<u>en</u> | <u>fr</u>

Publication | 06.06.2018

Sustainable eating

How small steps can lead to big chance for your health and the climate

WHAT'S IN THE FRIDGE?

This booklet is about the food we eat every day, and the impact it has on our health, our environment and our future.

Sustainable eating is becoming an urgent issue all over the world because the food we eat has a major impact on our climate, our fresh water supplies, on biodiversity, deforestation and fossil fuel use.

It also has a serious impact on human health. Our diets have become far too meat and protein heavy and too reliant on processed and snack foods. As a result, the risk of heart disease, diabetes, obesity and overweight and cancer is on the rise.

We can all help change things by making different food choices. So, if you are ready, here's some 'food for thought' about making your fridge a force for change.

• DOWNLOAD THE LEAFLET

Recommended

Press release



EPP creates chaos: Greens/EFA call on von der Leyen to...

14.11.2024

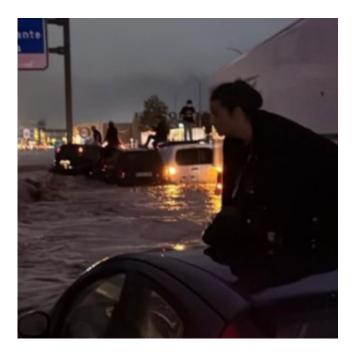
Press release



Parliament calls for clear commitments on climate fina...

14.11.2024

Press release



Valencia's devastating floods

30.10.2024

Press release



Freedom for Dr Gubad Ibadoghlu and all political priso...

22.10.2024

Responsible MEPs



Bart Staes

Member

Attached documents

Sustainable Eating Leaflet_Final

Please share

<u>₀E-Mail</u>