

Las dietas saludables y sostenibles son patrones dietéticos que:

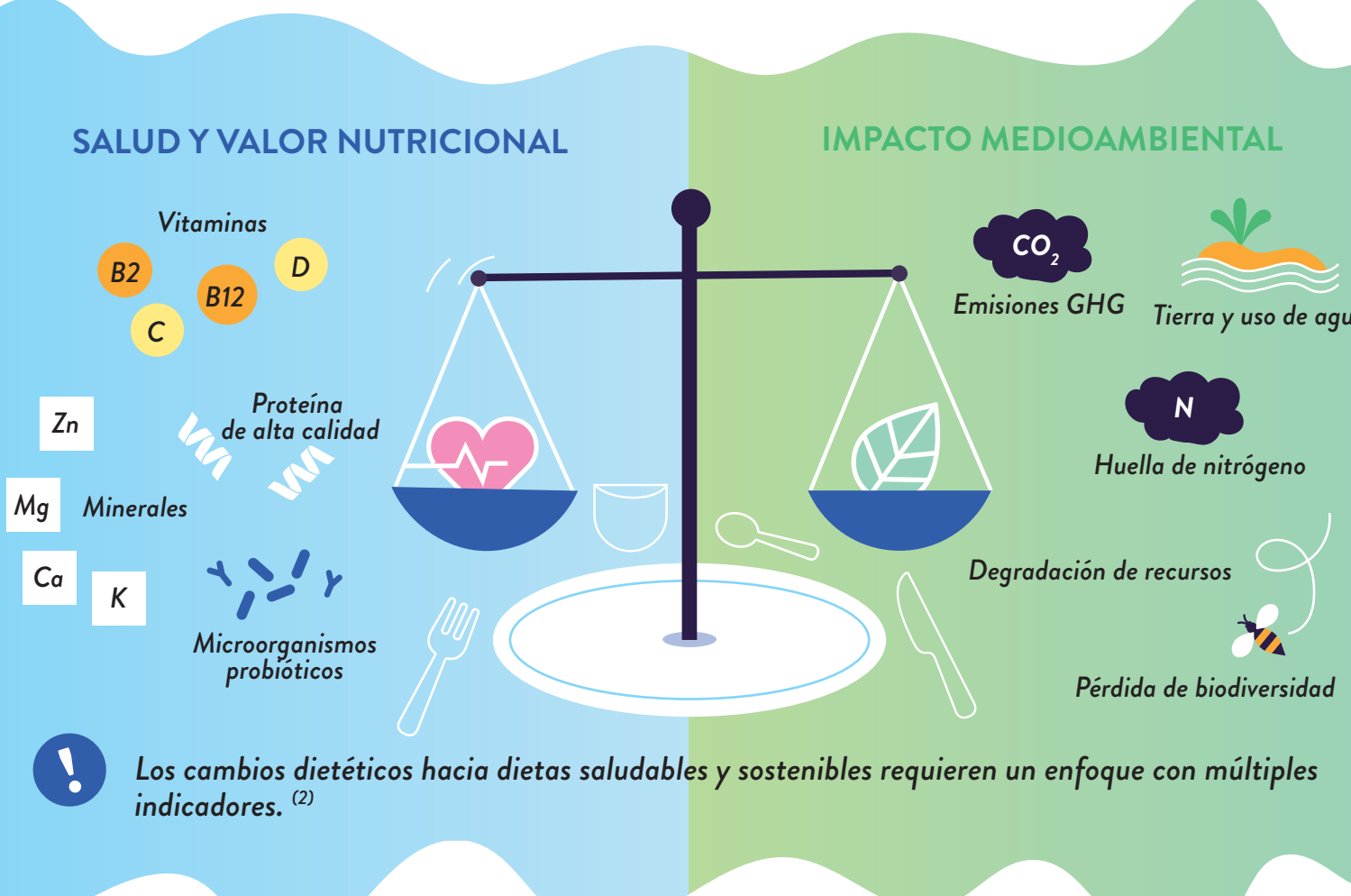
- ✓ Promueven todas las dimensiones de la salud y el bienestar de las personas;
- ✓ Tienen un bajo impacto medioambiental;
- ✓ Son accesibles, asequibles, seguras, igualitarias y culturalmente aceptables. ⁽¹⁾



Dietas saludables y sostenibles: 4 aspectos a tener en cuenta ⁽¹⁾

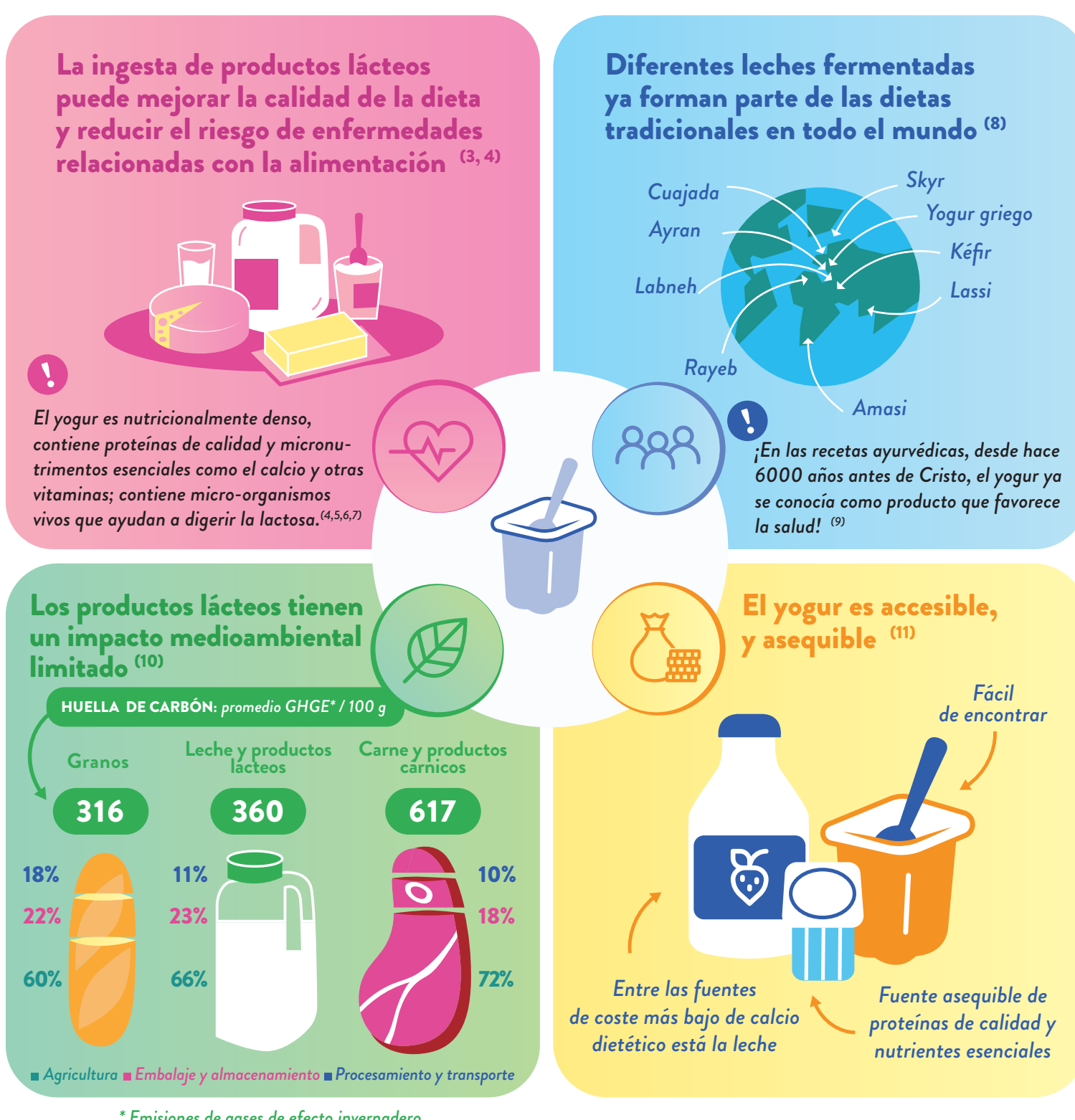


Opciones alimentarias: un constante equilibrio entre salud y valor nutricional e impacto medioambiental ⁽²⁾



El yogur: ¿Puede ser una opción sana y sostenible?

La clave de una alimentación saludable y sostenible es identificar alimentos que sean nutricionalmente densos, sean asequibles, y tengan un bajo impacto medioambiental. ⁽¹⁾



Tu elección de alimentos impacta el futuro

¡Reduciendo el desperdicio de alimentos y optando por opciones de alimentos más saludables podemos reducir las emisiones globales de GHG hasta un 50 %! ^(12,13)



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