



Footprints of Food Plates and Diet – Can You Make an Ecochange?

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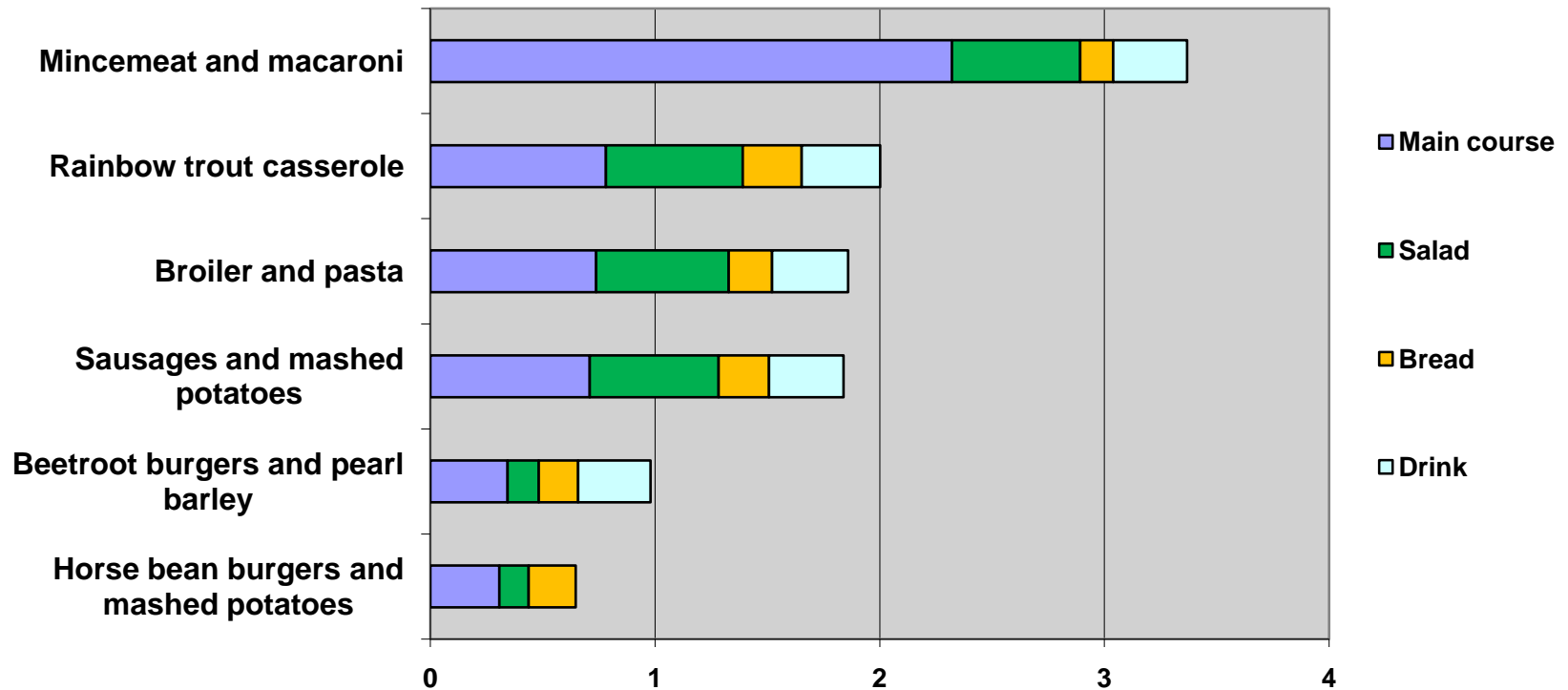


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Footprint of foodplates

ConsEnv Environmental Impacts Arising from Consumer Choice among Daily Foodstuffs (Suomen Ympäristö 14/2011)

Climate impact of some dishes, kg CO₂ eqv



Introduction

- Main aim is to decrease the environmental impacts of food chain, and simultaneously encourages healthy eating patterns, economical choices to the consumer, and improve animal welfare.
- We studied a potential to build up an ecological diet that would incorporate modest, practical, and easily adaptable changes to daily diet.



Definition to Eco-Diet and Basic Diet

- We composed two different diets for a period of a week
- 1. Basic Diet
 - Composed based on average Finnish diet, consumption of food commodities per capita 2009
 - Balance Sheet for Food Commodities, Tike
- 2. Eco-Diet
 - Took into consideration climate change, water eutrophication, nutrition recommendations, and food waste
 - We used information drawn from the project ConsEnv *Environmental Impacts Arising from Consumer Choice among Daily Foodstuffs*

Eco-Diet

- The changes introduced into the one week demonstrative Eco-Diet included:
 - Choosing more vegetarian dishes
 - Locally and seasonal vegetables and fruits: gabbages, carrot, berries, onions, apple
 - Beans
 - Locally captured fish: herring
 - Less dairy product, oatdrink and applejuice instead
 - Amount of red meat that is nutritional recommendation by World Cancer Research Fund
 - No food waste

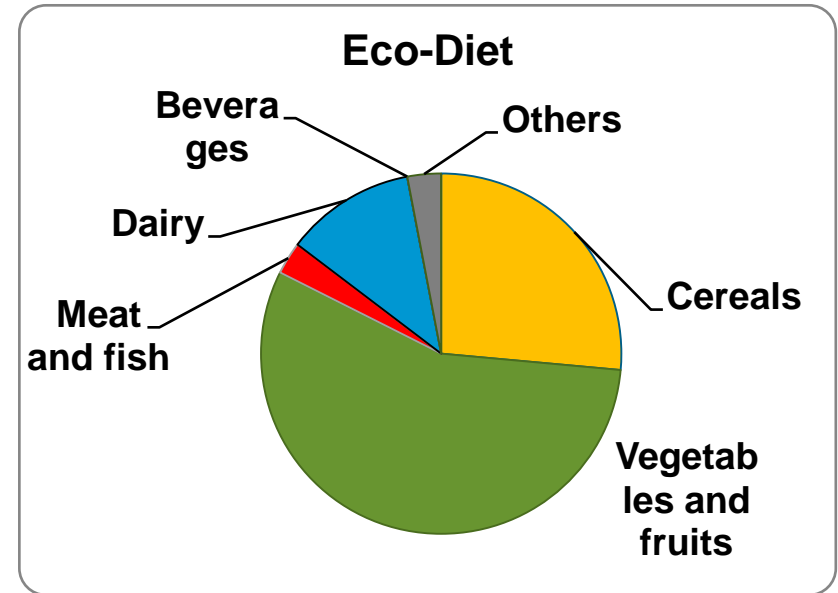
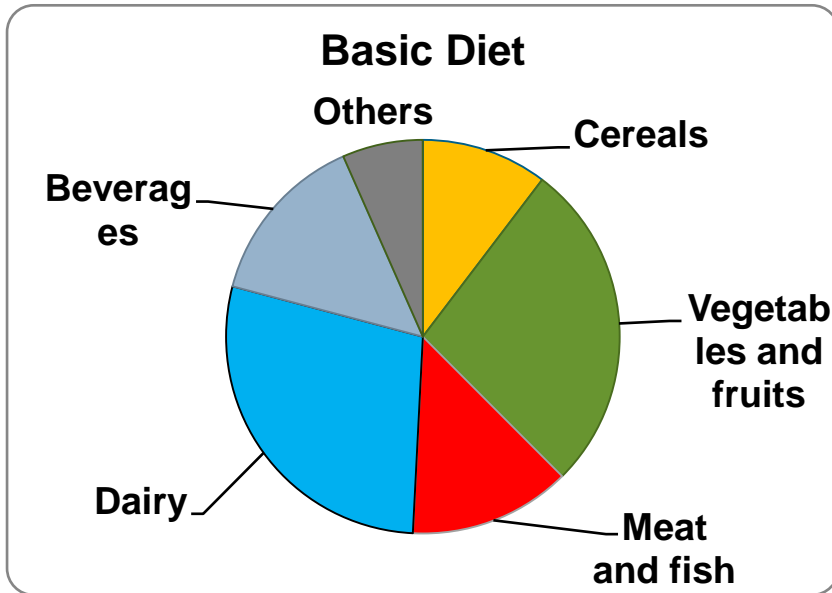


One day example

- Breakfast
 - Porridge, strawberry soup, carrot sticks, bread, vegetable oil margarin, apple juice
- Lunch
 - Casserole with herring, sallad (gabbage, blackberries, dressing), bread, vegetable oil margarin, cheece, oatdrink
- Dinner
 - Horce bean burgers and mashed potatoes, sallad (beetroot), bread, vegetable oil margarin, low fat milk



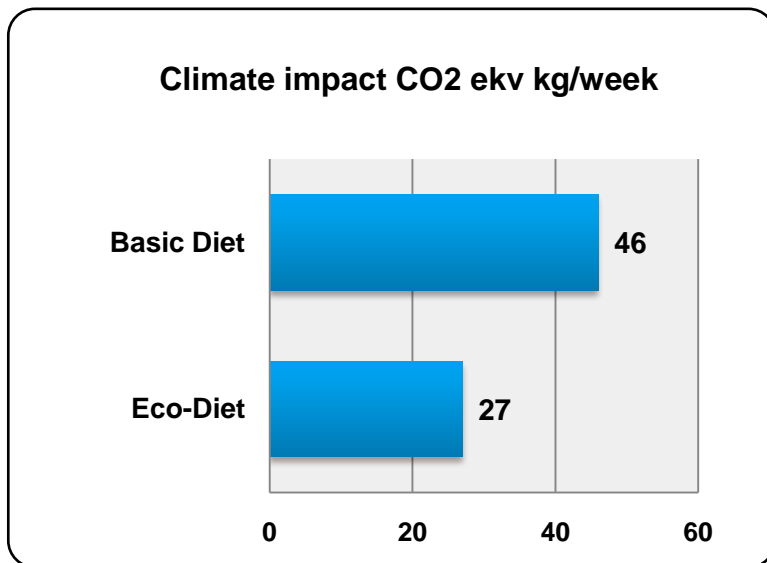
Contribution of diets



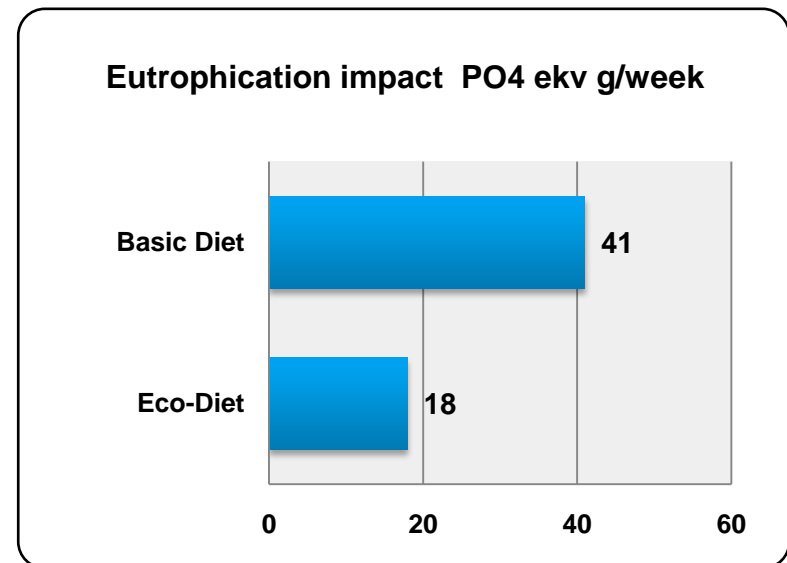
Basic Diet in a one week, according
Balance Sheet of Food Commodities,
Tike

Eco-Diet in a one week

Environmental impacts

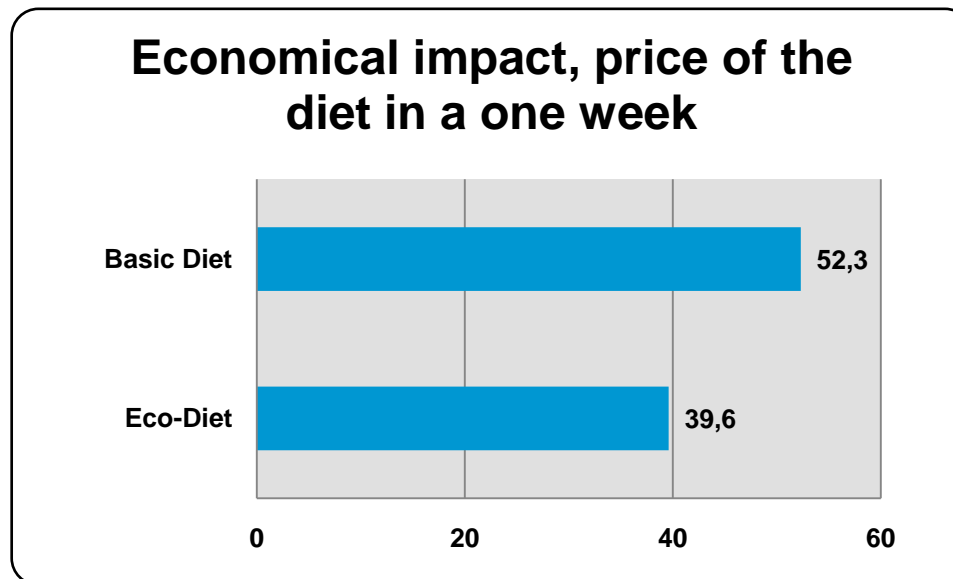


Climate impact of diets per person in a one week.



Eutrophication impact of diets per person in a one week.

Is it expensive?



Estimation of prices of diets in a week €/per person, Basic Diet price is based on The Finnish Grocery Trade Association, sale statistic January-July 2011