

APPENDIX A

TRAFFIC LIGHT SYSTEM FOR FOODS, WITH THEIR EFFECTS ON BOTH HEALTH AND THE ENVIRONMENT

Here's a summary that draws together the health and farming pros and cons associated with the dietary recommendations we are making in this book.

Diet		Why
• Animal fats • Pasture-reared beef and lamb • Offal, e.g. liver, liver pâté	✓ ✓	• Natural, ancestral diet, to which we are evolutionarily adapted • Full range of nutrients in correct amounts for body and brain • Pasture-reared is environmentally friendly and climate-positive
• Fish, poultry, eggs, dairy products, fruit, vegetables, nuts • Processed meats containing additives, e.g. nitrites and sulphites • Artificial sweeteners	✓	• Fish, poultry and eggs good for health but less good for environment • Eat fish sparingly, following the Good Fish Guide or choosing Good Catch restaurants • Fruit, vegetables, nuts and dairy are not ideal for health but better than grains and vegetable oils • Fruit and vegetables nutritionally incomplete and contain anti-nutrients • Most crops are intensively farmed and damage the ecosystem and environment • Nitrites, sulphites and artificial sweeteners may be harmful to health
• Sugar • All grains (wheat, rice, oats, barley, rye) • Legumes (such as peanuts, pulses, peas) • Vegetable oils	✗	• High intakes of sugar and carbohydrates associated with diabetes, obesity, cardiovascular disease; implicated in cancer and dementia • Grains and legumes – full of carbohydrates and anti-nutrients; harmful to health; cause leaky gut, diabetes and obesity; implicated in autoimmune diseases • Vegetable oils – incorrect balance of fats, cause leaky gut and inflammatory diseases • Intensively farmed crops damage the ecosystem and environment