

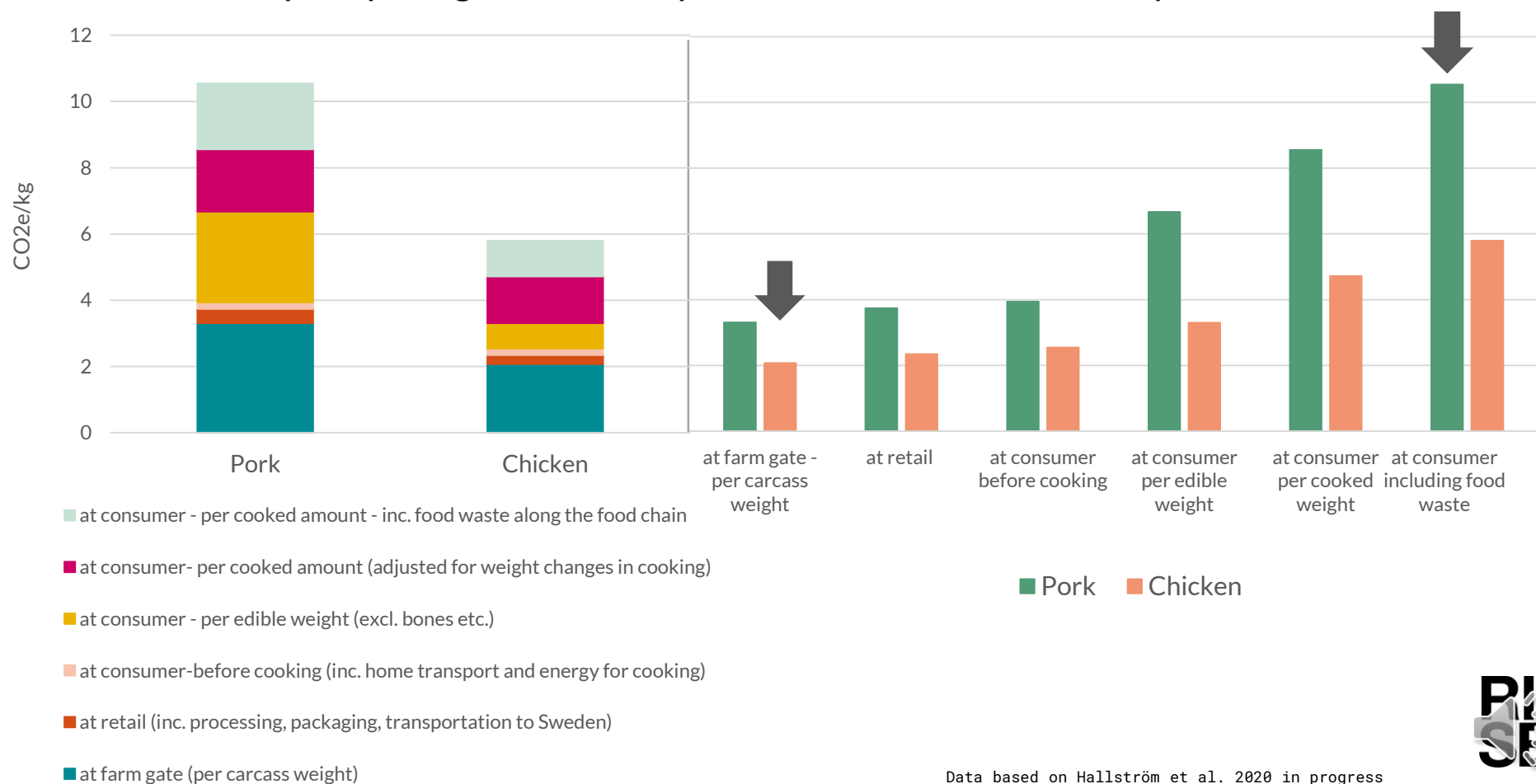
# Integrating environmental aspects in dietary guidelines

Elinor Hallström, Research Institutes of Sweden (RISE)

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

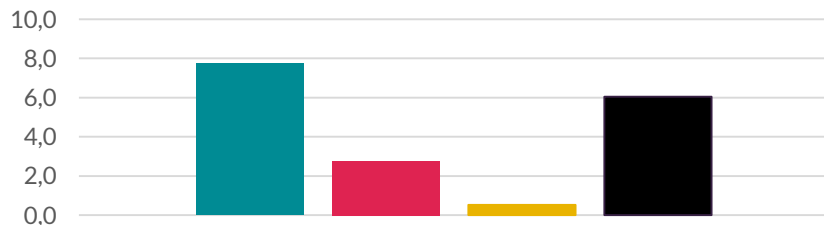


# Clarity to avoid misunderstandings

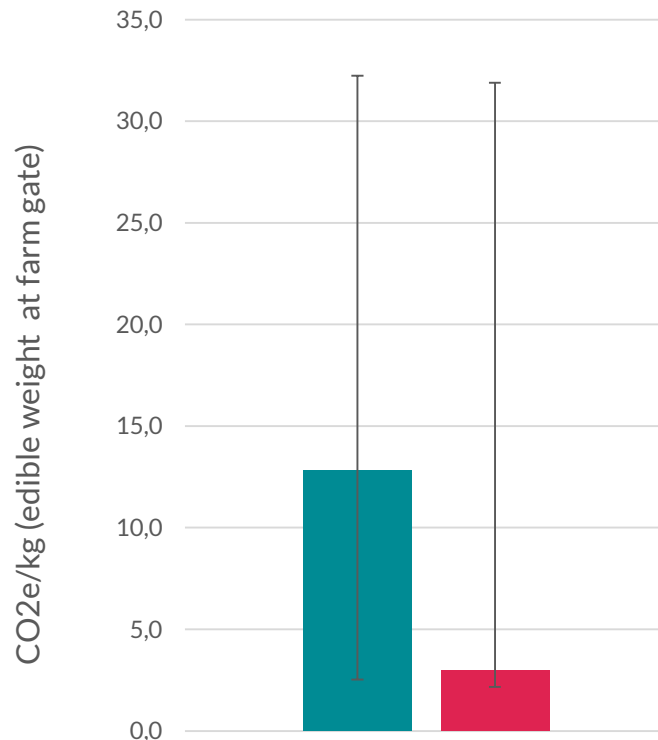
When presenting amounts and environmental impact of food  
– specify what you mean!

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

# Representativity of LCA data



- Average seafood (n=36)
- Average fish (n=2, salmon and cod)
- Average pelargic fish (n=3)
- Pork - average Swedish consumption



- Median shellfish (n=5)
- Median fish (n=29)

# 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!

[Elinor.Hallstrom@ri.se](mailto:Elinor.Hallstrom@ri.se)

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