

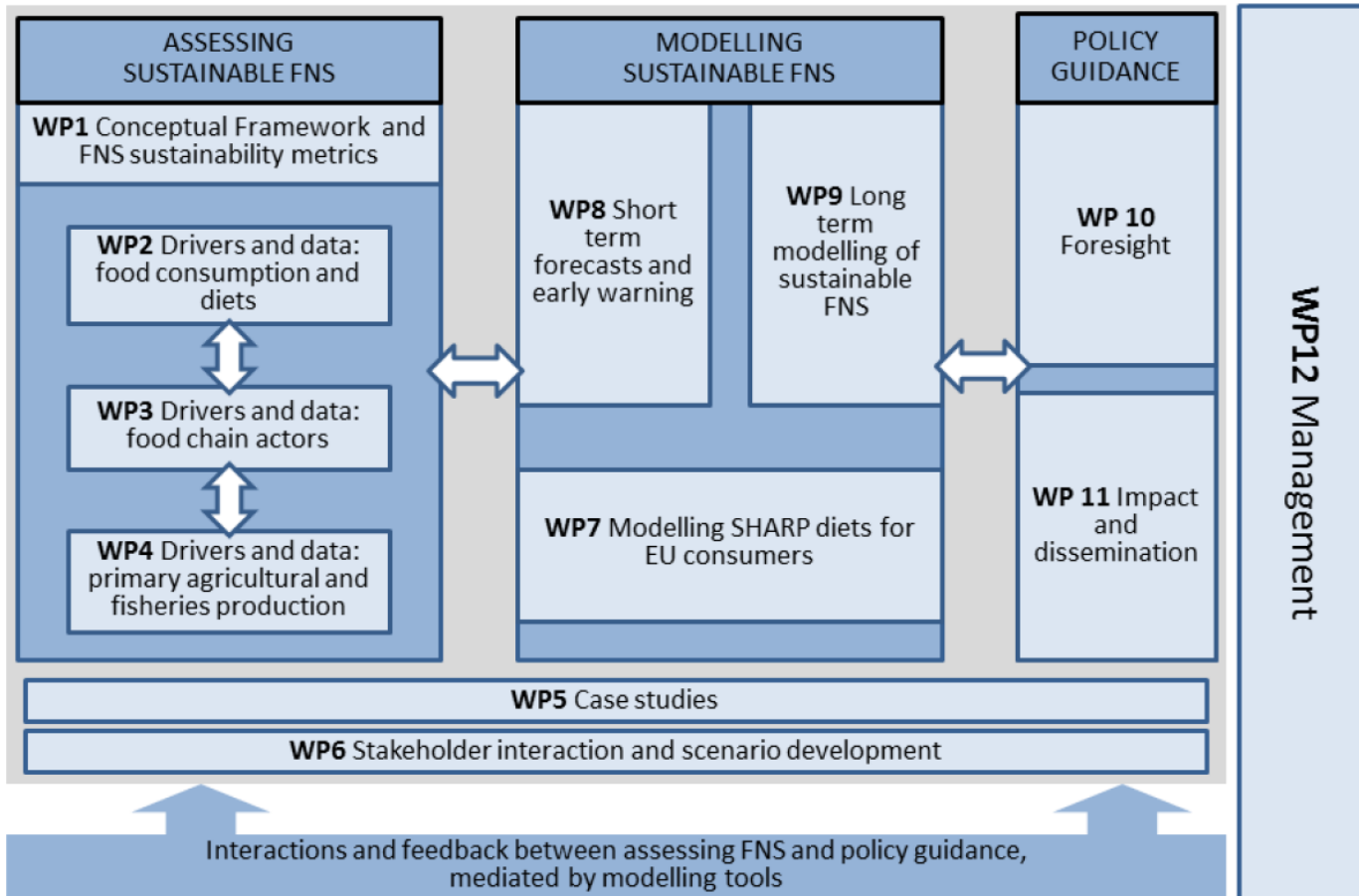


Case studies

Hannah van Zanten



Work-packages





Case studies

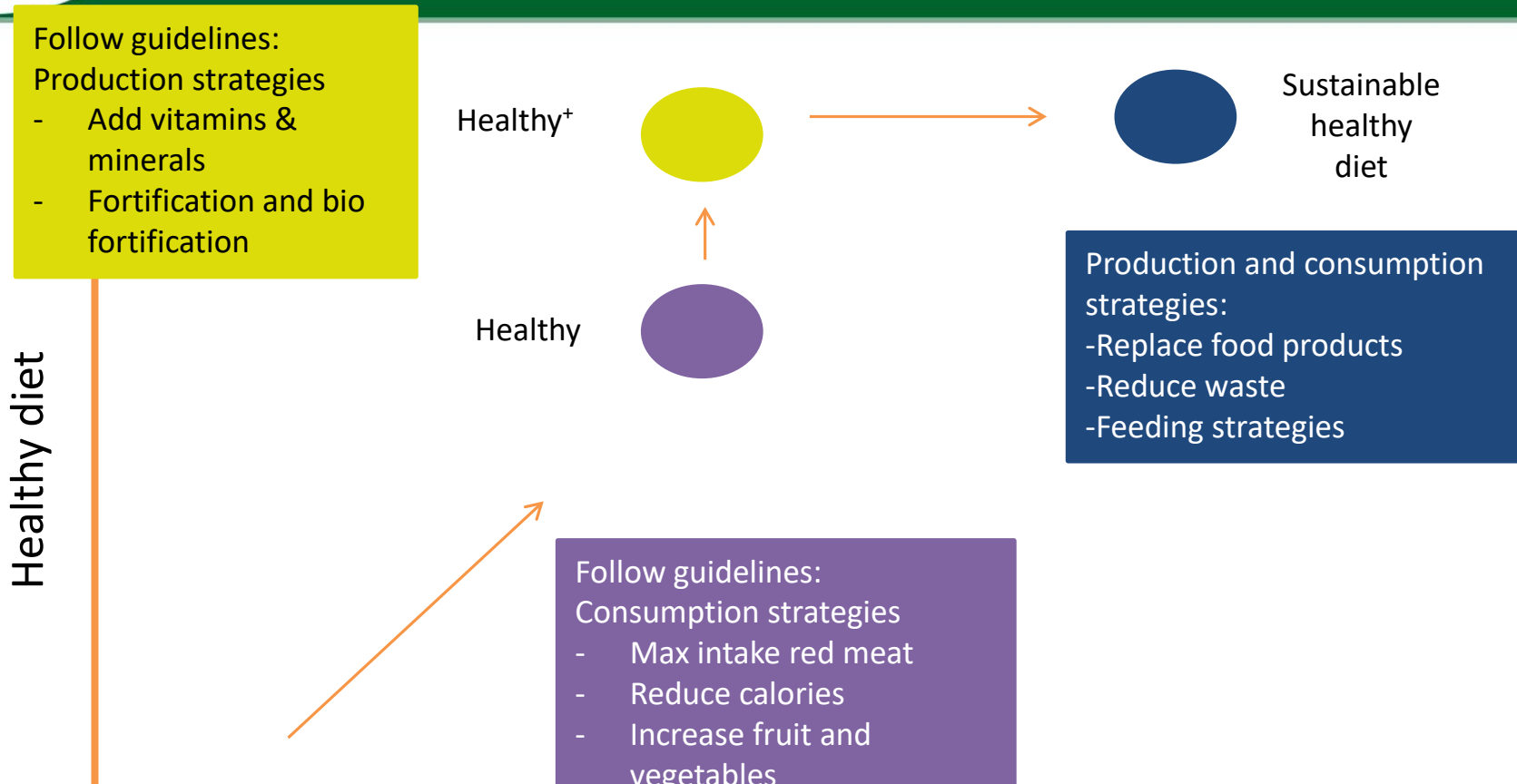
To identify different pathways that enable to find direction in achieving sustainable healthy diets within the EU without implications around the globe



METRICS, MODELS AND FORESIGHT FOR
EUROPEAN SUSTAINABLE FOOD AND
NUTRITION SECURITY - SUSFANS
H2020-SP519A
Grant 633659
to the extent of €3M
over 2015 to 2019

Towards healthy diets

Towards environmental and healthy diets



Following guidelines might result in increased environmental impact

Environment

Deliverables

T5.1: Proof-of-principle of metrics developed

T5.2: Innovation pathways in livestock-fish supply chains

T5.3: Innovation pathways in fruit-vegetable supply chains

T5.4: Assess sustainability potential of innovation pathways in case study supply chains



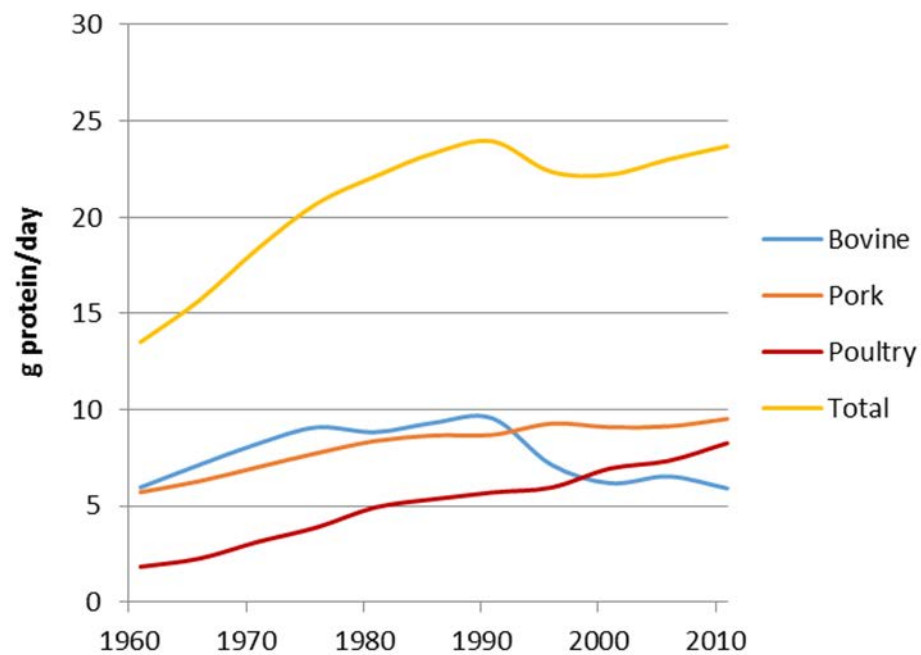
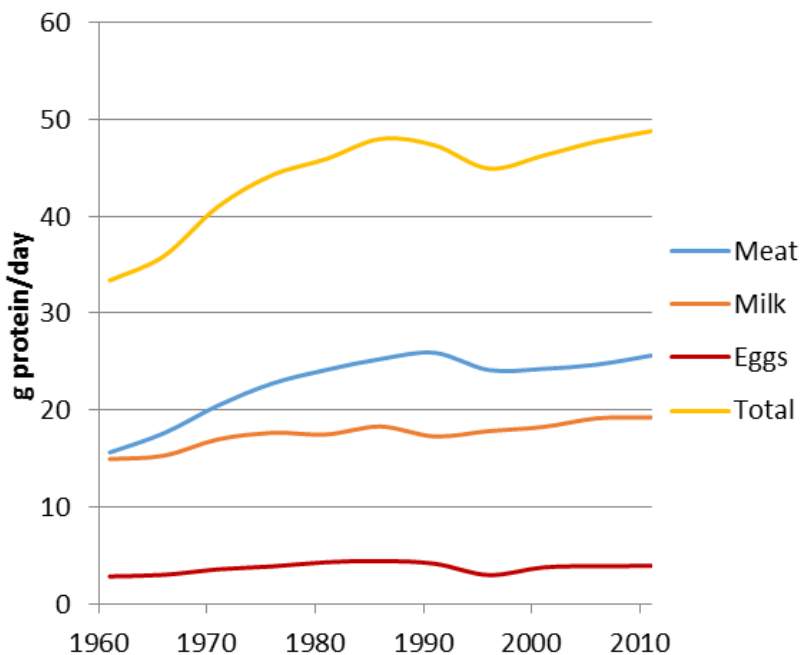
Two case studies

■ Livestock & Fish

■ Fruit & Vegetables

Responsible for livestock case

- Total protein intake : 104 g
- ASF protein intake : 62 g
- Protein intake required: 57 g

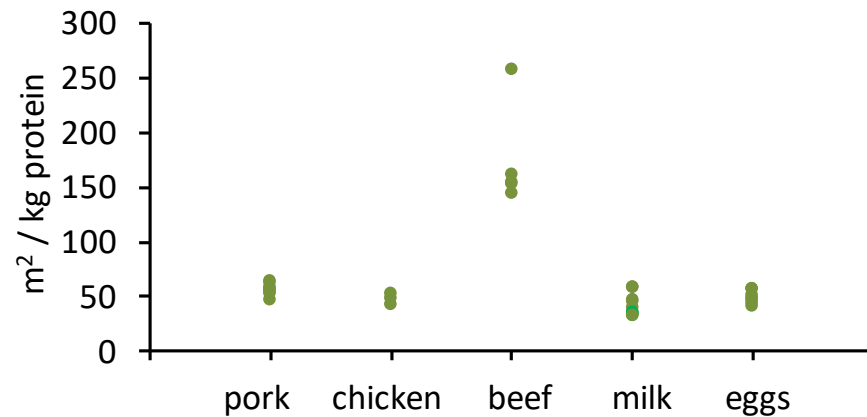
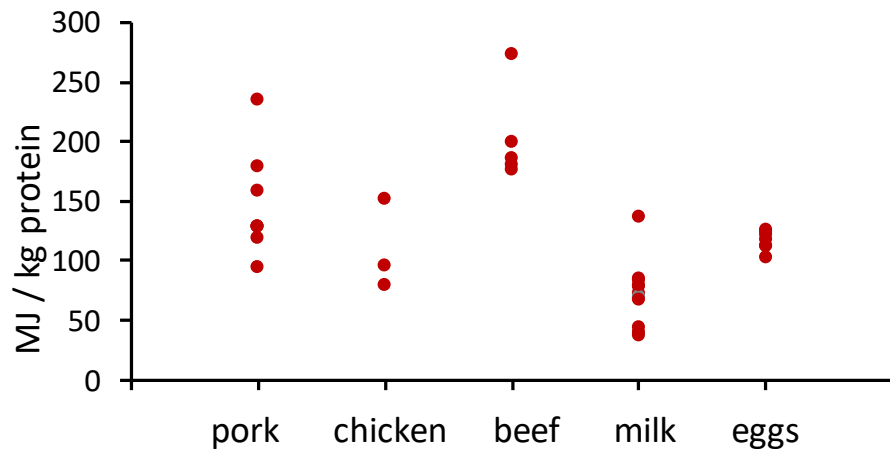
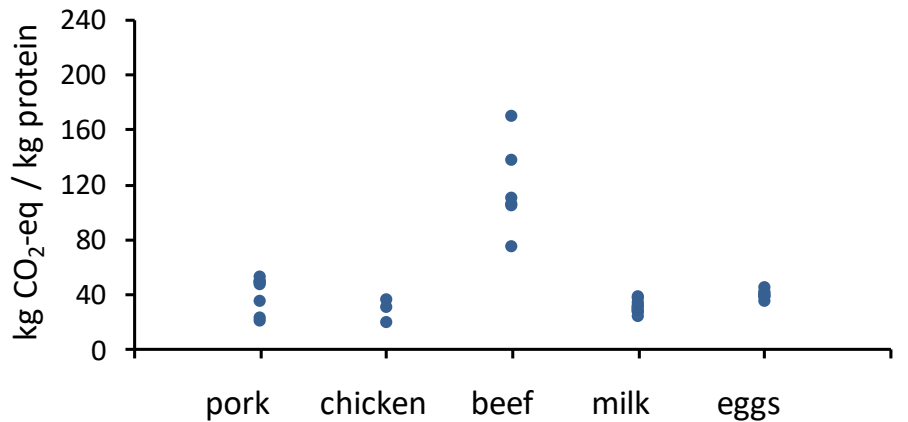


- High intake results in health issues; obesity, heart diseases, and cancer
- ASF essential nutrients with a high bio-availability; iron, calcium, vitamin B12, and Zn

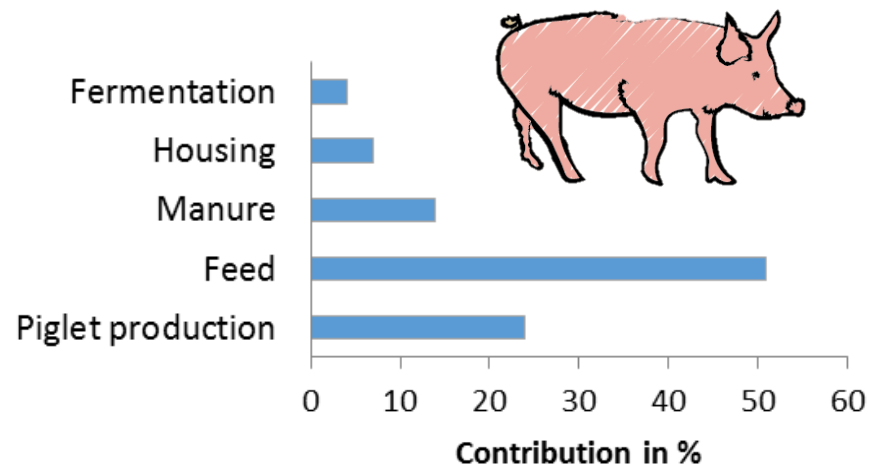
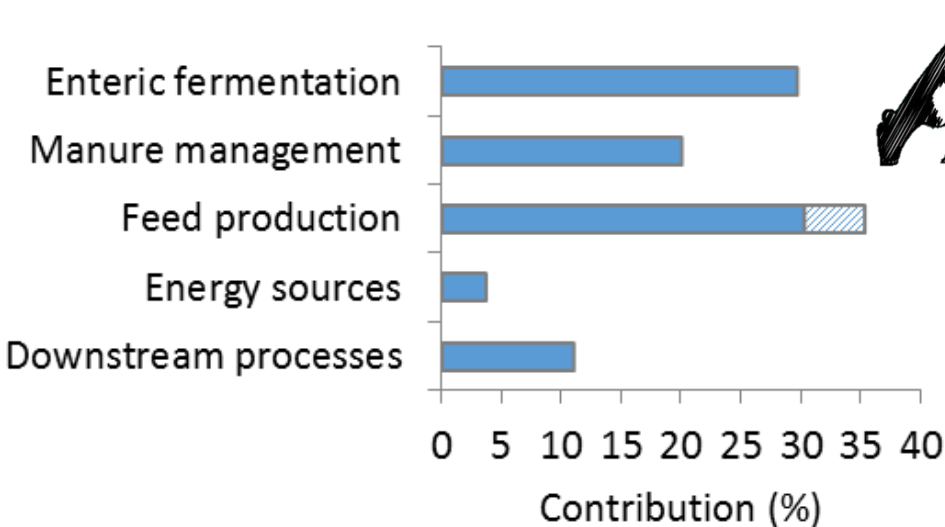
Consider the whole diet

- Fish intake should be increased
- Fruit and vegetable intake must be increased

Large environmental impact especially ASF



GWP between systems



Health and Environment summery

Health perspective

- European diets: high intake of energy/ calories, saturated fat, salt and added sugar; low intake of dietary fibre
- Vitamins and minerals: low intake: vit D, folate, iodine, iron
- Health issues: obesity, heart diseases, cancer.

Environmental perspective

- Food production impacts environment, especially animal-source food
- Food waste



Thank you

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