

9 practical tips for a healthy & sustainable diet

1

Eat more fruits & vegetables



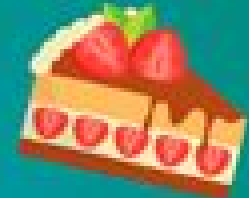
2

Eat locally, when in season



3

Avoid eating more than needed, especially treats



4

Swap animal protein for plant-based ones



5

Choose wholegrains



6

Choose sustainably sourced seafood



7

Eat dairy products in moderation



8

Avoid unnecessary packaging



9

Drink tap water



Online Planet Friendly Diet Sustainable Optimal

Tom Bougsty



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