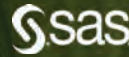


## HEALTHY AND ENVIRONMENTALLY FRIENDLY FOOD CHOICES

Kelly LeSage, MS, RDN, LDN, IFNCP



## THE IMPACT OF OUR FOOD CHOICES

- Environment
- Economy
- Politics
- Public Health
- Social Justice



## THE IMPACT OF OUR FOOD CHOICES

“The way we grow food now is destroying our ability to grow it in the future. And the way we’re growing it now is making us sicker and more broke than ever before.”

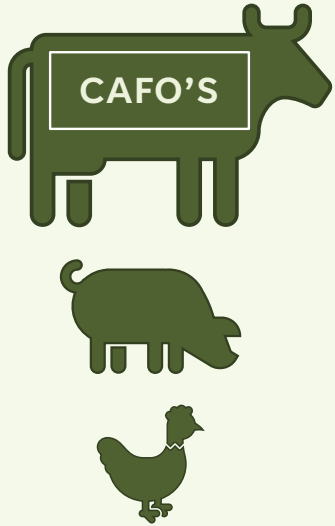
Mark Hyman, Food Fix



## MODERN AGRICULTURE

- Large scale monoculture
- Heavy use of chemical fertilizers and pesticides
- Soil depletion and erosion
- Water pollution
- Excessive water use
- Lost biodiversity – plant, animal, insect
- Acute poisoning and chronic health issues from pesticides





## CONCENTRATED ANIMAL FEEDING OPERATIONS

- Industrial sized livestock operations
- Animals are confined
- Mostly with cows, chickens and pigs
- Highly destructive
  - Promotes antibiotic resistance
  - Pollutes air
  - Pollutes water ways
  - Promotes deforestation
  - Causes health issues for anyone living near by



## MEAT IS NOT REALLY THE PROBLEM

*"It's not the cow, it's the how."*

- Regenerative Agriculture
  - Enriches soil
  - Increases biodiversity
  - Reduces the need for irrigation
  - Reduce climate change
    - By increasing carbon sequestration

## IT'S ALL ABOUT THE SOIL

*"The nation that destroys its soil destroys itself."*  
Franklin D. Roosevelt

- Soil is alive – Dirt is dead
- Soil is rich with microbes, fungi, nutrients, worms
- Healthy soil is like a sponge
- Healthy soil can sequester carbon
  - reducing climate change



## WHAT ABOUT FISH?

- Overfishing certain populations
  - 30% of commercial fish stocks are over-fished
- Toxins
- Microplastics
- Farmed Fish
  - Fed GMO corn, soy (pesticides)
  - Antibiotics
  - Lower levels of omega-3, higher levels of omega-6
  - Is there a better farmed fish?





## COFFEE, TEA AND CHOCOLATE

- Social injustice
  - Child labor
  - Poor working conditions
  - Inadequate pay
- Deforestation
- Heavy use of pesticides



## WHERE DO I START?

## FOOD WASTE

- 30-40% of the food in the U.S. is wasted!
- Not just wasted money
- Wasted food in landfills creates methane gas
- A LOT of methane gas (a green house gas)
- Food waste is the 3<sup>rd</sup> biggest emitter of green house gases on the planet, after the U.S. and China



## HOW TO REDUCE FOOD WASTE

- Plan your meals
- Plan in your leftovers
- Shop your fridge and pantry first!
- Is your fridge working properly?
  - Should be between 35°F and 38°F and your freezer at 0°F
  - Don't assume – get a thermometer
- Prep veggies when you get home
- Use everything
  - Too ripe fruit? – freeze it
  - Veggies looking old? – make a soup



- Easy to do, big or small
- Check out our seminar archives!
- Compost Now: <https://compostnow.org/>



## OTHER EASY CHANGES

- Reusable water bottles
- Reusable coffee/tea cups
  - STOP using K-cups
- Reusable utensils
- Reusable grocery bags

## Labels to look for



## IS GRASS-FED, PASTURE-RAISED BETTER FOR ME?

- Grass-fed beef and dairy
  - Better omega-3 to omega-6 ratio (more omega-3s)
  - Higher levels of CLA
  - Higher vitamins, minerals and antioxidants
  - NO antibiotic and pesticide residues
- Pasture-raised chickens and eggs
  - Better omega-3 to omega-6 ratio (more omega-3s)
  - Higher levels of Vitamins A, E and B12
  - NO antibiotic and pesticide residues



## Seafood Certifications

- Marine Stewardship Council
  - Wild caught
  - Sustainability and environmental impact
- Aquaculture Stewardship Council
  - Farmed seafood and seaweed
  - Environmental impact
  - Social impact
- Best Aquaculture Practices
  - Farmed seafood
  - Sustainability and environment
  - Social impact
  - Food safety
  - Animal health and welfare



## Coffee, Tea, and Chocolate Labels



## WHAT TO DO NOW

- Start making small changes
- Reduce food waste (and overall waste – single use items)
- Choose locally grown produce and animal products as much as possible
  - Reducing highly processed foods
  - Reducing transportation burden
- Use EWG Dirty Dozen and Clean Fifteen lists
- Reduce CAFO raised animal products
  - Look for grass-fed, pasture-raised and wild-caught
- Look for Fair Trade, Rainforest Alliance and Organic labels (and others) on coffee, tea and chocolate



## SEAFOOD TIPS

Switch your canned tuna for canned wild sockeye or pink salmon

Eat more Sardines and Anchovies

- Very high in omega-3, low in mercury

Choose muscles and clams more often

Better brands

- Wild Planet – in stores
- Vital Choice – online



### HELP! I'M ON A BUDGET!

- Eat at home more often
- Eat less processed foods
- Eat less meat
- Eat more beans/lentils
- Buy in bulk
  - bulk dry goods – whole grains, beans, nuts, etc. (bulk bins)

### HELP! I'M ON A BUDGET!

- Follow EWG.org Dirty Dozen list
- Reduce waste
  - meal plan
  - shop your pantry, etc.
- Reduce bottled water, Starbucks, etc.
- Eat local (in season)
  - Consider a CSA
  - Share a cow/pig
- Grown your own (or make friends with someone who does)



### RESOURCES FOR MORE INFORMATION

- Environmental Working Group
  - EWG.org
- John Hopkins Center for a Livable Future
  - Clf.jhsph.edu
- LocalHarvest.org
- Seafoodwatch.org
- In North Carolina:
  - Produce Box
  - Bella Bean Organics
  - Carolina Farm Stewardship Association

If you are a North Carolina resident covered by the SAS PPO Medical Plan, make an HCC appointment with a SAS Registered Dietitian Nutritionist for individualized guidance:

|                                       |        |
|---------------------------------------|--------|
| Jen Sohl-Marion, MPH, RDN, LDN, IFNCP | x15216 |
| Ashley Bailey, MS, RDN, LDN           | x13050 |
| Kelly LeSage, MS, RDN, LDN, IFNCP     | x16432 |

And see your HCC Primary Care Provider x18809

**All SAS employees can check out our [Nutrition Webpage](#) on [InsideSAS](#) for more great resources.**



EWG's 2023

# Shopper's Guide to Pesticides in Produce



## Instructions:

1. Cut along outside line.
2. Fold along middle line.

For more information visit [ewg.org/foodnews](https://www.ewg.org/foodnews)

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