



*nutritious seeds for a sustainable future*

[www.fao.org/pulses-2016](http://www.fao.org/pulses-2016)



## Reflections on the Impacts of our Food on the Earth



## Why is it important to reflect on the impacts our food on the Earth

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It is now well recognized that the current environmental degradation and climate change are due to humanity unsustainable way of life. This way includes our food. It has been scientifically show that food production and consumption impact significantly not only on our health but on the whole Earth. So food needs to be included in the strategy to alleviate global climate change and biodiversity decline.

This short slide presentation has been designed to help you reflect objectively on the impacts of our food on the Earth ecology, and so be able to make appropriate changes to your life that will be helpful to heal and conserve life on Earth.

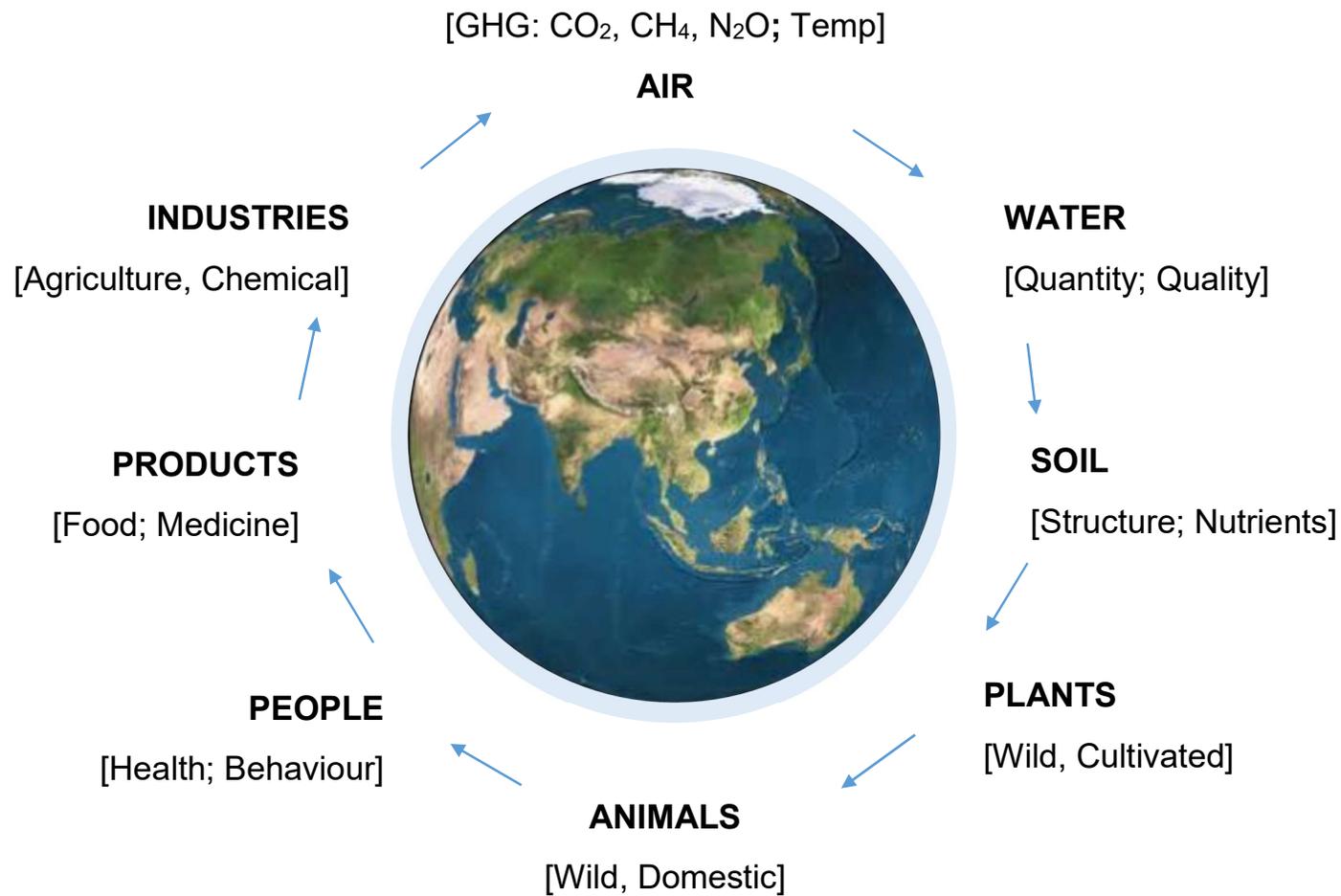
It can be used for both personal reflection and a group discussion of the impacts of our food choices on our personal wellbeing and whole Earth.

*"The natural world is the larger sacred community to which we belong (Thomas Berry)."*

Dr Danuse Murty,  
Sydney 2016

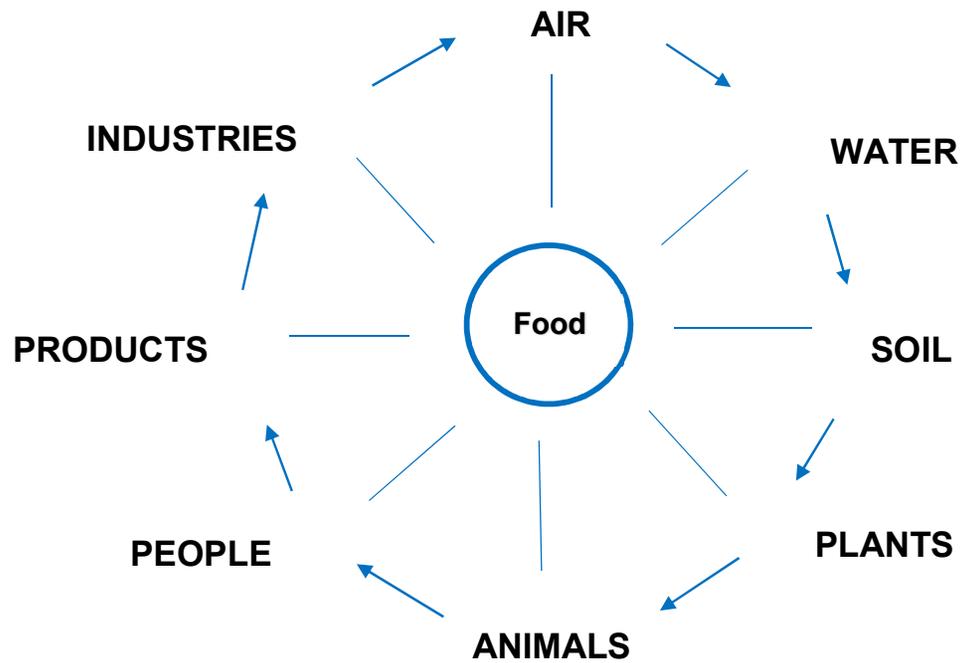
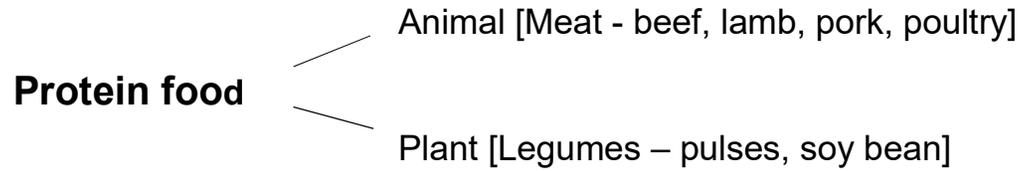


# Earth Ecosystem – A living system of interdependent components





# Impacts of our protein food on the environment and human health





# Pulses for human health

## LOVE PULSES IN 2016

### MAINTAIN A HEALTHY WEIGHT

Pulses are high in protein, virtually fat-free, and have a low Glycemic Index.

### PROTECT AGAINST DISEASES

Pulses help protect against type 2 diabetes, high cholesterol and certain cancers.

### ENJOY A DELICIOUS, NUTRITIOUS DIET

Pulses are affordable, full of fiber and rich in iron, potassium, magnesium, zinc and B vitamins.

### HELP THE ENVIRONMENT

Pulse crops are incredibly water-efficient, and they help keep soils fertile and healthy.

2016 IS THE INTERNATIONAL YEAR OF PULSES  
Eat More Peas, Beans, Chickpeas and Lentils for People and the Planet!

[www.pulses.org](http://www.pulses.org)  
#LovePulses  
@LovePulses

PULSES

[www.iyp2016.org](http://www.iyp2016.org); [www.pulses.org](http://www.pulses.org)



## A holistic solution to Climate Change

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**Key factors:**      Technology - Solar energy (for industries and homes)  
                              Food - Plants (for protein, carbohydrates, fats and micronutrients)  
                              Way of life - Eco-sustainable lifestyle (personal eco-footprint and family size)

### **An eco-sustainable solution to Climate Change and Biodiversity decline:**

- **Solar Energy for industries and homes**
- **Plants for food**
- **Eco-sustainable way of life by each person**



## Online resources for information, reflection and inspiration

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**You Tube:** [www.youtube.com](http://www.youtube.com)

NASA video presentation. The Vital Signs - Taking the Pulse of Our Planet. The National Smithsonian Air and Space Museum, 10 September 2014.

**UNEP - Global Environmental Alert Service (GEAS):** [www.unep.org/GEAS](http://www.unep.org/GEAS)

Report written by Stefan Schwarzer, with inputs from and editing by Ron Witta and Zinta Zommers. Growing Greenhouse Gas Emissions due to meat production. GEAS, October 2012.

**Chatham House - The Royal Institute of the International Affairs:** [www.chathamhouse.org](http://www.chathamhouse.org)

Research paper by Rob Bailey, Antony Froggatt and Laura Wellesley. Livestock - Climate Change's Forgotten Sector. Global Public Opinion on Meat and Dairy Consumption. Energy, Environment and Resources, December 2014.

**FAO - Pulses 2016:** [www.fao.org/pulses-2016](http://www.fao.org/pulses-2016)

Video

Infographic - Surprising Facts about Pulses

Communications Toolkit > Promotional material

**International Year of Pulses 2016:** <http://iyp2016.org/resources>

Resources > Documents > Factsheets

Get involved > 10 Great things you can do

**2011-2020 UN Decade on Biodiversity – Living in Harmony with Nature:** [www.cbd.int/2011-2020](http://www.cbd.int/2011-2020)

Learn and Media