



Healthy people, healthy planet.

Newsletter 5 - May 2013

New report - Adopting sustainable diets: opportunities and barriers

How can sustainable diets become the norm in Europe?



This is the question addressed in LiveWell for LIFE's latest report Adopting healthy sustainable diets - key opportunities and barriers. The report - developed with the Network of European Food Stakeholders - establishes a common ground on how sustainable diets can be adopted in different European socio-economic contexts.

For more information and to download the report, [visit the new](#)

[section on our website.](#)

Successful network meeting in Brussels



Were you unable to attend the stakeholder workshop in March? Want to know what was discussed? Good news: information, meeting minutes and links to download the workshop presentations [can be found on the Network of European Food](#)

[Stakeholders website.](#) For non network members, please visit our website.

Founder of the Swedish plate model: eat less carbohydrates



Like the British Eatwell plate, the Swedish tallriksmodellen is a mnemonic illustration of how to compose a healthy meal. In April 2013, 37 years after the Swedish tallriksmodellen was introduced, its founder says [it's time to make radical changes.](#)

About LiveWell for LIFE

LiveWell for LIFE - or the LiveWell plate for low impact food in Europe - is a pioneering project that introduces the concept of a healthy and sustainable diet; a diet which can bring significant health benefits to EU citizens and contribute towards the reduction of greenhouse gas emissions from the EU food supply chain. www.livewellforlife.eu

Project Partners

The project is managed by [WWFUK](#) in partnership with [WWF European Policy Office](#) and [Friends of Europe](#)

With the Support of

LiveWell for LIFE is a Life Project



Project Number: LIFE 10ENV/UK/173

Follow us

www.livewellforlife.eu

[Follow us on Twitter](#)

WORKING
TOGETHER FOR
HEALTHY PEOPLE
AND A HEALTHY
PLANET



Friends Les amis
de l'Europe de l'Europe



[Data Protection Policy](#)

May 2013

Disclaimer: The research and opinions reported in the LiveWell for LIFE newsletter are not necessarily a reflection of the research and opinions of the LiveWell for LIFE project.

You can [unsubscribe from receiving this newsletter](#) at any time. Our full postal address is: LiveWell for Life, Panda House, Weyside Park, Godalming, Surrey GU7 1XR. Tel: 01483 412235. Fax: 01483 123456 WWF-UK, charity registered in England number 1081247 and in Scotland number SC039593. A company limited by guarantee registered in England no. 4016725.

Photos and graphics © WWF or used with permission, Steve Morgan / WWF-UK, iStockphoto.