

LEA, 22 years old:



MORE SUSTAINABLE ENJOYMENT — THIS IS HOW IT WORKS!

What we eat and buy has an impact on our health, the environment, the economy, and on humans and animals — both in Switzerland and in other countries. How can we make sure our influence is as positive as possible? How can we eat in a way that is healthy and sustainable? Here are some ideas...

(2) The Saviourer

Cooking is one of my favourite things. I love browsing through Internet for new recipes and trying out new dishes. I have flatmates, and we do a lot of cooking and eating together. I think that's especially nice because making food with others is a lot more fun than just sitting at the table alone ...

... I think the enjoyment aspect of eating is really important anyway. I want to enjoy the food, not just feel full. So I consciously **take the time I need for eating.**



It's also important to me that my food is **healthy** and that it does my body good. Three years ago when I moved in with my flatmates, they said that healthy food didn't taste good. I have no idea why — maybe they thought that you have to follow strict nutrition rules or that you have to give up certain foods ...

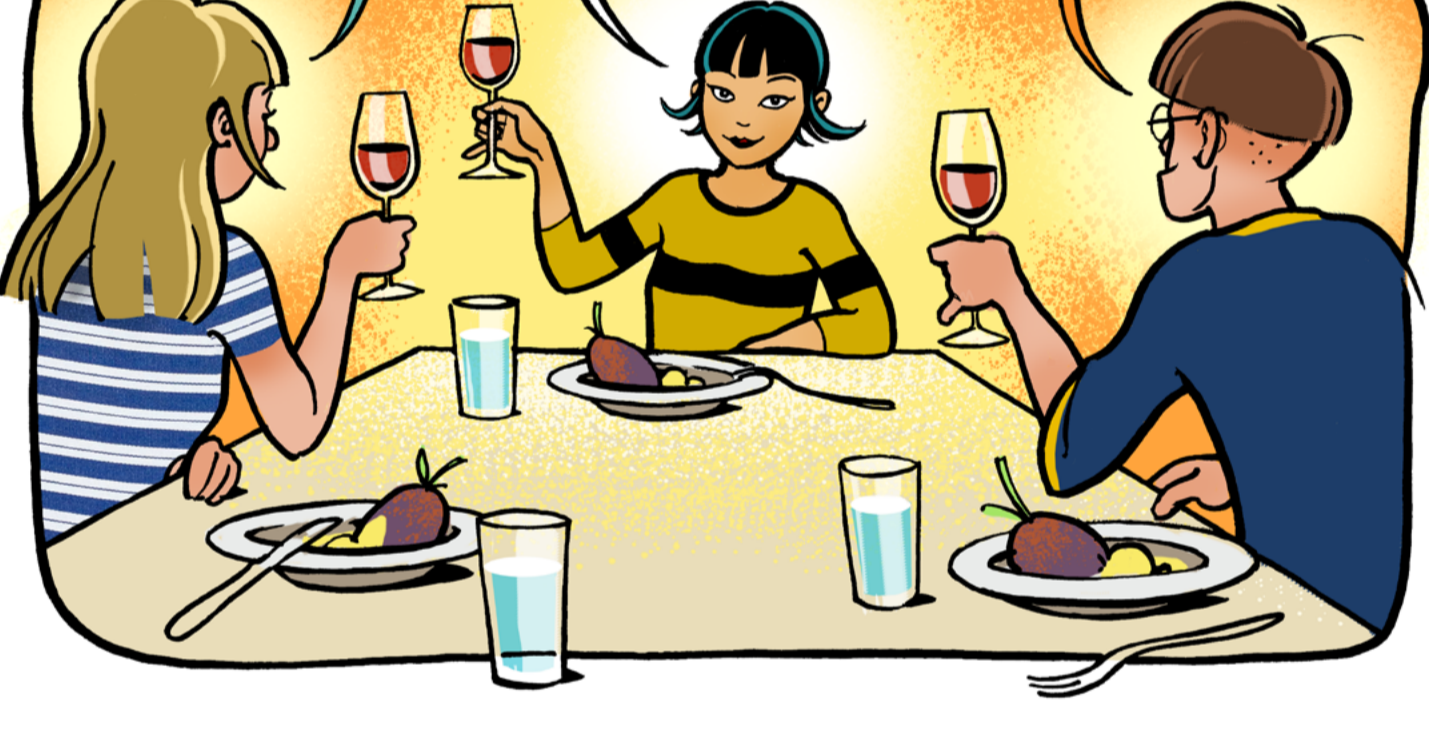
Mimph, healthy eating? Too much stress!



... But it's not like that at all. **There are no off-limit foods in a healthy diet.** It's more about eating a wide range of foods — more of some, and less of others. I invited them to eat with me a lot, and they were really surprised. They always liked my dishes very much.

Cheers!

Bottom's up!



Eating a balanced diet is worth it: it promotes a feeling of well-being and can prevent diseases like e.g. **cardiovascular diseases.**



A diet **rich in plants** is ideal, e.g. lots of vegetables, fruits, grain products, potatoes, legumes, nuts and plant oils. Animal products in smaller quantities.



A balanced diet is more sustainable: Eating a diet based on the recommendations in the **Swiss Food Pyramid** not only has advantages for your health, it can also contribute to significantly reducing the ecological footprint from the current average level in Switzerland.

» For more information and practical tips, visit www.sge-ssn.ch/lebensmittelpyramide



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👉 Tips for enjoying food: 👈

Take time to eat and enjoy your food in peace and quiet.

Enjoy your meals with others as often as possible — together with your partner or your family, or with friends or colleagues from work.

Avoid distractions like mobile phones, TV or print media and instead focus on how your food looks, smells, tastes, sounds and feels.

Enjoy the diversity of different foods. Eat a variety of different foods and try something new from time to time (e.g. preparing a vegetable you know well in a different way).

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