HEALTHY AND SUSTAINABLE DIETS
RECOMMENDATIONS FOR PEOPLE

INTERNATIONAL FORUM ON FOOD & NUTRITION
OUR ROADMAP TOWARDS A MORE SUSTAINABLE FOOD SYSTEM

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**Sustainable Diets**

Sustainable diets are those diets with low environmental impacts, which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.

Barilla Center for Food and Nutrition (BCFN) developed the model of the Double Pyramid on Food and Environment to illustrate the relationship between a healthy diet and environmental impact. The model presents two pyramids. The first is the Food Pyramid based on the Mediterranean Diet. The second one is inverted and reclassifies foods according to their environmental impact, with most resource-demanding foods placed at the top.

*Source: FAO, 2010, Sustainable Diets and Biodiversity*