



A Sustainable Diet

What is a Sustainable Diet?

This is described as a way of growing and raising food that is healthy to eat, doesn't harm the environment, respects workers and is humane to animals, provides a fair wage to the producers, and supports and enhances farming communities. There is no 'sustainable' label; eating in a sustainable way means understanding the issues, getting involved with your food, and knowing the people who grow and sell it.

Adapted from www.sustainabletable.org

*Tell your grocer
that you are
interested in locally
produced foods*



*Shopping
Smarter,
Feeling Better
and Eating
Healthier*

*Developed by:
The Healthy Eating Alliance and
The PEI Food Security Network
Access to Safe and Healthy Food*

Steps That you Can Take to Make your Diet Sustainable...

Buying locally produced foods when possible

This means:

- Trying to find PEI products first. If the product you're looking for is not produced on the island, look for the next closest region- made in the Maritimes, then made in Canada
- Shopping at your local farmers markets
- Buying in season produce



Local food is less likely to have been treated with post-harvest pesticides

Thinking about meat

This means:

- Supporting local farmers that raise animals and animal by-products in a humane manner. Many local producers will gladly tour you around their farms to get a great inside view!
- Choosing healthier portion sizes and leaner cuts of meat
- Considering meat alternatives, such as delicious vegetarian recipes
- Trying one vegetarian meal per week

Great Veggie Recipes:

- Veggie chili
- Pasta's with fresh herbs and peppers
- Honey garlic tofu stir-fry
- Grilled mushroom burgers

Choosing fresher foods

This means:

- Preparing your own meals from home. A little more labor and time will save you money and resources by eliminating the extra cost involved with preparation, packaging and transporting food
- Choosing minimally processed and packaged foods. Highly processed foods are typically higher in fat and sugar and create a large amount of environmental waste



The average mouthful of food travels 1,400 miles from the farm to our plates