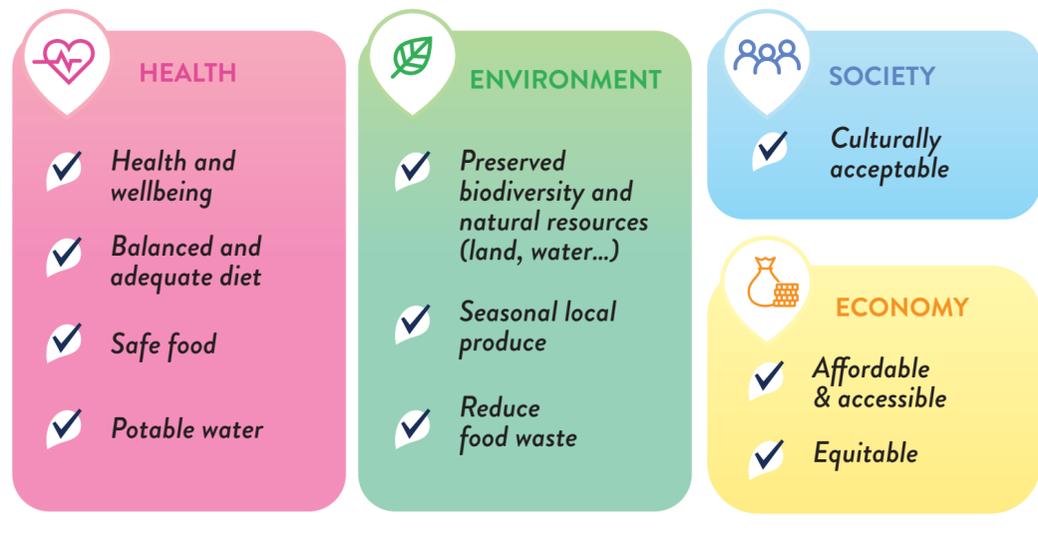


Sustainable Healthy Diets are dietary patterns that:

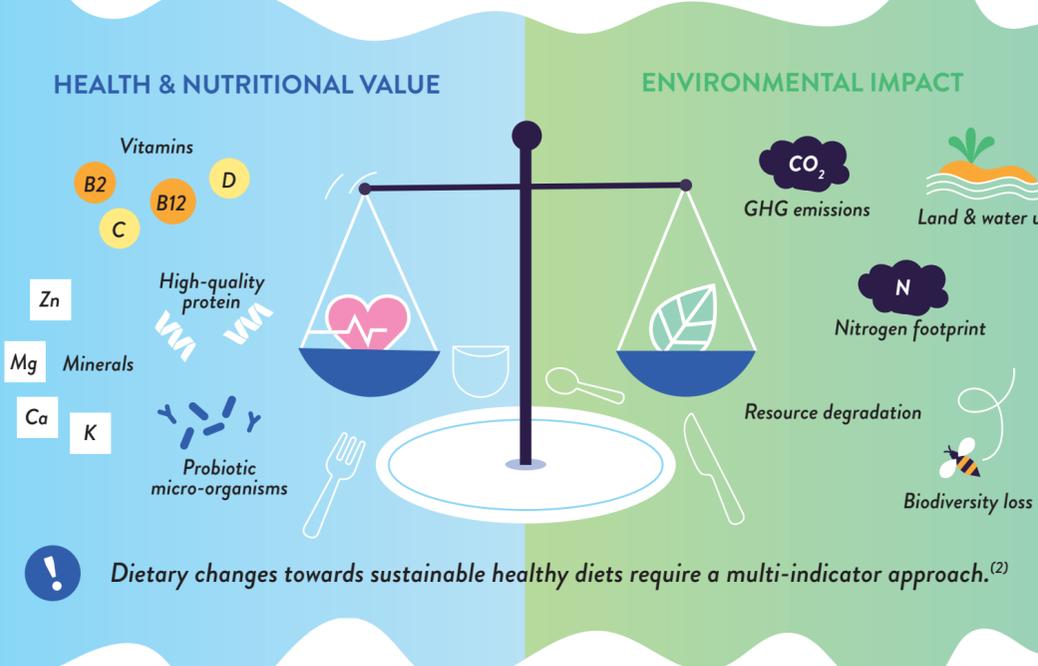
- ✓ Promote all dimensions of individuals' health and wellbeing;
- ✓ Have low environmental impact;
- ✓ Are accessible, affordable, safe, equitable and culturally acceptable ⁽¹⁾



Sustainable healthy diets: 4 dimensions to keep in mind ⁽¹⁾



Food choices: a constant trade-off between health & nutritional value and environmental impact ⁽²⁾



How does Yogurt fare as a food choice?

The key to healthy and sustainable eating is to identify foods that are nutrient-dense, affordable and have a low environmental pressure and impact. ⁽¹⁾

Dairy intake can improve diet quality and reduce risk of diet-related diseases ^(3, 4)

Yogurt is nutrient-dense, helps digest lactose, contains live micro-organisms, quality proteins, and essential micronutrients like calcium and other vitamins. ^(4,5,6,7)

Different fermented milks are already part of traditional diets around the world ⁽⁸⁾

Yogurt as a health-promoter dates back to 6000BC in Ayurvedic recipes! ⁽⁹⁾

Dairy has limited environmental impact ⁽¹⁰⁾

CARBON COST: mean GHGE* / 100 g

Category	Grains	Milk & dairy products	Meat & meat products
Carbon Cost (GHGE/100g)	316	360	617
Agriculture (%)	18%	11%	10%
Packaging & store (%)	22%	23%	18%
Processing & transportation (%)	60%	66%	72%

* Greenhouse gas emissions

Yogurt is accessible, & affordable ⁽¹¹⁾

Amongst the lowest cost sources of dietary calcium

Easy to find

Affordable source of quality protein and essential nutrients

Your choices impact the future

By reducing wastage and making healthier food choices we can cut global GHG emissions by up to 50%! ^(12,13)

INCREASE

vegetables, fruit, nuts, seeds

seasonal produce consumption

REDUCE

food waste

1/3 of all food produced for human consumption is lost or wasted ⁽¹⁴⁾

LIMIT

added sugar and empty calories, ultra-processed food, red meat

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