



Healthy people, healthy planet.

## Newsletter - May 2012

# Welcome to the first newsletter of the LiveWell for LIFE project!

The newsletter will be produced regularly, to give our stakeholders an update of the team's work and the progress of the project.

## Guess what's cooking in France, Spain and Sweden?

The LiveWell for LIFE project investigates in its first report the eating behaviours in three pilot countries: Spain, France and Sweden. The report tackles both the theoretical and the practical aspects of the diets. It explains what these countries should be eating according to their national dietary guidelines and compares this to people's actual eating habits.



Results from this report show how the dietary habits in France, Spain and Sweden have progressed in a relatively short time from a traditional diet to a western diet containing more resource intensive foods: more red meat and high calorie-processed

foods than ever before, with too little wholegrain cereals, legumes, fruit and vegetables.

[Read the full report on food patterns and dietary recommendations in Sweden, Spain and France.](#)

## Join the LiveWell for LIFE online network!

LiveWell for LIFE partners are inviting organisations who would like to experience first hand the BUZZ around sustainable diets to register and become a part of the newly established [LiveWell for LIFE online network](#).



The network aims to attract and connect a broad range of stakeholders representing the different sectors in the food supply chain across the project's pilot countries (France, Spain and Sweden) and from throughout the EU and internationally.

This online platform will allow members to connect with other individuals and organisations from the food chain sector, learn more about sustainable diets, participate in food related debates, share best practice, and engage with the LiveWell for LIFE project.

## LiveWell for LIFE Webinar

WWF and Friends of Europe are running their first [LiveWell for LIFE Webinar on the Climate Impact and Benefits of Sustainable diets](#). The online event is a key start to the project and will debate the key climate and other environmental benefits of producing and consuming food in line with the LiveWell Plate.

## Save the date - Sustainable Diet Workshop, 18 September 2012, Brussels

The [first project workshop will be held in Brussels on 18 September 2012](#). There will be 3 workshops over the course of the project. Fifty food, environment and health stakeholders from across the EU will be able to attend and will have the first view of the LiveWell for LIFE sustainable diet case studies for Spain, France and Sweden.

### About LiveWell for LIFE

LiveWell for LIFE - or LiveWell 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.

### Other News

[www.livewellforlife.eu](http://www.livewellforlife.eu) goes live!

[LiveWell for LIFE launch event report](#)

### Project Partners

The project is managed by [WWF](#) and [Friends of Europe](#)

### With the Support of

LiveWell for LIFE is a Life+ Project



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### Follow us

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[infolivewell@wwf.org.uk](mailto:infolivewell@wwf.org.uk)

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