

# Lets talk about Sustainable Diets

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## WHAT IS A HEALTHY SUSTAINABLE DIET?



The WHO and FAO agree that sustainable diets need to take account of 4 key areas<sup>1</sup>.

- THEY MUST BE:
- Nutritious & Safe**
  - Culturally acceptable**
  - Affordable & economically fair**
  - Environmentally protective**
- These factors all need to be balanced in relation to each other.

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## IRISH DAIRY AS PART OF A HEALTHY SUSTAINABLE DIET

### NUTRITIOUS AND SAFE

Milk, yogurt and cheese provide a rich matrix of nutrients.

A 200ml serving of milk provides: protein, calcium, iodine, phosphorus, potassium, vitamin B2, vitamin B5 and vitamin B12

Milk and water are the only drinks recommended for young children.



### CULTURALLY ACCEPTABLE

Ireland is home to ~17,000 family-run dairy farms.

Dairy has been at the heart of traditional Irish diets for centuries.

The NDC Trademark guarantees the product is farmed and processed locally.

Balancing the most acceptable dietary choices against the optimal use of resources

### AFFORDABLE

3 of your daily servings cost around 78 cent<sup>3</sup>

200ml milk + 125g yogurt + 25g cheese

Dairy is an affordable food that provides significant contribution to nutrient requirements, making it a value for money staple.



### ENVIRONMENT

Ireland's mild, wet climate makes grass one of our most successful crops.<sup>2</sup>

Irish dairy cows graze on pasture for up to 300 days of the year on average.

Farmers support biodiversity and reduce their carbon footprint through actions such as planting clover and reducing use of chemical fertilizers.

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## TIPS FOR EATING A HEALTHY SUSTAINABLE DIET

These tips are based on both the Irish Food Pyramid and FAO/WHO guiding principles.<sup>1</sup>



### 1. Include an abundance and variety of fruit and vegetables

In season, locally sourced produce is the best choice. Frozen or preserved options are great too and can prevent food waste.

### 2. Include wholegrains and high fibre carbohydrates

In Ireland, most adults fall short of the recommended moderate intake of 3 servings per day<sup>4</sup>

### 4. Include legumes and nuts; moderate amounts of eggs, poultry and fish; and small amounts of red meat

These foods are all important sources of protein. Include a variety across two meals per day and be mindful of portion size.

### 5. Include safe tap-water as the fluid of choice

### 6. Try eat according to the food pyramid, getting a good variety from all food groups

<sup>1</sup> FAO and WHO, 2019. Sustainable healthy diets – Guiding principles. Rome. <sup>2</sup> Herron et al., 2022. J. Dairy Sci. 105:5849–5869. <sup>3</sup> Prices were collected Nov 2025 from supermarket websites (ownbrand) and are subject to change. <sup>4</sup> ndc.ie/ndc-research/ \* % of Reference Intake. Protein supports the growth of muscle mass. Calcium is needed to maintain normal bones and teeth.