

# Sustainable Food Tips

## Balance your diet

Choose a diet **rich in greens, pulses, fruit and vegetables.**



## Reduce consumption

Decrease the amount of **meat, fish and dairy** in your diet.



## Opt for natural products

Forget about precooked, **transgenic** and processed products.



## Avoid waste

Only buy the amount of food you are going to eat



## Aposte no ecológico

Include products **free from pesticides** in your diet



## Protect the environment

If you eat seasonal foods, you will reduce CO<sub>2</sub> emissions



## Support fair trade

Choose foods that promote a respectful **business relationship**



## Join a consumer group

This will give you access to **local products** without intermediaries

