Want to go flexitarian? Do it gradually

Start by replacing familiar food with plant-based options, says nutrition expert

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The daily plan

Scientists propose major changes in food production and eating habits to enable the 10 billion people by 2050 to live sustainably on earth. They predict this will prevent up to 23.6 per cent or 11.6 million premature adult deaths per year.

Here is a rundown of the daily meal plan that doctors of health and envi- ronment experts are urging the world to adopt in order to sustain a global population of 10 billion by the mid-century, while coping with cli- mate change and preventing mal- nutrition and premature deaths each year.

HEALTHY DIET

If Singaporeans are told to make a radical change to their diet, they will not accept it.”

For those looking to adopt a flexitarian diet, nutrition specialist Tay Mia Eng launched Beyond Sausages – a ve- getarian sausage made of peas, Tara beans, rice, lentils and corn. Vegetarian lard manufacturer George Jacobs said there are plenty of plant-based substitutes for eggs and dairy available now. From eat, play and work to travel, we are surrounded by animal-based foods. Many people replace meat and cheese in a sandwich with avocado and peanut butter. Ham and cheese in a sandwich could be replaced with tofu-based lasagna. Have bean and salsa instead of pork soup. Replace mus and salsa are vegetarian. And Egg, made from mung beans.

Some plant-based options, says nutrition expert Rei Kurohi, are: Many delicious foods like hummus and salsa are vegetarian. And cheese made from cashew nuts. Singapore hotel yesterday carried out an environmental impact study to evaluate the impact of plant-based options, said: “I do not think the change should be made suddenly. There are a lot of areas to think through. For example, consumers. And plant-based food is also a chance to explore new options. If Singaporeans are told to start making a slow shift, start by replacing familiar food with options that are rich in protein.

For those looking to adopt a flexitarian diet, nutrition specialist Tay Mia Eng suggests making a slow shift, start- ing with replacing some familiar foods with healthy plant-based food.

Nutritionist Rei Kurohi views the plant-based diet as healthier, more environmentally- friendly and potentially more sustainable. She said: “Plant-based food offers us a chance to explore new opportunities and can supplement a meat-based diet. It is a solution to the future food crisis. He uses mobile app HappyCow to help people find vegetarian restaurants.

He also said that the future of sus- tainable aquaculture focuses on the incorporation of microalgae and technology. Microalgae can provide carbohydrates, proteins and fats.”

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For those looking to adopt a healthier, more environmentally- friendly “flexitarian” diet, human nutrition specialist Tay Mia Eng suggests making a slow shift, starting with replacing some familiar foods with healthy plant-based food.

The change should be increased gradually into our daily diet. The change should be viewed as a chance to explore new options. If Singaporeans are told to start making a slow shift, start by replacing familiar food with options that are rich in protein.选项中。