



Barilla
Center
FOR FOOD
& NUTRITION



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& NUTRITION

HEALTHY AND SUSTAINABLE DIETS

RECOMMENDATIONS FOR PEOPLE



INTERNATIONAL FORUM ON FOOD & NUTRITION

OUR ROADMAP TOWARDS A MORE
SUSTAINABLE FOOD SYSTEM

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& The Double Pyramid on Food and the Environment



& Recommendations for people on healthy and sustainable diets



CHOOSE MAINLY HEALTHY PLANT-BASED FOOD, to promote your health and reduce environmental impact.



EAT A VARIETY OF FOOD: eating many different foods helps maintain health and wellness, with an interesting diet and colorful plates.



ENJOY 5 PORTIONS OF FRUIT AND VEGETABLES DAILY, including them at most meals and snacks.



CHOOSE SEASONAL AND LOCALLY GROWN PRODUCTS. Find out the seasonal calendar for fruit and vegetables that grow in your area.



USE FRESH INGREDIENTS whenever possible, to reduce unnecessary packaging waste. Out of home, prefer places that serve freshly made meals.



LIMIT THE CONSUMPTION OF PROCESSED FOODS and avoid ultraprocessed foods. Read labels to be informed on high sugar, high fat, high salt processed foods.



INCREASE THE CONSUMPTION OF WHOLE GRAINS, such as brown rice, barley, oats, corn, and rye-pack in with nutritional benefits.



LIMIT THE CONSUMPTION OF SUGAR-SWEETENED BEVERAGES. Drinking water in place of SSBs or fruit juices is associated with lower long-term weight gain.



INCREASE THE CONSUMPTION OF LEGUMES. Even moderate bean consumption can make a significant contribution to fiber intake.



REDUCE THE CONSUMPTION OF RED AND PROCESSED MEAT, enjoying other plant-based sources of proteins such as legumes and nuts.



CHOOSE FISH FROM SUSTAINABLE STOCKS, to help protect fish stocks from over-fishing and guards the marine environment.



CHOOSE PRODUCTS THAT COME FROM FREE-RANGE AND GRASS-FED ANIMALS. The food you choose has a direct effect on how farm animals live.

& 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*