better nutrition and creates **more resilient and sustainable farming systems.**



12 million hectares, enough to produce **20 million tonnes of cereals**, are lost every year through drought and desertification.

Food production systems must therefore become more sustainable, which is possible thanks to **agroecology**, an ecological and social approach to agricultural systems.

Find out more about [agroecology as the key to transforming our food systems.](#)





Eat less meat



Choose food from sustainable or organic farming, that is local and seasonal

Avoid waste



EATING FOR BIODIVERSITY

How can we adapt our behaviour to help preserve biodiversity?



Limit the use of plastic

Read labels: avoid, for example, palm oil which is not certified as sustainable



Read also: [Putting Biodiversity Back on Our Plates!](#)



REFERENCES

1. EAT-Lancet Commission on Food, Planet, Health. Summary Report, 2019.
2. European Parliament, Eurobarometer, "Infographic – Food waste: the problem in the EU in numbers", 5/05/2017.

