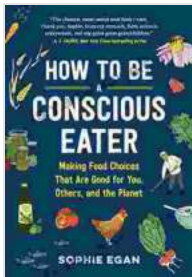


Making Food Choices That Are Good For You, Others, And The Planet

The food we eat has a profound impact on our health, the health of our communities, and the health of our planet. When we make food choices that are good for us, we are not only nourishing our bodies but also supporting sustainable food systems that can feed future generations.



How to Be a Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet

by Sophie Egan

★★★★☆ 4.6 out of 5

Language : English
File size : 49052 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 281 pages
Lending : Enabled
Screen Reader : Supported



Here are some tips for making food choices that are good for you, others, and the planet:

1. Eat a variety of foods from all food groups.

A healthy diet includes a variety of foods from all food groups, including fruits, vegetables, whole grains, lean protein, and low-fat dairy products.

Eating a variety of foods ensures that you are getting the nutrients your body needs to function properly.

2. Choose whole, unprocessed foods over processed foods.

Whole, unprocessed foods are less likely to contain added sugars, unhealthy fats, and sodium than processed foods. Processed foods are often also high in calories and low in nutrients.

3. Limit your intake of sugary drinks.

Sugary drinks are a major source of added sugars in the American diet. Added sugars contribute to weight gain, obesity, and other health problems. Limit your intake of sugary drinks to no more than one per day.

4. Reduce food waste.

Food waste is a major problem in the United States. We waste about one-third of the food we produce. Food waste not only wastes food but also wastes the resources that were used to produce it, such as water, energy, and land.

Here are some tips for reducing food waste:

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- Plan your meals ahead of time.

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- Buy only the food you need.

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- Store food properly.

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- Eat leftovers.

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- Compost food scraps.

5. Support sustainable food systems.

Sustainable food systems are those that can meet the needs of the present without compromising the ability of future generations to meet their own needs. Sustainable food systems are based on the principles of environmental sustainability, social justice, and economic viability.

Here are some ways to support sustainable food systems:

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- Buy food from local farmers.

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- Grow your own food.

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- Support organizations that are working to create a more sustainable food system.

Making food choices that are good for you, others, and the planet can be challenging, but it is possible. By following these tips, you can make a difference in your own health, the health of your community, and the health of our planet.

For more information on making healthy food choices, visit the following websites:

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- [ChooseMyPlate.gov](https://www.choosemyplate.gov)

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- [Academy of Nutrition and Dietetics](https://www.dietitians.org/)

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- [Sustainable Table](https://www.sustainabletable.com/)

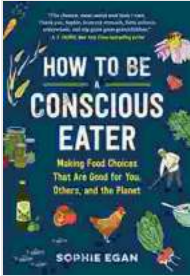
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- [Food Tank](https://www.foodtank.com/)

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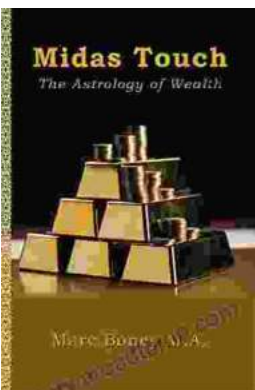


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