Integrating environmental aspects in dietary guidelines

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Climate impact per kg of food - Impact of functional unit and system boundaries

- at farm gate (per carcass weight)
- at retail (inc. processing, packaging, transportation to Sweden)
- at consumer-before cooking (inc. home transport and energy for cooking)
- at consumer - per edible weight (excl. bones etc.)
- at consumer - per cooked amount (adjusted for weight changes in cooking)
- at consumer - per cooked amount - inc. food waste along the food chain

Data based on Hallström et al. 2020 in progress
Clarity to avoid misunderstandings

When presenting amounts and environmental impact of food – specify what you mean!

• Raw or cooked food?
• Edible food amount or including bones, peels etc?
• System boundaries- which emissions are accounted for?
Representativity of LCA data

Data based on Hallström et al. 2019
What about fortified foods?

- Recommendations for more plant-based food
- Large consumer demand for novel plant-based foods
- Concern for critical nutrients in some populations
- Nutrient content of plant-based diets can be largely affected by fortified foods (e.g. inclusion of fortified oatmilk in vegan diet or not)
- Limited knowledge of environmental impact of fortification
- Clash between desire of plant-based and less processed foods – what is our message to consumers and industry?
Thank you!

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