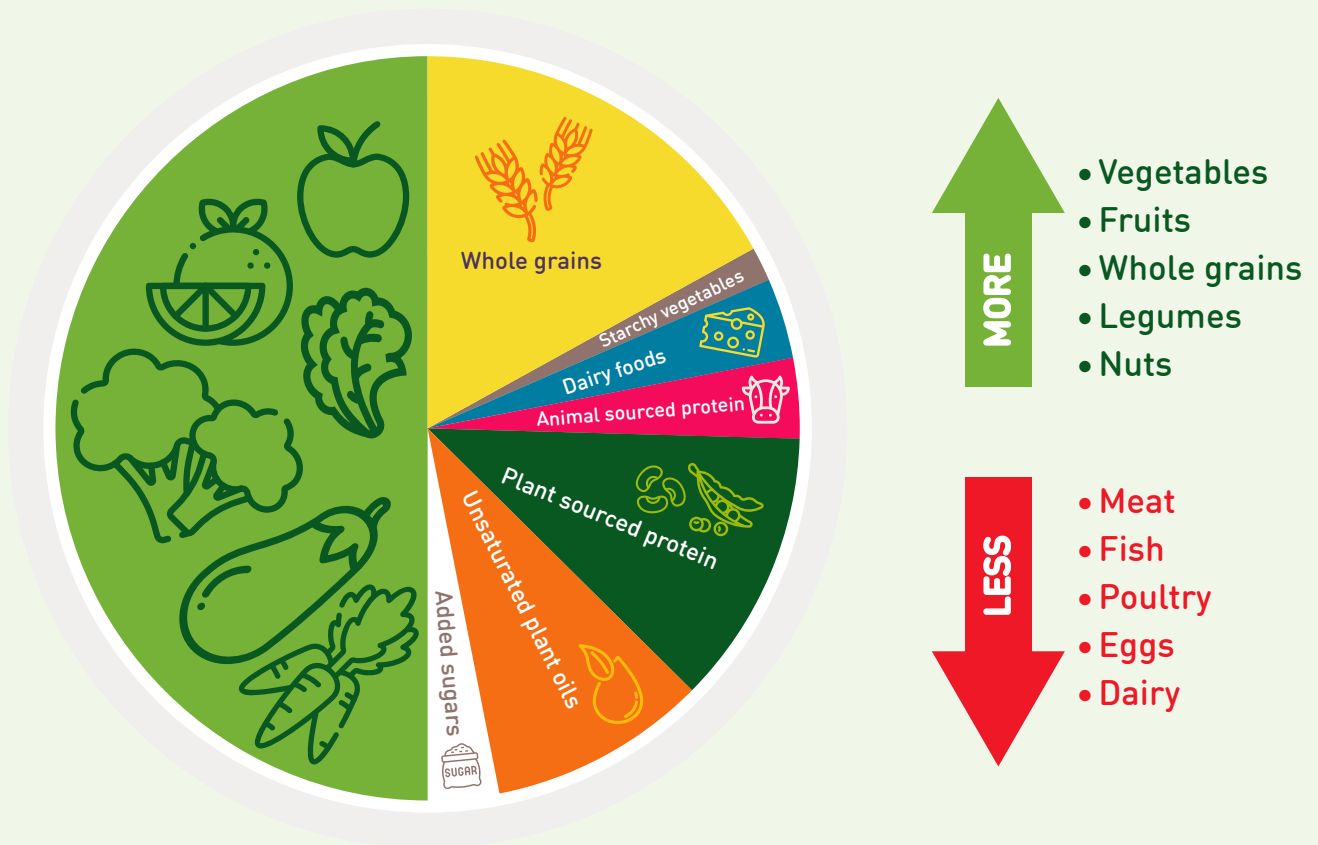


Planetary health diet



A **flexitarian diet**, which mostly includes plant-based foods, but allows meat, fish, poultry, dairy and eggs in small quantities.



Why choose this diet?

✓ Good for health

✓ Good for the planet



Plant-based diets reduce...

- Greenhouse gas emissions
- Land use
- Water use

Which plant-based foods are high in which nutrients?

IRON: chickpeas, lentils, and broccoli

VIT. B12: fortified cereals and plant-based drinks

VIT.D: mushrooms and fortified plant-based drinks

CALCIUM: kale, broccoli, dried beans, and fortified plant-based drinks

ZINC: hummus, potatoes, nuts, dried beans



A diet high in plant-based foods that includes eggs and dairy ensures your child will have the necessary nutrients for a healthy growth

How to adapt the Planetary Health Diet to infants & toddlers?

A diet including different types of meat, fish, dairy, legumes, whole grains, nuts, and fruits



For a balanced diet: include animal and plant proteins



Choose healthy fats: seeds*, nuts*, avocado and (extra) virgin olive oil



At least half the plate with vegetables at lunch and dinner



Reduce the amounts of meat, fish, dairy and eggs



Avoid foods with added sugars

*Seeds & nuts must be ground when feeding children < 5 years old to avoid the risk of choking.



- A strict vegan diet is not recommended for young children.
- Milk feedings are important under 1 year of age.
- Breastfeeding is recommended for the first 6 months of life and, if possible, continued together with complementary foods up to 2 years of age.

