**THIS IS HOW YOU CAN NOT EAT UP THE PLANET!**

25 JANUARY 2022.

TWITTERFACEBOOKGOOGLE+

A nutrition recommendation and a questionnaire to check the understanding of it have been prepared by the staff of the Faculty of Health Sciences of the UP. I asked Iris Faragó, a graduate student in dietetics at the Faculty of Health Sciences of the UP, for more details.

How are food and a sustainable environment related? Why do you think it is important to address this?

It is everyone's responsibility and interest to do what they can to protect the planet and their health.

The link between sustainability and food is becoming increasingly clear today: we can influence our environmental impact by making conscious food choices. I think few people know that agriculture is responsible for more greenhouse gas emissions than the entire transport sector with all its cars, planes, trains, and ships.

What is typical of the average Hungarian citizen's diet?

I think that the average Hungarian strives first and foremost to make their meals as cost-effective as possible and to be able to prepare them as quickly as possible. Typical Hungarian cuisine is rich in saturated fats and often includes processed meat products such as bacon and sausages.

Increasing the consumption of fruit and vegetables should be the first priority, as these are the foods most lacking on all our plates, not to mention the consumption of whole grains - we mostly eat white bread and pastries, and the consumption of whole grain fiber-rich foods is still low, although, for our health, daily consumption of whole grains is of primary importance. Foods rich in unsaturated fats, such as oilseeds, are also less common in our daily diets, but red meats and processed meat products are more so. These animal-based foods harm our health and are more environmentally harmful than plant-based foods.

How can we start to change our diet?

I think drastic, sudden changes are scary for many people. Few people can change everything overnight, in which case, small steps of continuous change are more important.

For me, it helps a lot if I plan what I'm going to eat for a given week in advance. I write down what I want to eat, then I look at what ingredients I have at home and make something delicious with the ones that are about to go bad. Since I prepare in advance, I only buy what's on my list at the grocery store, so I don't buy unnecessary things. I think this is important too, as statistics show that we waste one-third of the food we produce!

We should also pay attention to product labeling, as this also gives us information about the sustainability of the food.

Shop at local markets, from local producers, and take your little canvas bag with you. Choose seasonal vegetables and fruits that can be grown at home, reducing the environmental impact of transporting them, and with the added benefit of higher nutritional value.

Try to minimize heavily processed foods such as processed meats, crisps, and instant foods, which pose a significant risk not only to our health but also to the planet.

Reuse food packaging, buy packaging-free if you can, and compost and grow fruit and vegetables at home depending on your options and location.

Recommendation:

https://zoldegyetem.pte.hu/sites/zoldegyetem.pte.hu/files/taplalkozasi\_ajanlas\_210927\_0.pdf

Questionnaire accompanying this recommendation:

https://zoldegyetem.pte.hu/hu/kviz/zold\_egyetem\_taplalkozasi\_ajanlas\_es\_kerdoiv