

A guide to a healthy, sustainable life

Healthy people, healthy planet



Eat more plants

Enjoy vegetables and whole grains!



Eat a variety of foods

Have a colourful plate!



Waste less food

One third of food produced for human consumption is lost or wasted.



Moderate your meat consumption, both red and white

Enjoy other sources of proteins such as peas, beans and nuts.



Buy food that meets a credible certified standard

Consider MSC, free-range and fair trade.

Free range



Eat fewer foods high in fat, salt and sugar

Keep foods such as cakes, sweets and chocolate as well as cured meat, fries and crisps to an occasional treat.

Choose water, avoid sugary drinks and remember that juices only count as one of your 5-a-day however much you drink.



LiveWell for LIFE demonstrates how low-carbon, healthy diets can help us achieve a reduction in greenhouse gas emissions from the EU food supply chain.

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