

# 70%

In Europe obesity, cardiovascular diseases, cancer and diabetes account for 70% of all deaths.



Only 10% of meals analyzed by Eaternity are mutually healthy and climate-friendly.

# 1/3

1/3 of our carbon footprint is connected to the food supply chain. This is more than all of the world's transportation.

# Vitality

If everyone lived like a person in Switzerland we would need 3 planets to sustain us.

# 1/3

A graphic of a water drop with the number 70% inside it.

Food production triggers 70% of all our fresh water use.

# water scarcity



# biodiversity

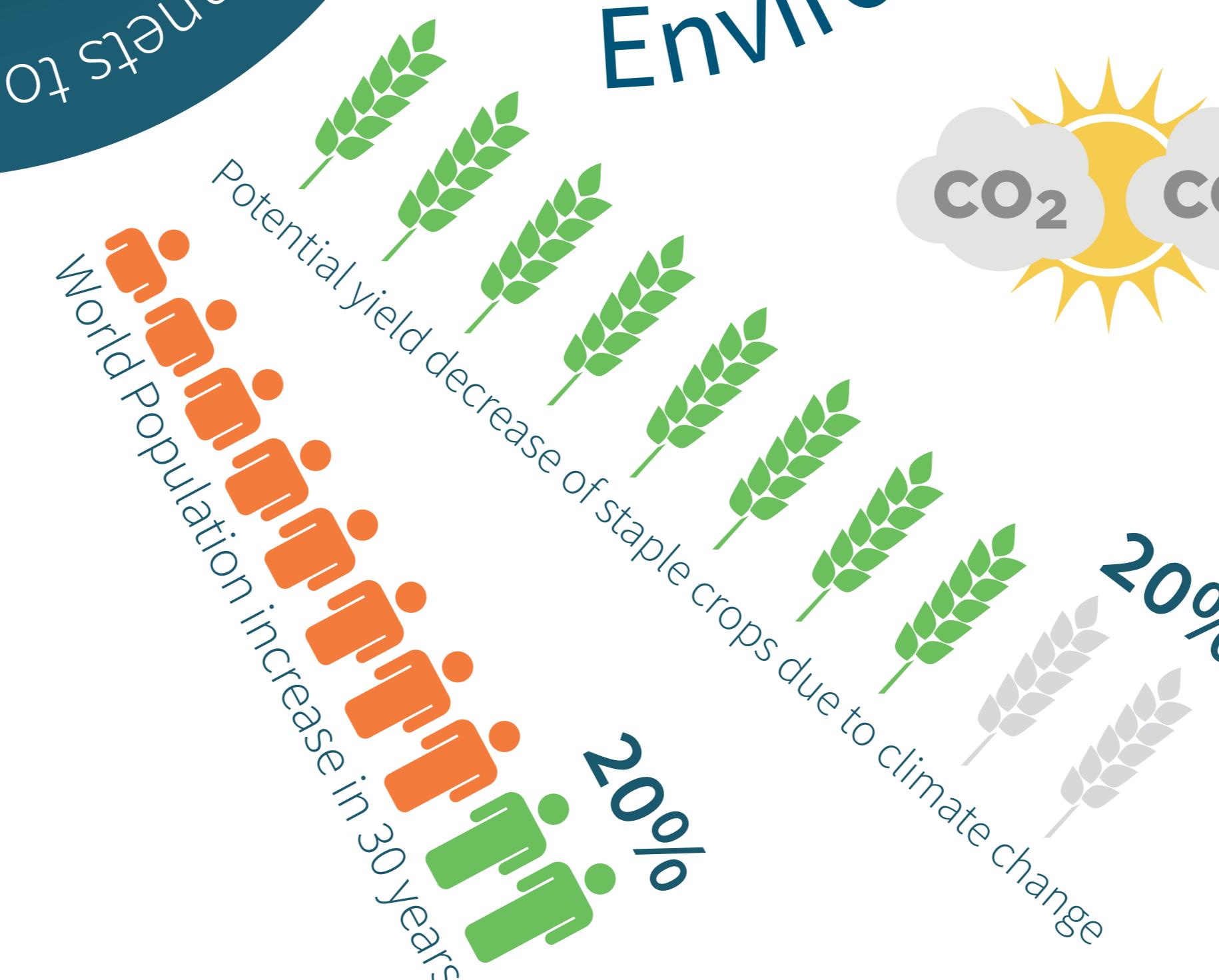


# animal welfare



POTENTIAL CONFLICTS

# Environment



Organic produce alone won't save us from climate change.

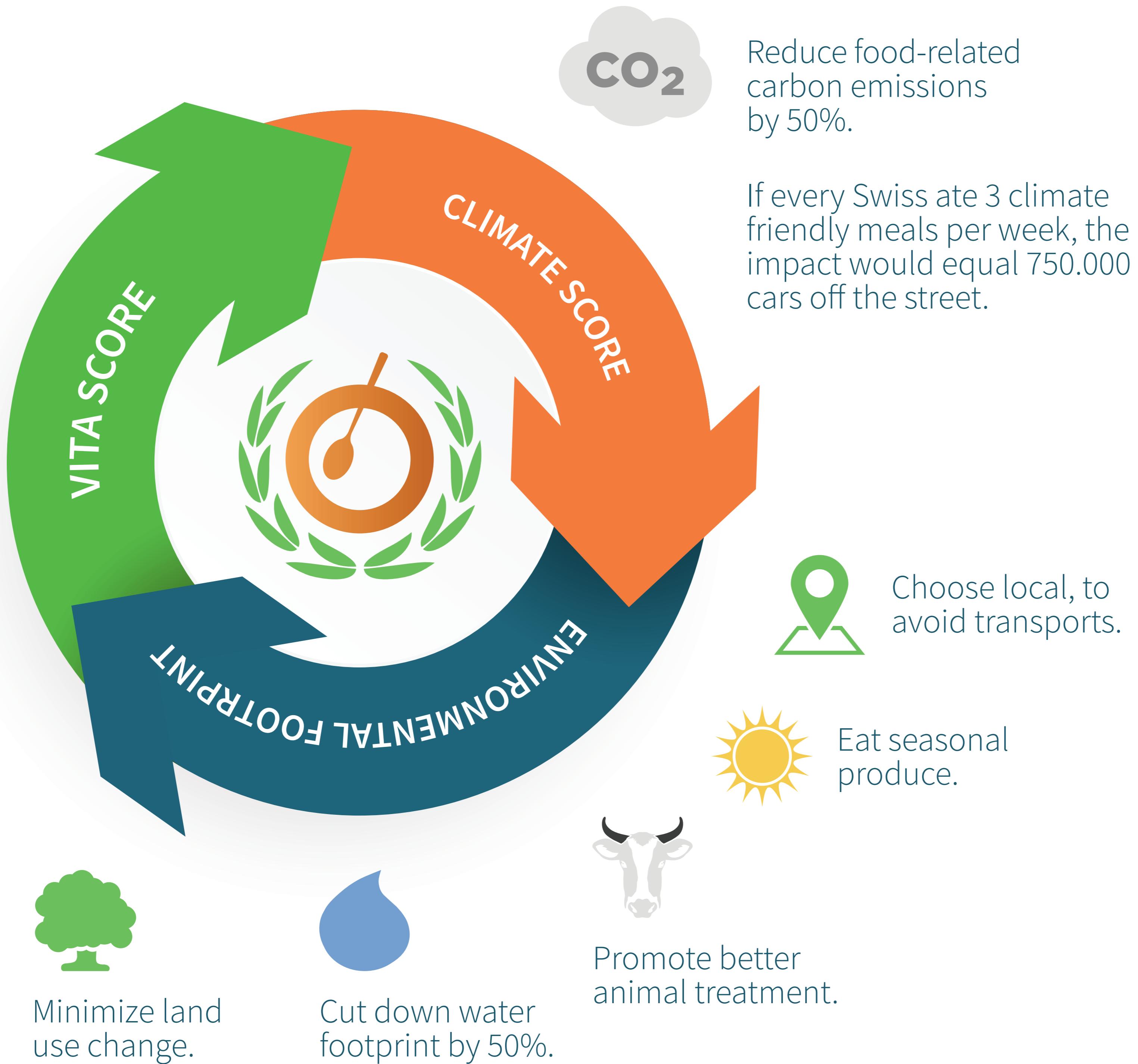


# Eaternity Award



Reduce the risk of food related diseases.

80% of heart disease, stroke and diabetes type II and 40% of cancer could be avoided.



With the Eaternity Award we serve the foundation for mutually climate-friendly, healthy and sustainable food choices.

## 5 Health Aspects

- + GBD Risk Factors
- + Micro- and Macronutrients
- + Energy Values
- + Balanced Eating
- + Allergens

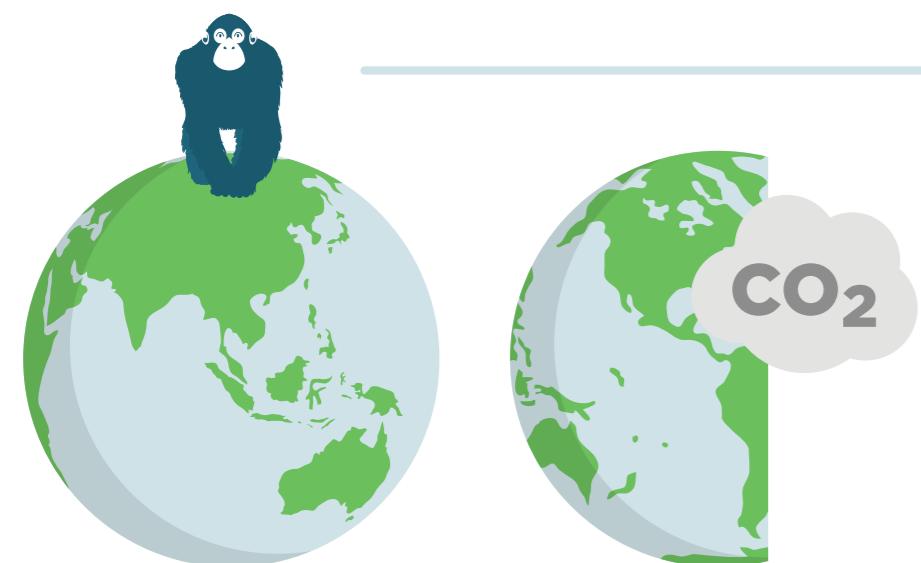
## 7 Life Cycle Assessment Modules

- + Product Footprint Database
- + Greenhouse Heating
- + Transportation & Origin
- + Farming procedure
- + Preservation
- + Processing
- + Waste

## 8 Indicators

- + Vita Score
- + Nutritional Balance
- + Climate Score
- + Water Scarcity
- + Animal Treatment
- + Deforestation
- + Regionality
- + Season

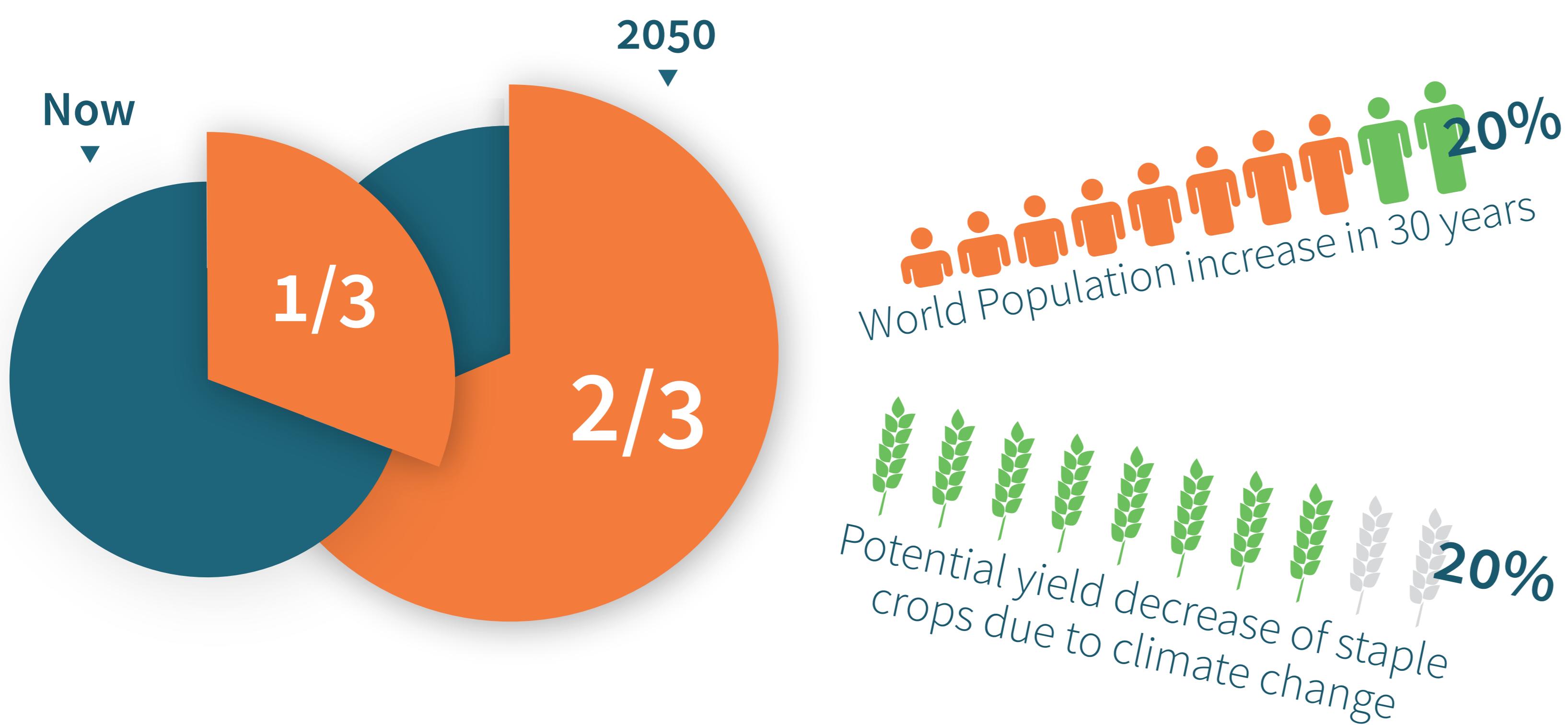
# Climate



To sustain our current lifestyle, **1.6** planets would be needed, yet we only have one.

A growing population and increasing wealth cause greenhouse gas emissions from the food supply chain to rise. This conflicts with the worldwide goal to keep global warming under 2° Celsius.

Currently the food supply chain accounts for 1/3 of all greenhouse gas emissions.  
In 2050 the same lifestyle would account for 2/3 of food-related emissions.



In order to prevent more harm, our food-related emissions need to drop by 60%.

By being just a few years late, displacement and destruction from global warming is expected to be worse than all wars in human history combined.

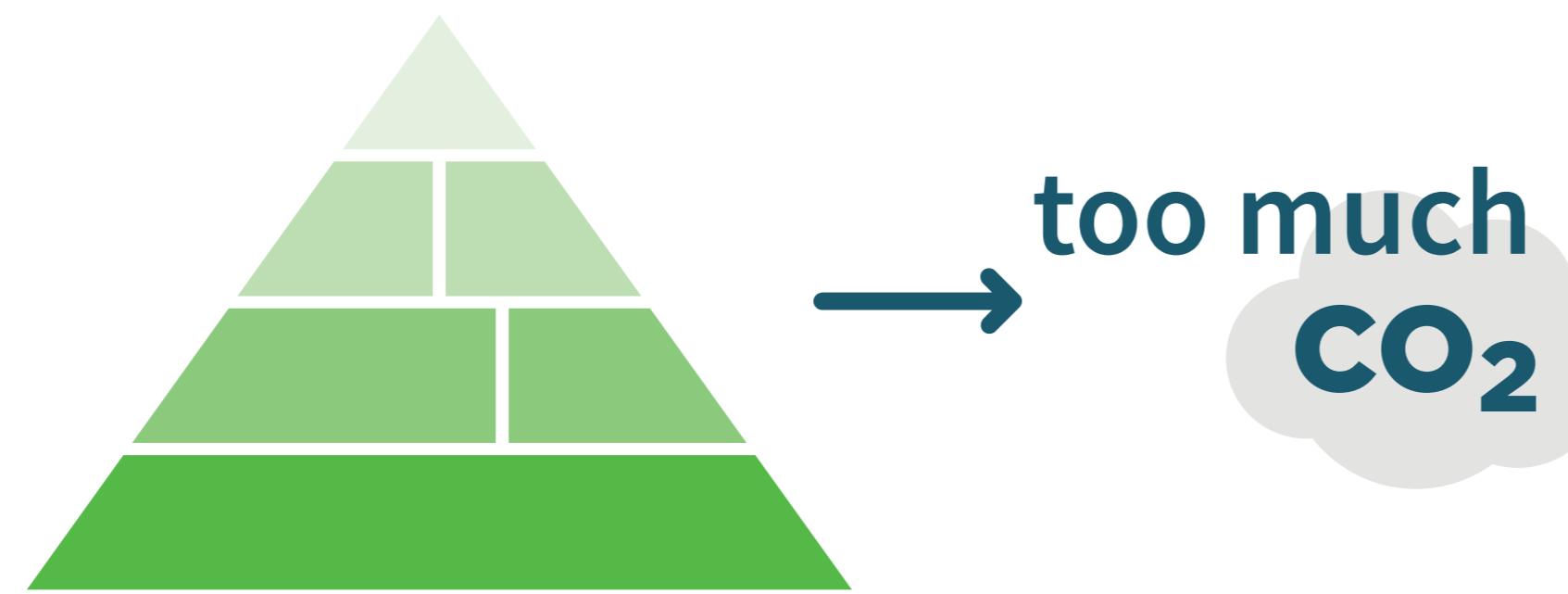


Menus that cause at least 50% less CO<sub>2</sub> emissions earn the Climate Score Award.

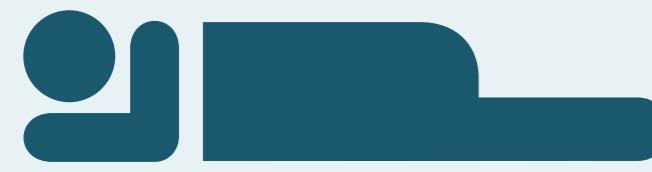
Improving  
One Menu at a Time

# Health

**Current health recommendations disregard climate change.**



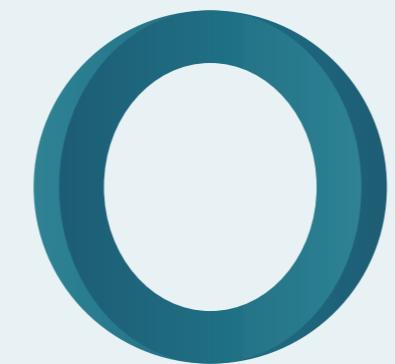
Using existing indicators for meals, only 30% were both healthy and climate friendly.



**229 million** Disability Adjusted Life Years lost due to unhealthy diets worldwide.



**CARDIOVASCULAR**



**DIABETES**



**CANCER**

Your diet related risk for:

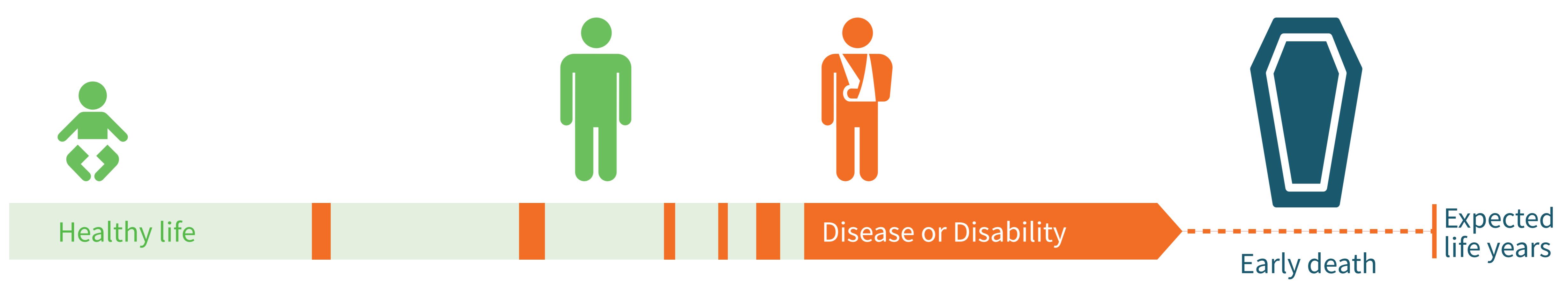
**Cardiovascular, Diabetes, Cancer**  
differs per country, age and gender.

## WHAT IS DALY?

### DALY

Disability Adjusted Life Year is a measure of overall disease burden, expressed as the cumulative number of years lost due to ill-health, disability or early death.

$$= \text{YLD} \text{ Years Lived with Disability} + \text{YLL} \text{ Years of Life Lost}$$

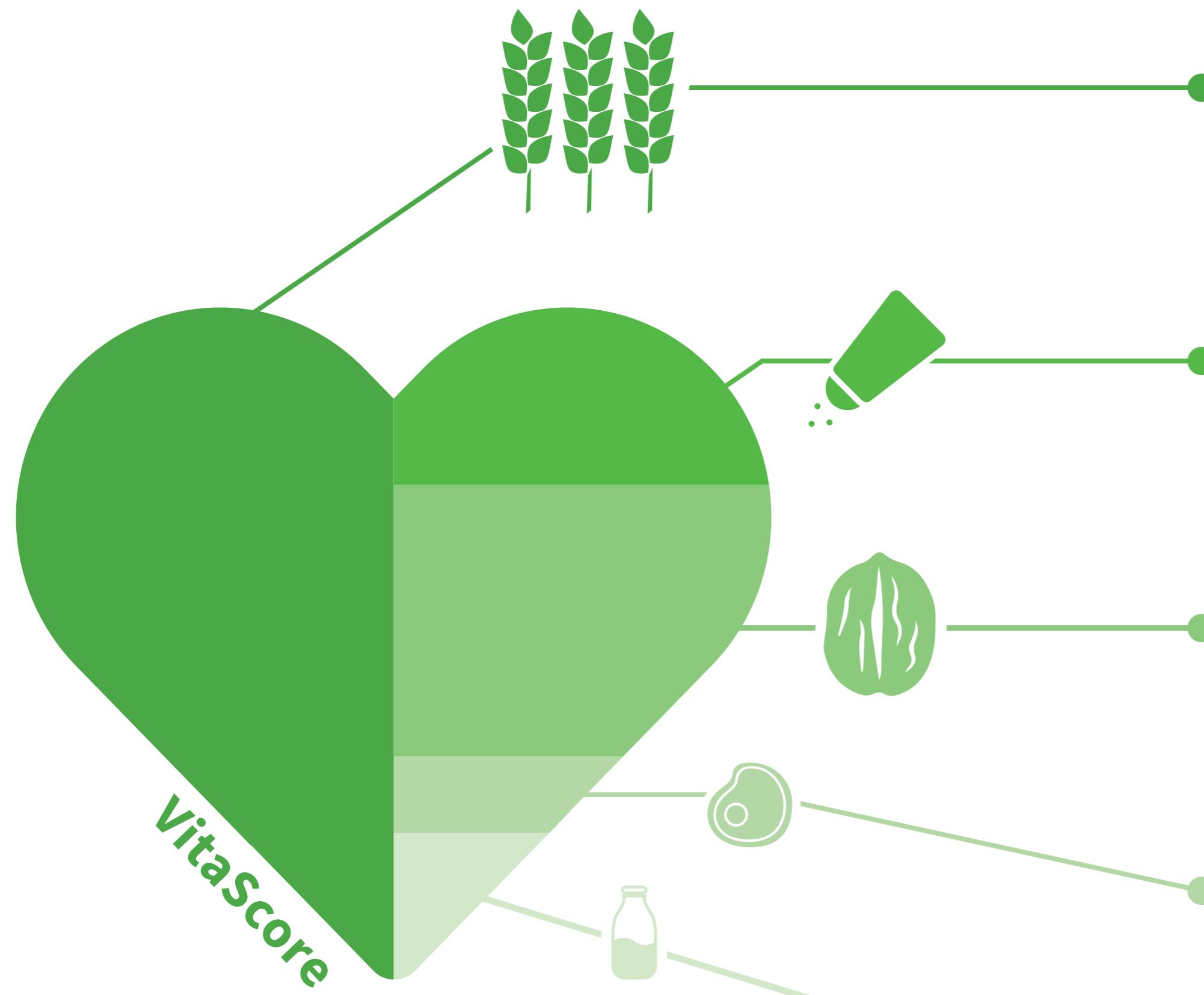


# VitaScore

**A NEW APPROACH.** Meal related risk indicator based on the Global Burden of Disease project's results.



Menus with at least 20% less diet related risk points earn the Vita Score Award.



For a Swiss woman between 15-49 years.  
DALY are given per 100'000 people.

## Dietary Risk Factors

Each meal counts. We look at 8 diet related risk factors. Better ingredients score less risk points.



**Diet low in Whole Grains**  
between 100 g and 150 g per day



**Diet low in Fruits**  
between 200 g and 300 g per day



**Diet low in Nuts and Seeds**  
between 16 g and 25 g per day



**Diet high in Salt**  
between 1 g and 5 g per day



**Diet low in Vegetables**  
between 290 g and 430 g per day



**Diet high in Processed Meat**  
between 0 g and 4 g per day



**Diet high in Red Meat**  
between 16 g and 25 g per day



**Diet low in Milk**  
between 350 g and 520 g per day

### Whole grains



**64.4 DALY**



**28.7 DALY**

### Salt



**0.63 DALY**



**16.4 DALY**



**1.7 DALY**

### Nuts and seeds



**21.3 DALY**



**13.5 DALY**

### Red meat



**1.7 DALY**



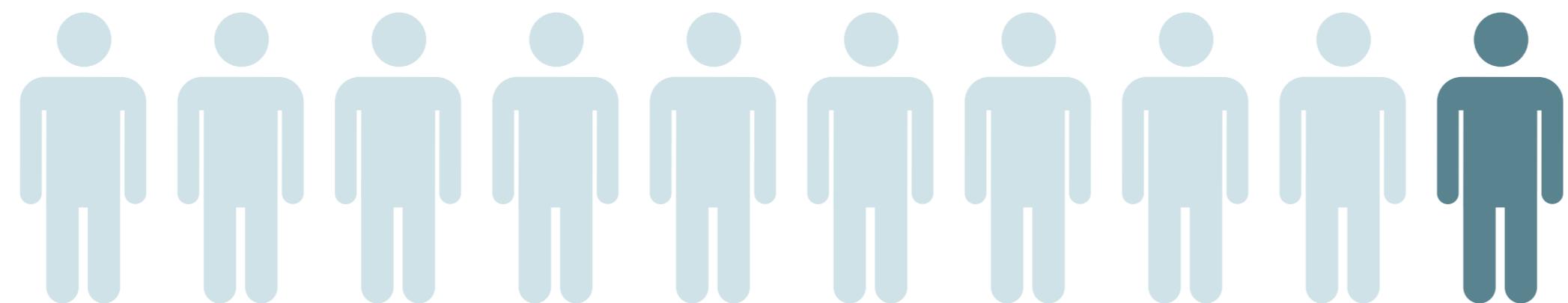
**4.6 DALY**

### Milk



**6.48 DALY**

# Water Scarcity



663 million people in the world live without clean water.

Water scarcity affects humanity and the ecosystem.

Humans travel long distances for fresh water.

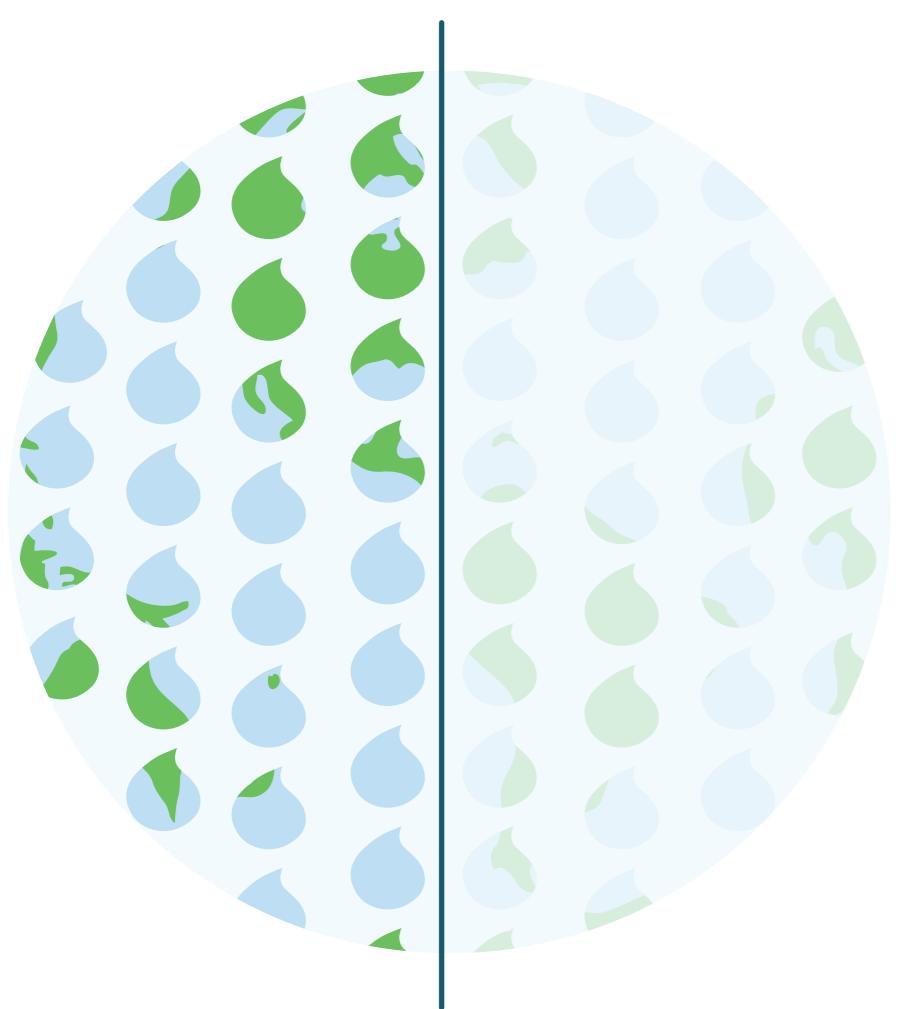
LABOR

Poor water quality is a disease risk.

HEALTH

Fresh water supply is needed to grow food.

FOOD



To help we need to reduce world wide dependency on scarce water by 50%.

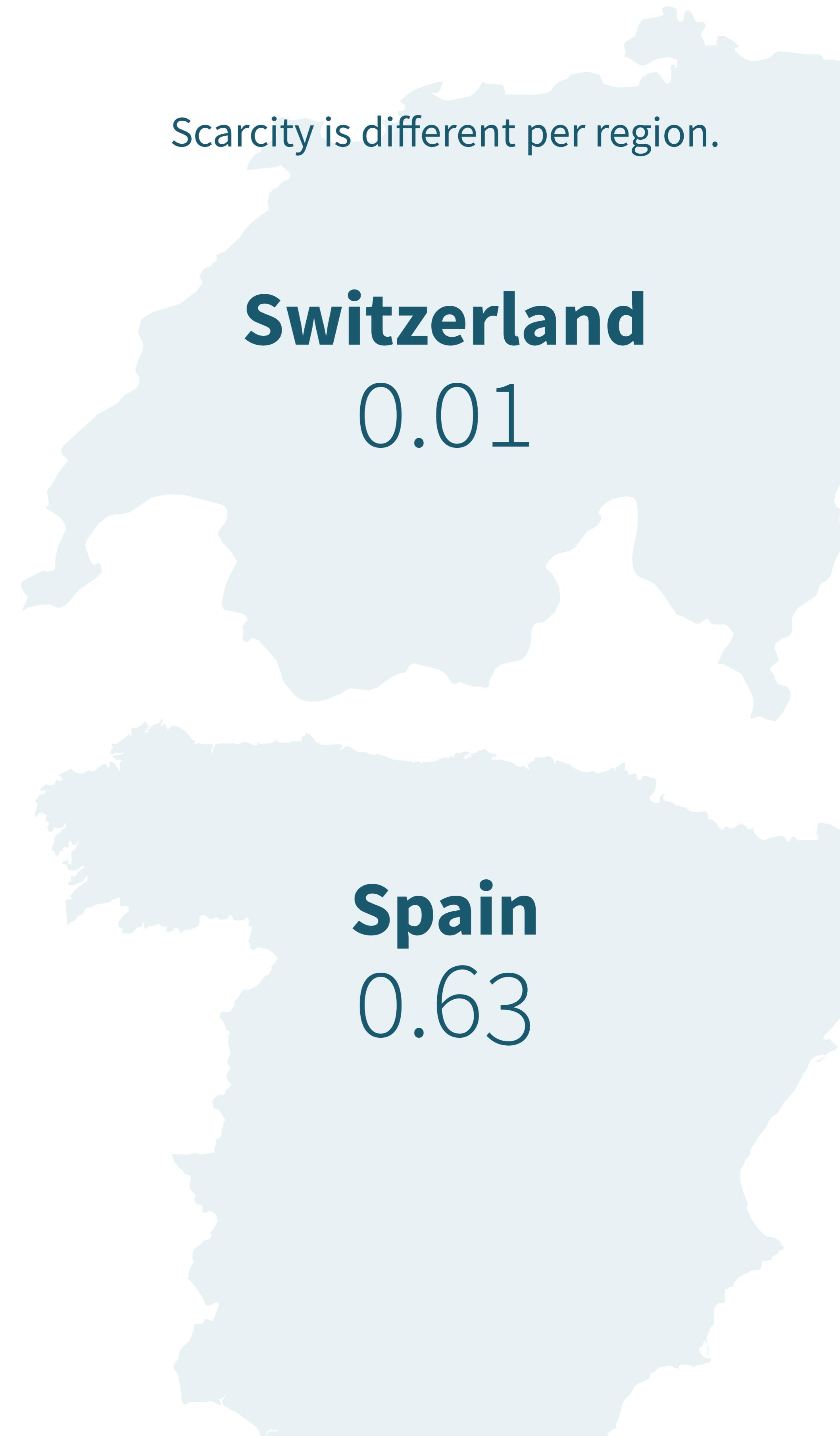
We use  
**182** liter  
scarce water / day / person  
globally



We have  
**91** liter  
scarce water / day / person  
globally

Scarcity is different per region.

**Switzerland**  
0.01

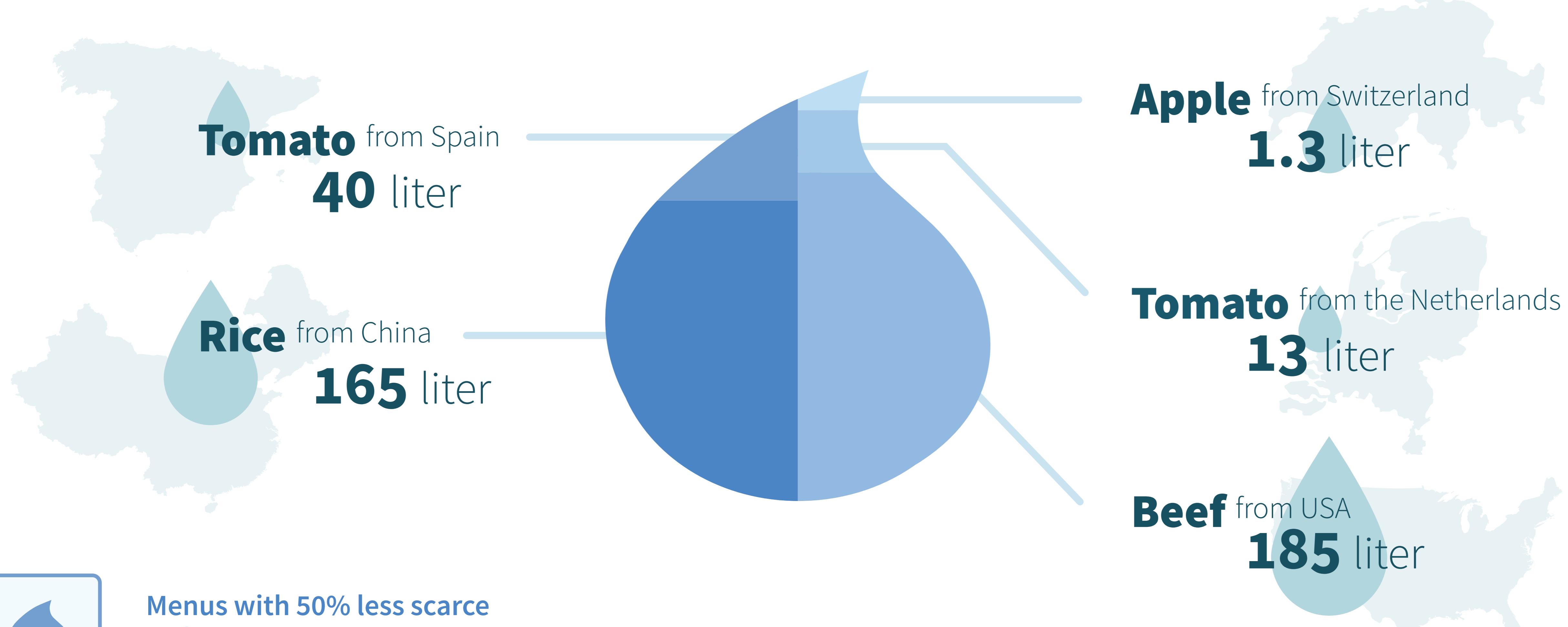


**Spain**  
0.63

## Water demand for produce



Water scarcity strongly depends on locality.

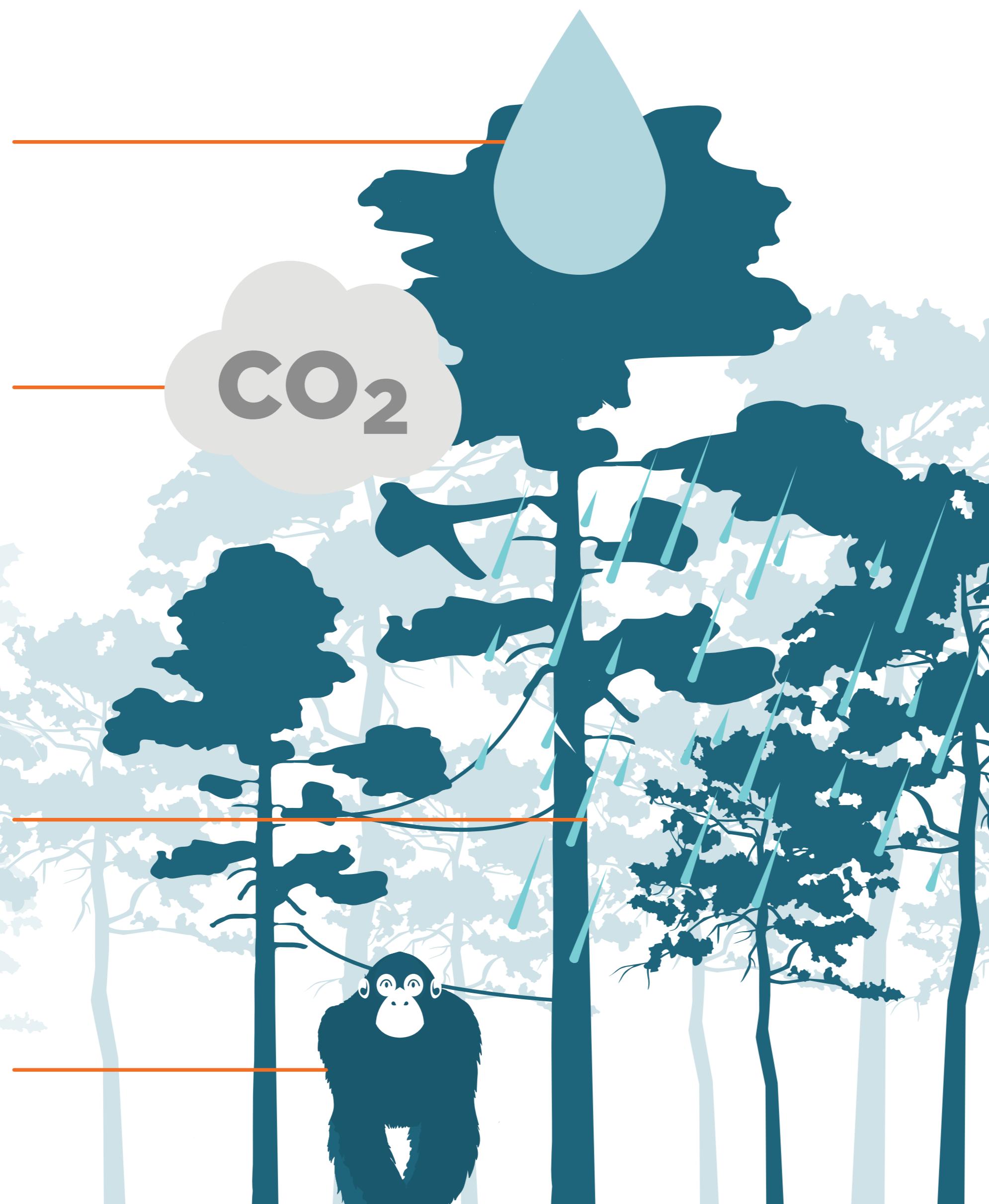


Menus with 50% less scarce water use on average earn the Water Footprint Award.

# Deforestation

We are left with 17.7 Million km<sup>2</sup> tropical forest, which is home to 2/3 of the world's species. It binds massive amounts of CO<sub>2</sub> from the air, it provides fresh water resources and it sustains vital weather patterns.

**Fresh Water**



**Weather Patterns**

**Biodiversity**

**17.7 million km<sup>2</sup>**



They are the lungs of our planet. We are clearing at a rate of **150 km<sup>2</sup> a day**.

Soybean and palm oil production are major drivers of deforestation. 75% of all soy is fed to animals. Every second product in the supermarket contains palm oil.

Certified products do not allow new rainforest to be cut down.



Menus with certified or non critical products score the Rainforest Label.

**To sustain our food supply,  
150 km<sup>2</sup> tropical forest are cut daily**

# Nutrition

**671 Million people** are obese, making obesity the number one health problem in the world. Direct results are: diabetes, cardiovascular diseases, cancer, joint injuries among others.

At the same time **795 Million people** suffer from hunger.

A balanced diet secures the means to live healthy without wasting food along the way.



Balanced menus with a good energy value score the Nutrition Label.

A balanced meal has an energy value of **450-850 kcal** distributed:

