

Tips for trying a Flexitarian Diet

- Build each meal based on fruits, vegetables, whole grains, legumes and healthy fats rather than meat produce.
- When choosing protein sources, aim to use plant-based foods such as soy, legumes, nuts and seeds, dairy and eggs more frequently.
- Include more nutrient-dense foods to reduce the consumption of foods or beverages that are high in calories, saturated fat, added sugars and salt.

Useful Links

1. BBC Good Food - How to go Flexitarian

<https://www.bbcgoodfood.com/howto/guide/what-flexitarian-diet>

2. What is the flexitarian diet?

<https://foodinsight.org/what-is-the-flexitarian-diet/>

3. Carbon footprints of food:

<https://ourworldindata.org/carbon-footprint-food-methane>

4. Climate report 2021:

<https://www.gov.uk/government/statistics/agri-climate-report-2021/agri-climate-report-2021>

5. Causes of climate change

<https://www.metoffice.gov.uk/weather/climate-change/causes-of-climate-change>

OUR NUTRITION FAIR STALL

FLEXITARIANISM FOR THE FUTURE



EAT WITH THE EARTH IN MIND

WHAT IS FLEXITARIANISM?

Flexitarian - a combination of the words '**flexible**' and '**vegetarian**', refers to an individual who follows a primarily vegetarian diet, occasionally eating meat or fish.

The aim to reduce overall meat consumption, without it being necessary to stop eating meat altogether!

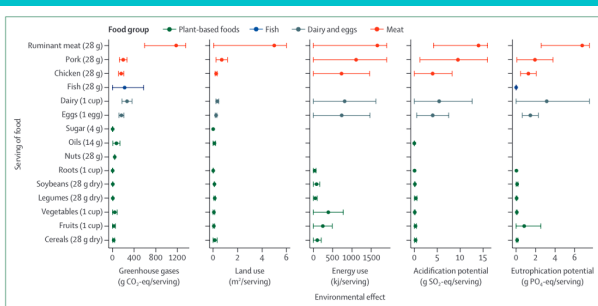


Figure 4: Environmental effects per serving of food produced. Bars are mean (SD). Some results are missing for fish due to lack of data for some impact categories (eg. land use stemming from plant-based feeds in aquaculture). This was, however, accounted for in the global food systems modeling framework used in Section 3. CO₂=carbon dioxide; Eq=equivalent; PO₄=phosphate; SO₂=sulphur dioxide.

ENVIRONMENTAL IMPACT

Plant-based foods, shown here in green, have a much smaller environmental impact per serving in comparison to meat (in red) and dairy and eggs (teal) for greenhouse gas, land use, energy use, acidification potential, and eutrophication potential.



THE SCIENCE:

HOW DOES THE FOOD WE EAT AFFECT THE EARTH?

- Greenhouse gases are known to contribute to global warming, this is due to the heat produced by carbon dioxide and methane becoming trapped in the atmosphere causing a greenhouse effect.
- Meat and dairy sources contribute greatly to both CO₂ and methane emissions
- Beef herd is the largest food source of carbon and methane emissions
- Methane is a by product of the digestive process in ruminant animals such as sheep and cows, and is emitted during eructation or burping of the livestock
- Emissions vary depending on the diet, health and general welfare of the animal

WHAT ARE THE HEALTH BENEFITS?

Associated with lower BMI:

A vegetarian eating pattern is associated with lower body mass index (BMI), and BMI increases as the frequency of meat consumption is increased in both women and men. The higher your BMI, the higher the risk of developing certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Reduces risk of developing other health conditions:

A flexitarian diet has been proven to have desirable effect on the way your body is able to respond to food in a beneficial way – therefore this reduces the risk of conditions such as obesity, type 2 diabetes, heart disease, stroke, kidney disease, and nonalcoholic fatty liver disease.

Eating some meat is beneficial:

Research shows restrictive vegetarian diets can provide an inadequate nutrient provision leads to deficiencies.

Nutrients such as vitamin B12, calcium, iron, and zinc are essential for human health and are often lacking in a vegetarian or vegan diet.

Deficiencies can be related to long term health implications such as anemia and therefore the addition of meat proteins can be beneficial for health.

Cost Comparison

Meat free alternatives are often cheaper than meat products and so incorporating them into our diet can help reduce the cost of our food shopping:

Meat Produce	Vegetarian Alternative	Saving
Richmond 8 Thick Pork Sausages (8 pack) £2.30	Richmond 8 Meat Free Vegan Sausages (8 pack) £2.00	30p
Birds Eye 2 Chicken Quarter Pounders (2 pack) £2.79	Birds Eye 2 Green Cuisine Vegan Chicken Free Southern Fried Grills (2 pack) £1.50	£1.29
Morrisons British Beef Lean Mince 5% Fat (500g) £3.19	Quorn Vegetarian Mince (500g) £3.00	19p