



Food Sustainability

Every day we eat. And every day we make choices about what food to consume. Your choices have an impact: on your health, the environment, and the economy.

What choices will you make?

1. HEALTH



Eating pulses (beans, dried peas, chickpeas and lentils) can help manage blood glucose levels. This is important for people with diabetes.



A diet rich in vegetables and fruit can reduce the risk of heart disease, stroke, and some types of cancer.



Protein is an essential part of a healthy diet. Fish, eggs, lean meats, nuts, legumes, pulses, poultry and low-fat dairy are good sources of protein.

2. ENVIRONMENT



Meat production has higher greenhouse gas emissions than grains, produce and legumes.



Farmers use techniques like no-till, cover crops, and crop rotation to improve their soil.



Plants like pulses pull nitrogen from the air and need less nitrogen fertilizer than other crops.

3. ECONOMY



Purchasing Fairtrade Certified* products helps farmers to have better income and enables them to invest in farming equipment and techniques.



Every dollar spent on local food results in \$1.40 to \$2.60 worth of impact on the local economy.



Buying Canadian products supports the agri-food sector, which employs 2.2 million Canadians and contributes \$100 billion to Canada's GDP.



SOURCES

<http://iyp2016.org/resources/documents/factsheets/20-factsheet-pulses-and-nutrition/file>
<http://iyp2016.org/resources/documents/factsheets/22-factsheet-pulses-and-sustainability/file>
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<http://www.heartandstroke.com/site/pp.aspx?c=iklQLcMWJIE&b=8782773&printmode=1>
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<http://fairtrade.ca/en-ca/what-is-fairtrade/the-impact-of-our-work/the-difference-that-fairtrade-makes>
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