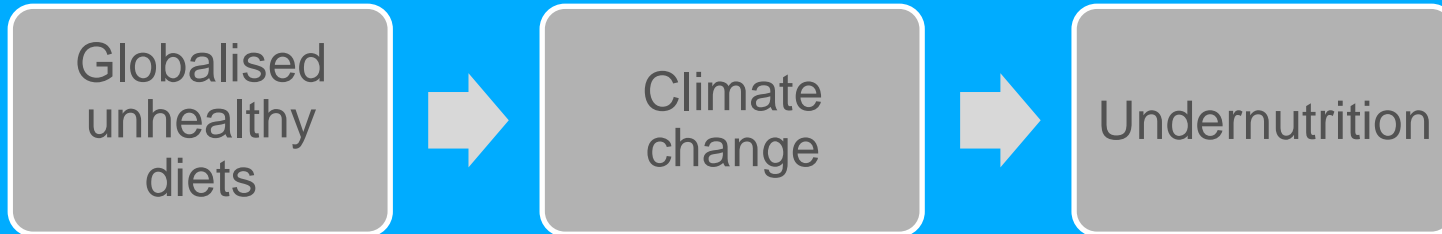




# How is nutrition linked to climate change?

*Both a cause and consequence*



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Globalised  
unhealthy  
diets



Climate  
change



Undernutrition

# Unhealthy diets accelerate climate change

- Food contributes 25% of greenhouse gases

## Shift from sustainable traditional diets to more...

- Ultra-processed, energy dense, convenience foods (fat and sugar rich, nutrient-poor)
- Food of animal origin- dairy, red meat, animal products
- Sweetened bottled drinks; easily available and cheap
- Imported food
- Larger portions

## And a fall in...

- Fruit and vegetables
- Cereals



Globalised  
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Climate  
change



Undernutrition

# Unhealthy diets accelerate climate change

## Unhealthy diets accelerate chronic diseases

- Overweight/obesity >1.5 billion
- Diabetes, cancers, cardiovascular diseases

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- Imported food
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### And a fall in...

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Globalised  
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Climate  
change



Undernutrition

# Climate change increases undernutrition

- Climate change increases the risk and intensity of disasters, e.g. floods and drought
- Climate shocks and existing undernutrition affect the most vulnerable, especially women & children
- A large proportion of the world's hungry live in climate fragile environments





# Climate change increases undernutrition

## There is already widespread undernutrition

- Chronic hunger: 1 billion
- Micronutrient deficiency (hidden hunger) : 2 billion

*We need to act now if we are to stop the consequences of climate change on undernutrition getting worse*







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Unless efforts are made to increase climate resilience, Undernutrition could increase by 20% by 2050 (IPCC, 2014)





# What can citizens do?

## Eat healthy, sustainable, plant based diets

1. Eat lots of fruit & vegetables and starchy staples
2. Limit red meat & eat more beans, pulses, nuts
3. Eat a varied balanced diet
4. Limit energy-dense processed foods, including sweetened drinks
5. Eat sustainably sourced fish
6. Eat local and seasonal produce
7. Reduce food waste
8. Drink tap water

