

UNE ALIMENTATION SAINE ET DURABLE: DE LA SCIENCE À L'ASSIETTE!

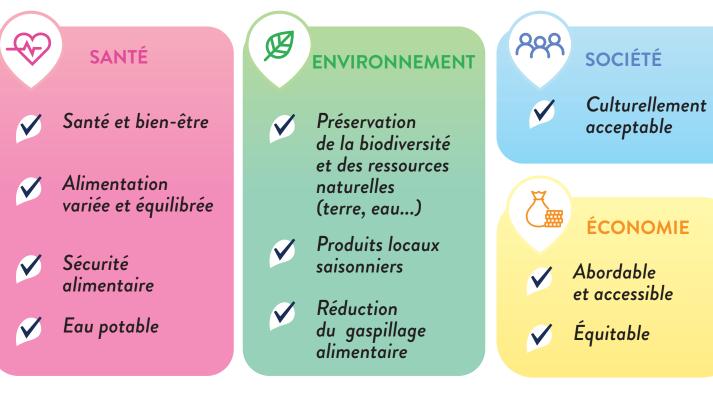
Les régimes alimentaires sains et durables sont des modèles qui :

- Favorisent tous les aspects de la santé et du bien-être des individus;
- Ont un faible impact sur l'environnement;
- Sont accessibles, abordables, sûrs, équitables et culturellement acceptables (1)



4 dimensions à prendre en compte (1) W ENVIRONNEMENT

Une alimentation saine et durable :



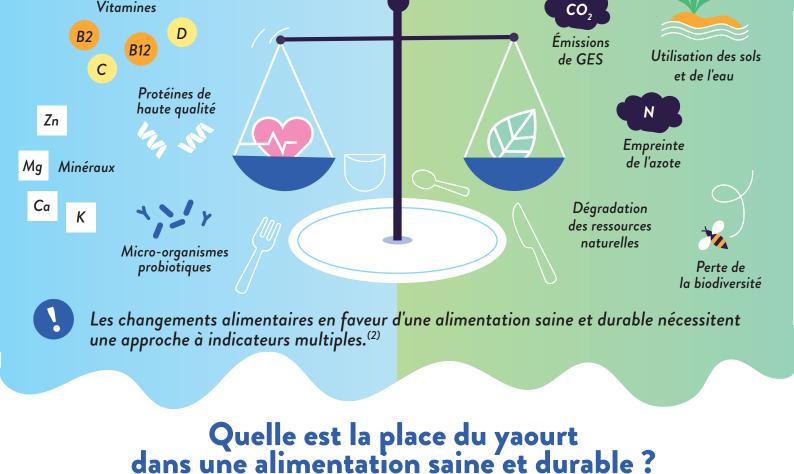
IMPACT ENVIRONNEMENTAL

SANTÉ ET VALEUR NUTRITIONNELLE

Les produits laitiers peuvent

Choix alimentaires : un équilibre entre

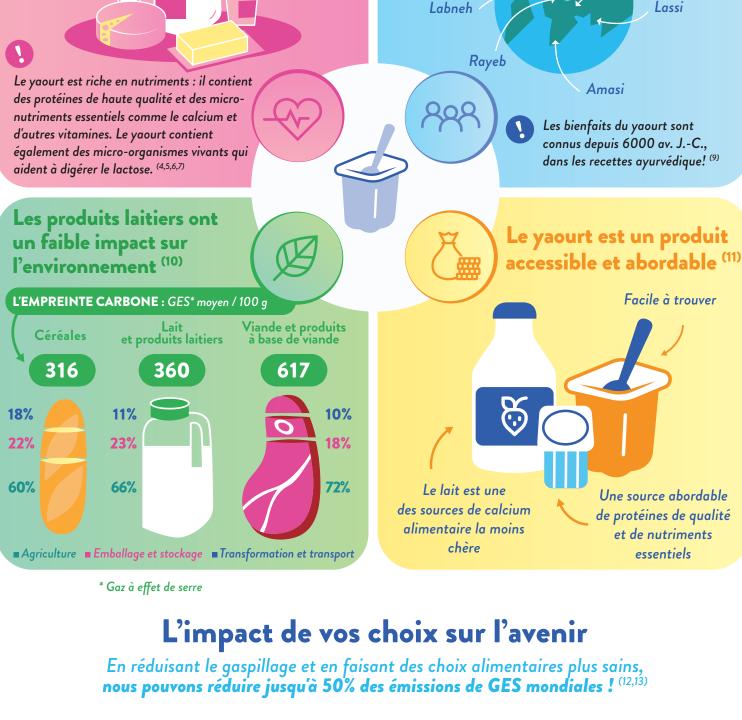
la valeur nutritionnelle & l'impact environnemental (2)



améliorer la qualité du régime partie des régimes alimentaires alimentaire et réduire le risque de traditionnels, à travers le monde (8)

La clé d'une alimentation saine et durable consiste à identifier les aliments riches en nutriments, abordables et qui ont un faible impact sur l'environnement.

maladies liées à l'alimentation (3,4) Skyr Lait caillé Yaourt grec Ayran Kéfir



AUGMENTEZ

DIMINUEZ



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LIMITEZ

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