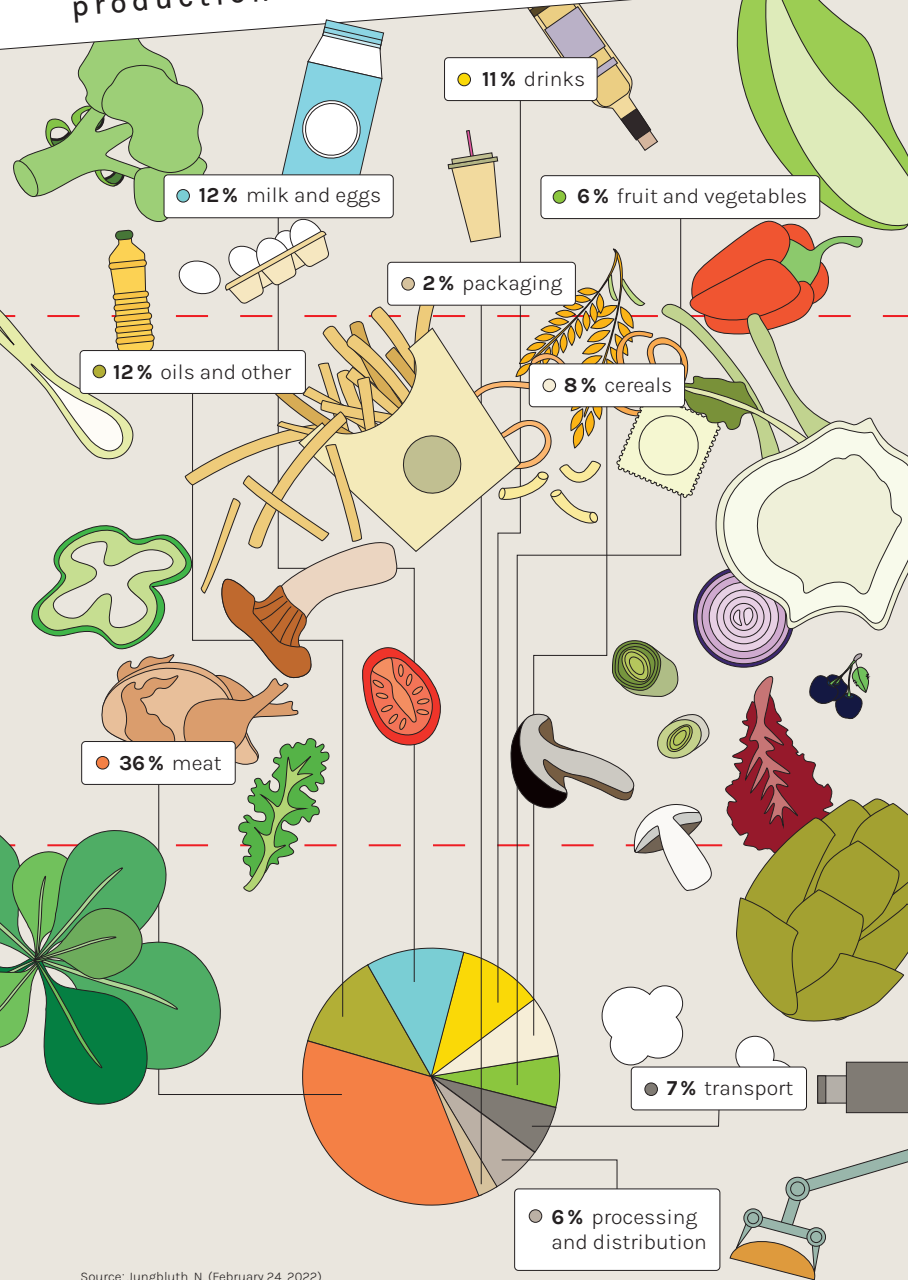


ZHAW Cooking tips

For an energy- and climate-conscious diet

Overall, food choices are responsible for over a quarter of the consumer-related environmental impact in Switzerland.

Total environmental impact of food production and consumption by category:



Source: Jungbluth, N. (February 24, 2022). Overrated regionalism: what really matters when it comes to environmentally friendly nutrition. ALN Winter Colloquium.

What can I do as a consumer?

Favour plant-based foods; plant-based foods have a much lower environmental impact than animal products such as meat, milk and eggs.

Avoid food waste; in Switzerland, households collectively throw away around 800,000 tons of food each year.

Seasonal and regional; regional, seasonal fruits and vegetables are the best choice. Local is not always more environmentally friendly; greenhouses heated with fossil energy often require more energy than the transport of vegetables or fruits from surrounding countries.

Choose organic products; these cannot be transported by air, by far the most environmentally harmful means of transport for food. Greenhouses heated by fossil fuel-derived electricity are also taboo.

Tips for effectively avoiding food waste

Do smaller shops: It is better to shop several times a week and be more conscious of what you actually need. This is especially true for products that do not stay fresh for so long, such as vegetables, lettuce and fruits.

Use or freeze leftovers: creatively transform leftovers into a new dish or freeze them if they are not going to be used in time. Approximately 25% of food-related environmental impact could be prevented.

Note the date on the packaging: Trust your senses! If a product looks, smells and tastes good, it is perfectly fine to consume it, even after the best before date. If the use-by date has expired, the product should not be consumed.

Tips for a balanced diet

Eat lots of fruit and vegetables. Fruit and vegetables provide us with many important nutrients, such as vitamins and minerals. Five servings a day of different colors are recommended.

It all depends on the quantity. Foods high in provide a lot of energy, but among other things negatively affect dental health. Therefore, they should only be consumed in small amounts. Warning: Sugar is not only found in sweets, but also in many processed products and sauces.

Alternate between protein sources: Proteins are an important building blocks for the body. There are many foods that contain protein. In addition to animal products, this also includes plant-based foods such as legumes, tofu and seitan. These should be alternated, as each food contains different valuable nutrients.

Favour whole-grain products. Whole-grain cereals are the better choice, because they contain, among other things, plenty of dietary fibre, which is satiating and helps digestion.

Favour vegetable fats: Fat is a very energy-rich nutrient and should therefore not be consumed in excess. However, it should not be completely avoided, because fat also contains vital fatty acids and fat-soluble vitamins. Vegetable oils (e.g. rapeseed oil) with a balanced fatty acid pattern and a high content of unsaturated fatty acids are to be preferred.