

Planetary Diet Prescription

TOP 5 ACTIONS TO EAT MORE SUSTAINABLY

ACTION	HEALTH BENEFIT	PLANETARY BENEFIT
Avoid processed meat (Smoked, salted, preserved meats such as hotdogs, ham, jerky)	Decrease colon cancer, cardiovascular disease and all-cause mortality	Decreases your carbon footprint, energy, freshwater and land use, and pollution. It's one of our best tools to fight against climate change!
Make a swap for red meat using chicken, fish or plant-based protein	Decrease stroke, cardiovascular disease, diabetes and all-cause mortality	
Make vegetables and fruits the main course (1/2 your plate)	Decrease hypertension, diabetes, cataracts, cardiovascular disease and all-cause mortality and potentially decrease medication	
Replace sugary drinks with tap water	Decrease obesity, diabetes, and cardiovascular disease	
Calculate your foodprint	Knowledge is powerful!	

A key feature of a Planetary Health Diet is the recommended use of unsaturated oils (like canola and olive) as well as minimal intake of added sugar, refined grains and starchy vegetables.

GREAT PLANETARY DIET RESOURCES TO GET STARTED

Learn	<ul style="list-style-type: none"> • Harvard-foodprint-calculator.github.io • Centering Your Meals with Plants on eopcn.ca or YouTube • halfyourplate.ca • Vegetarian Sources of Protein (eopcn.ca Resources>Nutrition>EOPCN Nutrition Handouts) • eatforum.org/lancet-commission/eatinghealthyandsustainable • unlockfood.ca/en/Articles/Heart-Health/Facts-on-Fats
Fun	<ul style="list-style-type: none"> • Planetary Diet Bingo
Shop	<ul style="list-style-type: none"> • albertafarmersmarket.com/region/edmonton-area
Recipes	<ul style="list-style-type: none"> • pulses.org/nap • Plant Based Proteins Made Easy Peasy