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HEALTHY PEOPLE
AND A HEALTHY
PLANET



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A photograph of fresh vegetables. In the foreground, there are several bright red tomatoes. Behind them, there are bunches of green onions with their roots still attached. In the background, a basket of white mushrooms is visible. The lighting is bright, highlighting the textures and colors of the produce.

**A BALANCE OF HEALTHY AND SUSTAINABLE FOOD
CHOICES FOR FRANCE, SPAIN AND SWEDEN**

Addendum

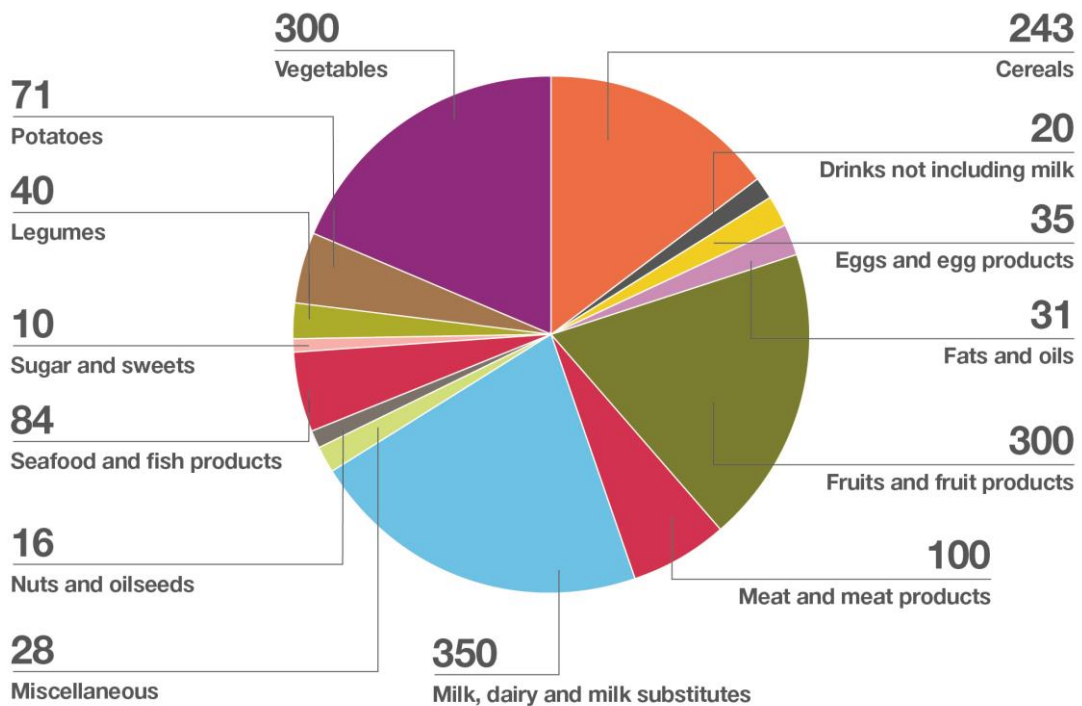
INTRODUCTION

Further to the publication of [A balance of healthy and sustainable food choices for France, Spain and Sweden](#) in 2013, Spanish stakeholders expressed some concerns that the Spanish LiveWell Plate did not meet all nutritional policy recommendations issued by the Ministry of Health in 2011.

With a view to address these concerns, WWF Spain set out to improve the Spanish LiveWell Plate. Ana Prieto Moreno, a nutritionist at the Sports Council (Consejo Superior de deportes) revised the Plate with support from a number of stakeholders – including representatives of the Spanish Foundation for Nutrition, the Spanish Heart Foundation as well as regional nutritionists. The work was conducted under the direction of the Dr Anne de Cos from the Obesity Department at La Paz Central Hospital in Madrid.

The modifications brought to the Spanish LiveWell Plate do not affect the general conclusions we drew in our original report, and reinforce the message that sustainable, low-carbon diets are compatible with healthy diets.

Updated LiveWell Plate in Spain



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METHODOLOGY

The revised Spanish LiveWell Plate was developed in order to meet all national nutritional requirements set in the 2011 National Survey of Spanish Dietary Intake (ENIDE), which assesses the the food intake of the Spanish adult population. The LiveWell Plate meets these requirements whilst resulting in a 25.67% reduction in greenhouse gas emissions from the food supply chain.

The Plate shows the consumption of food products in grams per day and is designed to provide guidance to a woman on a 2,000 kcal diet meeting established recommendations on macronutrients.

KEY MODIFICATIONS

CEREALS

The amount of cereals has decreased in the revised LiveWell Plate. This change was motivated by the fact that, according to the ENIDE survey, the consumption of cereals in Spain is rather low (186g per person per day). LiveWell's original proposal of 432 grams was therefore deemed too high. From a nutritional perspective, the revised LiveWell Plate reduces the quantities of pre-cooked pasta as these are high in fat. Likewise, the quantity of biscuits and sugary cereals was reduced which resulted in a decrease in the overall 'cereals' category.

MEAT

The amount of meat in the revised Spanish LiveWell Plate was increased by 2 grams per person per day. Though this change may come across as surprising, it is justified from a nutritional perspective as the proportion of fatty cuts of meat was rebalanced in favour of lean meat.

LEGUMES

The amount of legumes was reduced from 59 to 40 grams per person per day. This is explained by a reduction in the consumption of soy products (which are not favoured by Spaniards). Also, legumes tend to be consumed primarily during the winter months rather than all year round (when they are replaced by fresh vegetables).

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SEAFOOD

The amount of seafood products was increased from 48 to 84 grams per person per day. In this category, the share of tuna was reduced while the consumption of sardines and anchovies was increased.

SUGAR

The amount of sugar is increased from 9 to 10 grams per person per day in the revised LiveWell Plate. Ten grams a day remains a decrease compared to the current consumption figure listed in ENIDE (15 grams per person per day).

VEGETABLES

To be in line with national nutritional recommendations, the amount of vegetables was increased from 218 to 300 grams per person per day. In particular, increasing the consumption of tomatoes and spinach was deemed easy and culturally appropriate.

POTATOES

The amount of potatoes was decreased by 30 grams per person per day. In particular, the share of chips and frozen potatoes was decreased as these tend to be high in fat.

FRUIT AND FRUIT PRODUCTS

Amounts of fruits and fruit products were increased from 107 to 300 grams per person per day to be in line with Spanish nutritional guidelines which recommend 300g of fruits a day.

FATS AND OILS

In this category, the share of animal fats was decreased and that of vegetal fats (in particular olive oil) was increased.

MISCELLANEOUS

Overall, the amount of miscellaneous products was increased. In this group, the share of highly processed products was decreased and the share of herbs and spices was increased.

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DRINKS EXCLUDING MILK

The amount of drinks such as juices was decreased from 30 to 20 grams per person per day as these are high in sugar and their intake should be moderate.

MILK, DAIRY AND MILK SUBSTITUTES

Amounts in this category were increased to meet the national nutritional guidelines that recommend a minimum of 350 grams of milk per person per day. The amount of condensed milk, dairy-based deserts and fatty cheeses was reduced while quantities of Burgos cheese, skimmed and semi-skimmed milk and yoghurt were increased.

CONCLUSION

The updated Spanish LiveWell Plate reinforces the key conclusions reached in [A balance of healthy and sustainable food choices for France, Spain and Sweden](#). It is possible to develop a LiveWell diet for each country that:

- Decreases greenhouse gas emissions by 25% from the current average diet.
- Costs no more than the current dietary patterns.
- Complies strictly with national nutritional requirements.
- Closely resembles the current dietary patterns.

This update demonstrates that the LiveWell concept is transferable and that a more sustainable – or, more specifically, low-carbon – diet can be defined whatever the location, food culture and traditions.

For more information about the LiveWell Plates, please visit <http://livewellforlife.eu/livewell-plate>

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REVISED SPANISH PLATE – Q&A

Q. Why was the Spanish LiveWell Plate revised?

A. Further to the publication of *A balance of healthy and sustainable food choices for France, Spain and Sweden* in 2013, Spanish stakeholders expressed some concerns that the Spanish LiveWell Plate did not meet all nutritional policy recommendations issued by the Ministry of Health in 2011. We were keen for all LiveWell Plates to be in line with national nutritional recommendations, which is why we chose to revise it.

Q. How did you go about revising the Plate?

A. With a view to improve the Spanish LiveWell Plate WWF Spain set out hired Ana Prieto Moreno, a nutritionist at the Sports Council (Consejo Superior de deportes), to revise the Plate with support from a number of stakeholders. These included representatives of the Spanish Foundation for Nutrition, the Spanish Heart Foundation as well as regional nutritionists. The work was conducted under the direction of the Dr Anne de Cos from the Obesity Department at La Paz Central Hospital in Madrid.

Q. Does the revised Plate result in a decrease in greenhouse gas emissions?

A. Absolutely! The modifications brought to the Spanish LiveWell Plate do not affect the general conclusions we drew in our original report, and reinforce the message that sustainable, low-carbon diets are compatible with healthy diets. Following the revised Spanish LiveWell Plate would not only enable individuals to meet national nutritional guidelines, it would also result in a 25.67% reduction in greenhouse gas emissions from the food supply chain.

Q. How did you manage to achieve a decrease in greenhouse gas emissions and meet national nutritional guidelines while increasing the consumption of meat in comparison to the original plate?

This can be explained on two different accounts: first, the increase in meat consumption was negligible (+2 grams per person per day) and didn't challenge the set objective of a decrease in greenhouse gas emissions of 25%; second, from a nutritional perspective, the proportion of fatty cuts of meat was rebalanced in favour of lean meat, therefore ensuring that national nutritional guidelines were met.

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