



"Always Growing"

## A SUSTAINABLE DIET



Always  
Growing



Challenge the  
Impossible



Never  
Give Up



Always Do the  
Right Thing



There are several ways to address sustainability from a social, environmental and economic perspective. We are a socially responsible company that produces and distributes healthy food products, which will benefit consumers by increasing the possibility of a longer life expectancy through a balanced diet.

According to the Food Sustainability Index (FSI) 2021 – Economist Impact, we are currently facing global nutritional challenges: “The hungry and the overweight coexist, and rising rates of obesity strain healthcare systems to the point of economic unsustainability. For every person suffering from undernutrition, two are overweight or obese.”

In terms of sustainability, the FSI also included the Planetary Health Diet proposed by the EAT-Lancet Commission, which is a “standard for what people should eat to meet their own needs and remain within the planet’s environmental limits. It mostly comprises plant-based foods, including fruits, vegetables, whole grains and plant proteins.”





The Economist Impact document also addresses the issue of the affordability of sustainable diets, defining a sustainable diet as “one that is generally healthy and has a low impact on the environment and food supply. It is essential that these diets are affordable in order to advance equitable livelihoods across the value chain and ensure that food systems do not exclude anyone.”

Finally, we quote the recommendation in the document regarding consumption of fruits and vegetables: “Fruits and vegetables consumed on a daily basis help prevent chronic diseases and counter micronutrient deficiencies. Increased consumption of fruit and vegetables has been associated with healthier and more sustainable diets and is a common dietary recommendation across countries.


Food and Agriculture Organization of the United Nations


## Key Facts

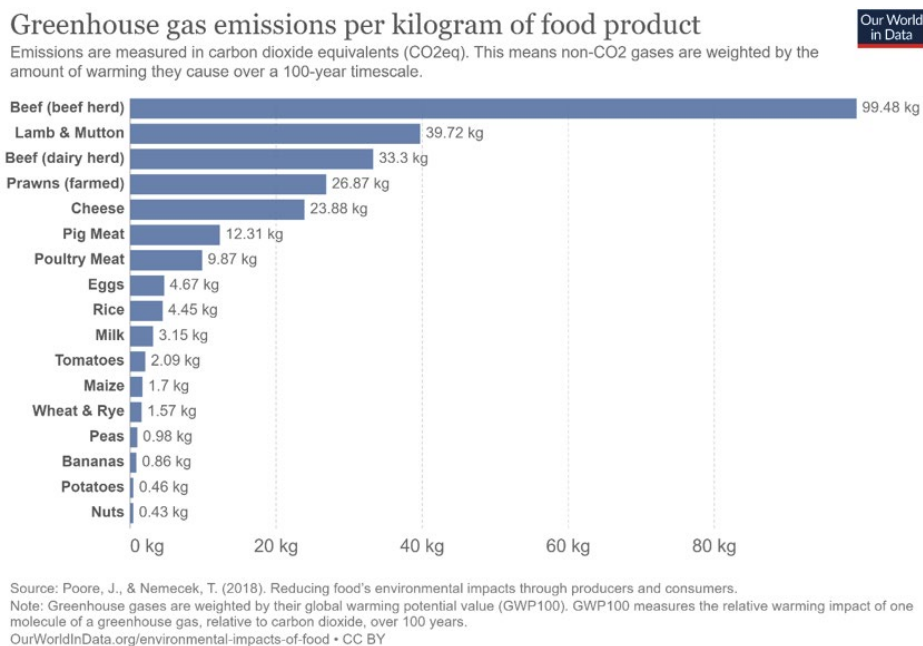
- Fruits and vegetables are good sources of dietary fiber, vitamins and minerals, (e.g. folate, vitamin A and C, potassium) and beneficial phytochemicals.
- As part of a healthy diet, fruits and vegetables can help lower risk factors for non-communicable diseases, such as overweight/obesity, chronic inflammation, high blood pressure, and high cholesterol.
- A minimum amount of 400g per day or five portions of fruits and vegetables is beneficial for health.
- Introduce fruits and vegetables at as early as 6 months of age and keep them as regular parts of a healthy diet throughout life.

FUENTE: <https://www.fao.org/fruits-vegetables-2021/en/>

To account for fruit and vegetables consumption, Economist Impact has used an FAO indicator which measures food supply quantity (kg/capita/year) for vegetables and fruits excluding wine, thereby acting as a proxy for consumption. It accounts for consumption based on the FAO's recommended intake of at least 400g/capita/day."

Simón Villa Arango shared the following information on LinkedIn (November 2022): "A healthy diet is not only good for your body, but it's also good for the planet. According to a report from Our World in Data, eating more fruits and vegetables can help you achieve your goals and have a healthier lifestyle while also reducing your carbon footprint. So, make sure to add plenty of fruits and vegetables to your diet – you'll be doing yourself and the planet a favor!"



As demand for fruit and vegetables continues to increase globally due to healthier lifestyles, UNISPICE is committed to help meet demand and consumer expectations, as well as to adopt more sustainable production methods. Follow us in our "SUSTAINABLE DEVELOPMENT" series to know more about our commitments and current practices.