



econutrition

Is there an eating style that's both good for our health and the health of the planet? Yes. "Econutrition" is the buzz word that describes the most sustainable diet and associated agricultural practices compatible with good health.



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At the 17th International Congress of Nutrition, held in Vienna, Austria, nutrition scientists were challenged to consider the broader impact of different diets, beyond just their health effects, such as the usage of water and land resources.

beans or beef?

For example, while you need some 2000 litres of water to grow one kilogram of soy-beans, an incredible 100,000 litres (50 times more) are required to produce one kilogram of steak. With water predicted to become a scarce commodity, such findings cannot be ignored when planning what you will eat most!

If you had a hectare of land under wheat, you could provide enough kilojoules to feed 15 people! But raising cattle or sheep on this same paddock to produce meat would provide enough for only two.

With econutrition, plant-centred diets are "in," while diets rich in animal products are definitely "out." This doesn't mean you can't include any animal products in your diet, but the balance needs to be in favour of eating mostly plant foods.

7 tips for eco-eating

To help you eat in a healthier and more sustainable way, where possible choose foods that are:

1. mostly plant based
2. organically grown
3. regional and seasonal
4. minimally processed
5. use minimal and environmentally friendly packaging
6. fairly produced and traded
7. tastily prepared.

See page 24 for some tasty eco-friendly recipe's to tryout.

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