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THE BIGGEST IMPACT YOU CAN HAVE ON YOUR **PLANET** AND YOUR **HEALTH**, STARTS WITH WHAT YOU PUT IN YOUR **PLATE**.

REFERENCES

BACKGROUND

Documentary [«What the Health»](#) (2017)

1. MAKE FOOD A PRIORITY

«At age 20, you have a 50% chance of developing diabetes»/ Study published in the [Canadian Medical Association Journal](#) (2016)

«Obesity rates among youth have nearly tripled in 30 years»/ [Statistics Canada](#)

«By age 25, approximately 20% of you will have developed a mental illness» / [Youth Mental Health Canada](#)

«About 25% of Canadians, with 1 in 5 being children, are diagnosed with NAFLD.»/ [Global News](#) (2023) on Canadian Liver Foundation

2. FORGET WHAT YOU KNOW

Nutritional mythology

«Breakfast is the most important meal of the day»/ [The Guardian](#) (2016):

[How lobbyists made breakfast the most important meal of the day](#)

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[There's no sugar-coating it: All calories are not created equal:](#)

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[Milk, dietary calcium, and bone fractures in women: a 12-year prospective study](#)

«You need meat for proteins» / [Explorateurs culinaires](#) (2021):

[Le Combat des protéines](#)

3. EAT REAL FOOD

Michael Moss : [Hooked](#)

Interview with Michael Moss: [French](#) / [English](#)

The incredible [list of ingredients](#) of a McDonald's fry

Monster revenue

Nestlé / PepsiCo / Mars / Mondelez International / Kraft-Heinz

4. FIND YOUR REASON

Fighting climate change

«Beef production drives deforestation five times more than any other sector»/ World Ressources Institute

«Livestock represent 11 % of all GHG emissions per year» / Tackling Climate Change Through Livestock,
FAO (2013)

Prevent pandemics

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Stop animal cruelty

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Lose weight

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Live a long and healthy life

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À la découverte des Blue Zones/ Explorateurs culinaires (2021)

Blue Zones website

5. EAT A WIDE VARIETY OF FRUITS AND VEGETABLES

Power of Phytochemicals | Jed Fahey | The Proof Podcast EP 201

6. BEANS ARE YOUR BEST FRIEND

Role of gut microbiota in nutrition/ BMJ (2018)

What are the health benefits of beans? / Medical News Today (2023)

7. EAT FERMENTED FOODS

«A 10-week diet high in fermented foods boosts microbiome diversity and improves immune responses.»/ Stanford University Study (2021)

8. INCLUDE NUTS AND SEEDS

«The largest cohort studies have shown a consistent 30 percent to 50 percent lower risk of myocardial infarction, sudden cardiac death, or cardiovascular disease associated with eating nuts several times a week.» / The Harvard T.H. Chan School of Public Health

9. CAREFUL WITH THE WHITE CARBS

Glucose Revolution / Jessie Inchauspé (2022)

10. MUSHROOMS ARE TRULY MAGICAL

«Frequent mushroom consumption is significantly associated with a lower risk of incident dementia»/ Journal of the American Geriatrics Society (2016)

«Stimulate the activity of immune cells, that can stop the growth and spread of tumour cells & kill existing tumour cells»/ Molecules (2016)

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11. BE CAREFUL WHEN YOU EAT

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12. DRINK WATER

«Improper hydration leads to an increased risk to be biologically older, develop chronic diseases, and die at a younger age.» / National Institute of Health (2023)