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NESTLÉ PROFESSIONAL NUTRITION MAGAZINE

Table for 10 Billion

Putting health &
sustainability on
the menu

Complex problems,
varied solutions

Changes you
can make today



feed the *future*

THE TIME TO CHANGE IS NOW

It's easy to think guests come to you just for the flavour and experience. But health and sustainability are also strong motivations for consumers when dining out¹. Some of this is due to personal interest. It's also driven by necessity as we look for ways to feed the rapidly expanding world population with our limited resources here on Earth.

As a foodservice operator, you have the responsibility to become part of the solution. By putting health and sustainability on your menu along with great taste, you can check the boxes your guests are looking for, all while helping to solve the generational challenge of creating a healthy and sustainable food system.

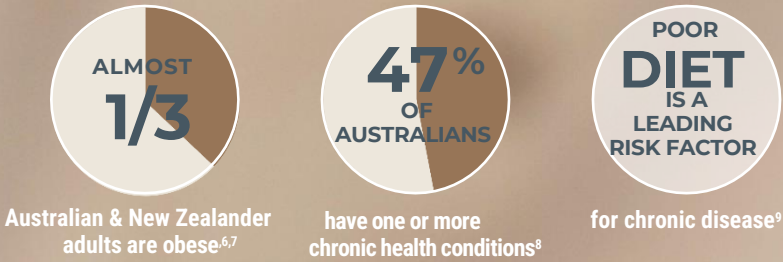
DID YOU KNOW?

The United Nations (UN) and the Food and Agricultural Organisation (FAO) define Sustainable Gastronomy as cuisine that considers where the ingredients are from, how the food is grown and how it gets to our markets and eventually to our plates².

CONSUMER ATTITUDES



HEALTH

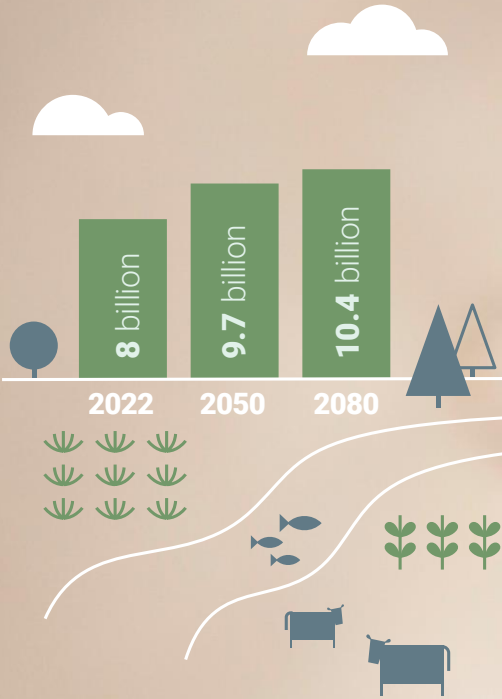


SUSTAINABILITY IN FOODSERVICE



RESTAURANTS AND CAFÉS IN AUSTRALIA THROW AWAY NEARLY A QUARTER OF THE FOOD THEY BUY FOR THEIR BUSINESS.¹³

UNDER PRESSURE¹⁴
HUMAN POPULATION CONTINUES TO RISE, BUT THE PLANET'S FINITE RESOURCES CANNOT EXPAND



COMPLEX PROBLEMS

NEED A VARIETY OF SOLUTIONS

How can we provide enough nutrition for the population today and the generations to come while also supporting healthy ecosystems?

And how can we increase food production without using more land and water, degrading the land or increasing emissions? When researchers looked for ways to provide adequate nutrition, reduce health risks, and help sustain the limited resources of our planet, they found several effective strategies could address these challenges:¹⁵

- Four distinct dietary patterns: flexitarian, pescatarian, vegetarian and vegan, adapted to suit cultural preferences, ages and sexes.
- reduce food waste
- eat according to individual needs
- efficient and sustainable agricultural and food processing practices

Choosing healthy and sustainably sourced food

It turns out that many healthy choices can be sustainably sourced, and many sustainably sourced choices can be compatible with a balanced diet. So, by looking for food options that share that common ground, we can make progress on both issues while meeting changing customer demands to keep your business strong.



What is a healthy diet?

The answer can vary depending on a person's age, gender, lifestyle, physical activity, cultural background, dietary customs and local availability. The Australian* and New Zealand Dietary Guidelines recommend ^{16,17}:

- ✓ Enjoy a wide variety of nutritious foods: vegetables, grains (mostly wholegrain), fruit, legumes, nuts and seeds, dairy foods and lean meat, poultry, fish, eggs or plant-based alternatives.
- ✓ Drink plenty of water and make it your first choice over other drinks.
- ✓ Limit foods containing saturated fat, added salt and added sugar.
- ✓ Keep alcohol intake low.
- ✓ Encourage, support and promote breastfeeding.
- ✓ Care for food. Obtain, prepare and store food so it is safe to eat.

What is a sustainable diet?^{18,19}

According to Food and Agricultural Organization (FAO), sustainable diets are:

- ✓ Protective and respectful of biodiversity and ecosystems
- ✓ Culturally acceptable; accessible, economically fair and affordable
- ✓ Nutritionally adequate
- ✓ Safe and healthy
- ✓ Designed to optimize natural and human resources

*The Dietary Guidelines for Australians are currently under review with a scheduled release in 2026.

FINDING COMMON GROUND

Is it possible to eat both a healthy and sustainable diet?

Yes! According to WHO and FAO, healthy and sustainable diets promote all dimensions of people's health and wellbeing, have low environmental pressure and impact, and are accessible, affordable, safe, equitable and culturally acceptable.²⁰ They include:

- ✓ A diverse range of foods (including whole grains, legumes, fruits, vegetables and unsalted seeds and nuts)
- ✓ A balance between energy intake and energy needs
- ✓ Limiting meat and fish (if eaten) to small quantities
- ✓ Very limited consumption of foods high in fat, sugar or salt
- ✓ Consuming dairy products (if eaten) in moderation
- ✓ Drinking water as the preferred beverage
- ✓ Respect local culture, knowledge and values on food sourcing, production and consumption.

One Example:

The Planetary Health Diet?¹⁵

Developed by the EAT-Lancet Commission, the planetary health diet includes four distinct dietary patterns; Flexitarian, Pescatarian, Vegetarian and Vegan, that have been adapted to meet the needs of different populations, age groups and sexes from countries around the world. The Eat Lancet Commission impact assessments have shown adoption of the Planetary Health Diets would be associated with significant improvements in nutrition, health and the environment.

DID YOU KNOW?

In Australia, energy-dense and nutrient-poor discretionary foods contribute around one third of greenhouse gas emissions.²¹ Significantly reducing consumption of discretionary foods and increasing consumption of nutritious core foods has health and environmental benefits²². CSIRO research found a diet consistent with current Australian Dietary Guidelines could have a 42% lower climate footprint.²¹ Rebalancing the diet to include more healthy foods with less discretionary foods is a step in the right direction.



Choices • SMART



A FRESH APPROACH TO INGREDIENTS

Ready to be part of the solution? Here are some key insights to help you plan menus that are healthy with a focus on sustainability, starting today.

ENVIRONMENTAL IMPACT OF FOOD DECISIONS

Every meal is another opportunity to balance flavour and enjoyment with health and ecological awareness. When planning menus, consider both nutrition and environmental aspects. While we don't yet have a lot of Australasian data to assess the environmental impact of locally produced foods, there are some principles¹⁹ that stand up well. Here are some practical tips to help put health and sustainability on the menu.

- ✓ **Minimise food waste.**
- ✓ **Make plant foods the hero.** Grains, vegetables, legumes, fungi, fruits, nuts and seeds.
- ✓ **Source food locally.** Reduce food miles and strengthen local food systems.
- ✓ **Use seasonal ingredients.** Match your menu to natural cycles for better availability, price and taste.
- ✓ **Make meats more an accompaniment** than the main feature of a dish. Keep portions small and combine with alternative protein sources.
- ✓ **Diversify protein sources:** from land and aquatic animals, plants, fungi and other emerging sources such as insects.²³
- ✓ **Choose sustainably sourced seafood.**²⁴ Certified sustainably sourced, locally caught or farmed, and a variety of species.
- ✓ **Include a wide variety of plant foods to promote biodiversity,** e.g., choose unusual, heirloom or native Australian/New Zealand foods that also support local producers.
- ✓ **Offer native foods** (purchased from Indigenous owned enterprises). Celebrate First Nations food culture and contribute toward Indigenous economic empowerment.²⁵
- ✓ **Serve tap water** routinely.²⁶
- ✓ **Support local producers** of wine, beer and spirits for economic benefits as well as fewer 'drink miles'.²⁷




ALERT: From 2025, the Australian government requires the country of origin of seafood to be specified in hospitality settings.²⁸

DID YOU KNOW?

Biodiversity is the variety of all living things on earth and their interactions that make up ecosystems.²⁹

A WAY FORWARD

Expanding your options and responsible sourcing can deliver key nutrients along with more sustainable dining practices.

HEALTH & ENVIRONMENT		A WAY FORWARD	
 RED MEAT	<p>Core food providing protein, iron, zinc and vitamin B12.¹⁶</p> <p>Beef has comparatively high Green House Gas (GHG) emissions, but water & cropland scarcity is low.^{30, 31}</p> <p>Australian and New Zealand sheep meat (e.g., lamb) has lower greenhouse gas emissions than beef.^{30,32} Using the GWP climate metric, Australian lamb is climate neutral³⁰.</p>	<p>Portions consistent with the Dietary Guidelines^{31,16}.</p> <p>Avoid waste: utilise 'nose to tail'.³³</p> <p>Vary sources including lamb/mutton, goat, and wild/game/feral meats e.g., kangaroo, deer, wild boar, rabbit (lower environmental impact).³⁴</p> <p>Plant-based alternatives. Fungi-based alternatives.</p>	
 POULTRY & PORK	<p>Chicken is a core food providing protein, niacin, vitamin B6, B12, some iron, zinc and magnesium.³⁵</p> <p>Lean pork is a core food containing protein, thiamine, niacin, riboflavin, vitamin B6, B12 and zinc.³⁶</p> <p>Lower environmental impact than beef.³⁷</p>	<p>Smaller portions.</p> <p>Efficiently and ethically produced.</p> <p>Diversity of species e.g., turkey, duck, quail, pigeon.</p>	
 SEAFOOD	<p>Core food providing protein & omega-3 fatty acids.¹⁶</p> <p>Aquatic foods have a lower environmental impact than land animals.³⁸</p> <p>Majority of seafood consumed is imported.</p> <p>Australian and New Zealand fisheries are well managed.^{39,40}</p>	<p>Include on the menu more often.</p> <p>Certified sustainable.</p> <p>Locally caught or farmed.</p> <p>More diverse local species.</p> <p>More aquatic plants, such as Australian golden kelp, the 'vegetables of the ocean'.⁴¹</p>	
 DAIRY FOODS	<p>Core food providing protein, calcium, phosphorous and bioactives.¹⁶</p> <p>Gut health benefits from cultured and fermented dairy products.⁴²</p>	<p>Portions consistent with Dietary Guidelines.^{43,16}</p> <p>Sustainably sourced.</p> <p>Include fermented dairy foods.</p> <p>Plant-based alternatives (with added calcium).</p>	
 EGGS	<p>High quality protein, vitamins A, D, E, B12, antioxidants and choline.⁴⁴</p> <p>Eggs are one of the lowest carbon footprint of animal proteins.⁴⁵</p>	<p>Portions consistent with Dietary Guidelines.¹⁶</p> <p>Include on the menu more often.</p>	

Adding more plant-rich foods to your menu and using a wider variety of protein sources could help people achieve more balanced diets while also working toward the world’s health and sustainability goals. Aim to use fruits, vegetables, cereals, legumes and nuts that are locally sourced or in-season whenever possible.



TURNING *Diets* INTO MENUS

It's possible to transform classic dishes into plant-based, or 'plant-forward' dishes and beverages, which can be as healthy and appealing as the originals. In fact, every category on your menu has multiple opportunities to enhance health and impact sustainability—often, without taking anything away from the dining experience your guests love. Here are a few examples of changes you might make:

MAIN DISHES

- Offer at least one vegetarian or vegan option.
- Update popular dishes to let guests choose their own protein, including plant-based options.
- Shift toward smaller portions of meat and larger/more appealing sides and veggies on the plate.
- Include lower impact animal proteins such as poultry, wild-caught and game meats. Seek beef suppliers using sustainable and regenerative farming methods. Include sustainably sourced seafood, locally caught or farmed.
- Use chicken carcasses and fish bones to make bone broth/stocks to use in dishes such as pho, soup and risotto.

SIDES & SALADS

- Choose local and seasonal products.
- Include grains, legumes, nuts and seeds to provide plant-based protein and additional nutrients.
- Enjoy using Australian golden kelp, an ocean vegetable in sides and salads.

BEVERAGES

- Offer plant-based dairy alternatives like soy, oat and almond with added calcium. They are the preferred choice for vegans and those with milk allergy or lactose intolerance.
- Serve tap water routinely.
- Support local winemakers, brewers and distillers.

FOCUS ON PORTIONS TO REDUCE FOOD WASTE

- Focusing on portions is one strategy to reduce food waste. Offering multiple portion sizes can also help reduce overeating and weight gain, while satisfying different appetites.

BESTSELLERS

- Adapt your bestsellers into plant-based options and evaluate your menu regularly and update/replace dishes often left uneaten to prevent waste and keep guests happy.

GOOD FOOD IS PERSONAL

- Strengthening local food systems is important to boost resilience and allow communities to thrive. Build relationships with local producers. Connect your customers with the people behind the food on your menu so they understand its origin.

Dining out

HEALTHY & SUSTAINABLY SOURCED MEAL IDEAS

- * Kūmara & chickpea curry with seasonal vegetables, cauliflower rice, wholewheat naan bread and bush mint raita
 - Vegetarian dish with legumes
 - Seasonal vegetables
 - Native ingredients
 - Locally grown
- * Linguine with mussels, smoked local garlic, cherry tomatoes and golden kelp
 - Sustainable seafood
 - Native ingredients
 - Locally grown
- * Lamb (or goat) & chickpea tagine with native pepper berries, served with spelt & harakeke (flaxseed) flatbread
 - Less meat + legumes
 - Native ingredients
 - Diverse ingredients (ancient grain)
- * Warm kangaroo salad with local waxy potatoes, macadamias, seasonal berries
 - Game meat
 - Local vegetables
 - Native nut
 - Seasonal fruit

Native ingredients to include on the menu

- **Australia:** Kangaroo, macadamias, wattleseed, pepper berry, lemon myrtle, finger lime, saltbush, quandongs, Davidson plum, warndu, river mint, warrigal greens, karkalla (fruit and leaves), local seaweeds (e.g. golden kelp).⁴⁶
- **New Zealand:** Kawakawa & horopito leaf (bush herbs), harakeke (Flaxseed), local seaweeds (kelp), kūmara, yams, taro, aruhe (bracken fern), pāua, tuatua, pipi, tuangi (shellfish), kuku or kākahi (mussels), īnaga (Whitebait), Manuka honey.⁴⁷





EVERYONE IS ON BOARD

With so many people already interested in food geared toward both health and sustainability, guests are likely to welcome any changes you make to your menu with open arms. In some cases, you may even be able to attract new customers who are looking for those options, whether for themselves or someone else in their group. Try these tips.

1. Position plant-based foods and beverages as a valuable and tasty option, not a sacrifice or compromise.
2. Add a variety of protein options to familiar dishes so guests can try an option that could be even healthier and more sustainable without missing out on their favourites.
3. Highlight local, seasonal and sustainably sourced ingredients and suppliers. Tell a positive and hopeful story so your guests will feel good about their meal and your venue.
4. Offer multiple portion sizes on the menu, along with phrases like “help us reduce waste by choosing the portion to fit your appetite” and enable your guests to take home leftovers.
5. Promote how you minimise food waste such as donating excess fresh food to charity and recycling food scraps into compost.
6. Be creative and innovative with your food and beverages to delight your guests!

Everyday Q&A

Are plant-based diets healthy compared to traditional diets?

Appropriately planned plant-based diets are healthy, nutritionally adequate, and may provide health and environmental benefits.⁴⁸ However, plant-based diets are not healthy by default. Also, some nutritious animal foods can be included in a healthy and sustainable eating pattern. Remember, it's all about balance!

What's one simple thing we can all do to eat more sustainably?

It's quite simple and doesn't mean missing out on anything; don't waste food. Find out how you can help feed those in need with leftover food, such as donating to a food rescue organisation like OzHarvest. Avoid sending food to landfill and instead recycle the nutrients into fertile compost.

Will focusing on health and sustainability detract from your ability to deliver a great dining experience?

It certainly doesn't have to. Armed with your knowledge, creativity and culinary skill, you can deliver incredible tastes and textures that will have your guests asking for for more.

I want to keep some meat on the menu. What should I look for as more sustainable options?

Keep portions small. Smaller animals have a lower environmental footprint, as do wild-caught game meats such as kangaroo and venison. Buy from local suppliers to support local food systems and reduce greenhouse gases from transport. Choose suppliers using ethical and regenerative practices. Organic food is a good choice as its production methods respect ecological balance.⁴⁹ Don't forget to buy local seafood and under-utilised species.

Will diversifying my protein options cannibalize my traditional menu?

No, it may even increase your sales. You can continue to provide the dishes that your loyal customers love, while adding other choices that may help to draw in new customers.

Remember, vegetarian options are also sought out for religious as well as environmental reasons.

Why can meat alternatives cost more than traditional meat products?

At the moment, plant-based and other alternatives to meat are not produced on a large enough scale to compete with the price of meat, however the price-gap will reduce over time.^{50,51}

Meanwhile, remember that there are many delicious plant-based recipes using grains, legumes, nuts and seeds from a range of ethnic cuisines to delight your guests.

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