

Jan van de Kamp
Beauty in the greenhouse landscape of the Westland







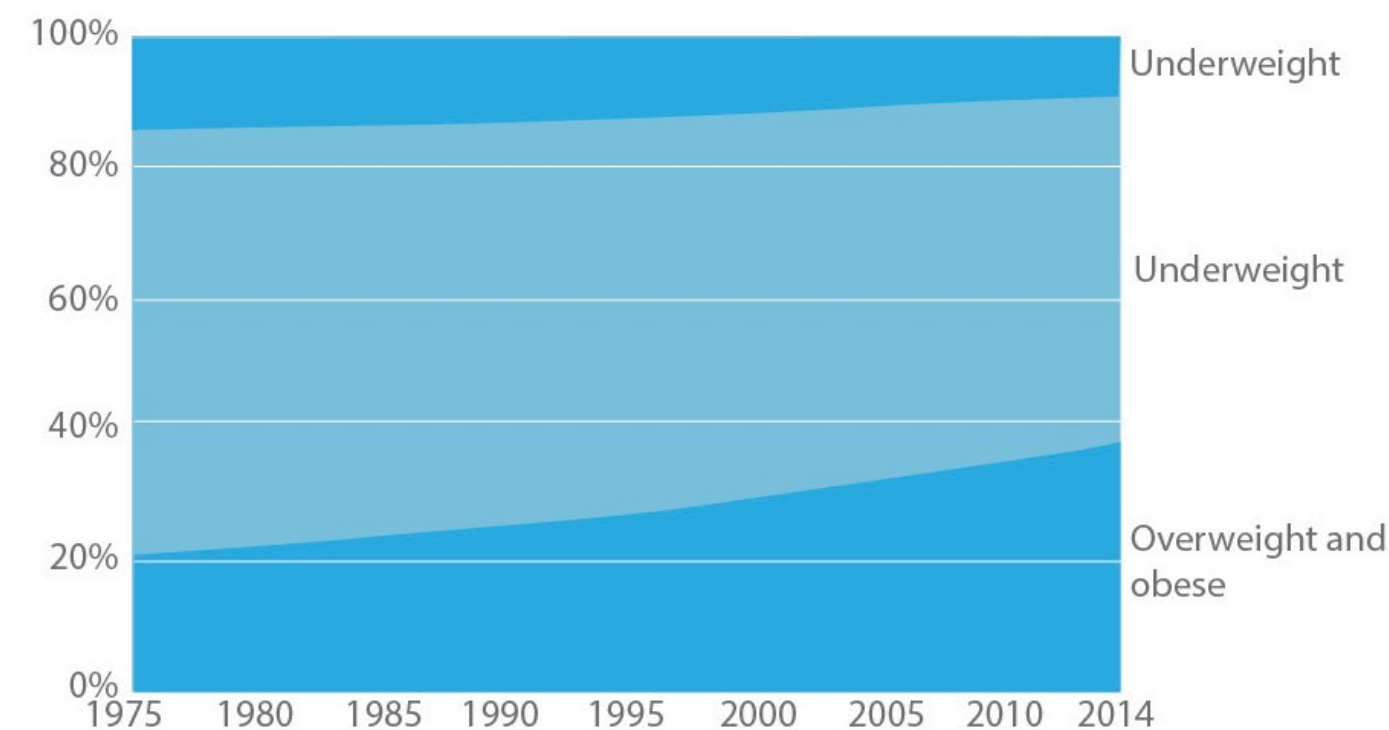




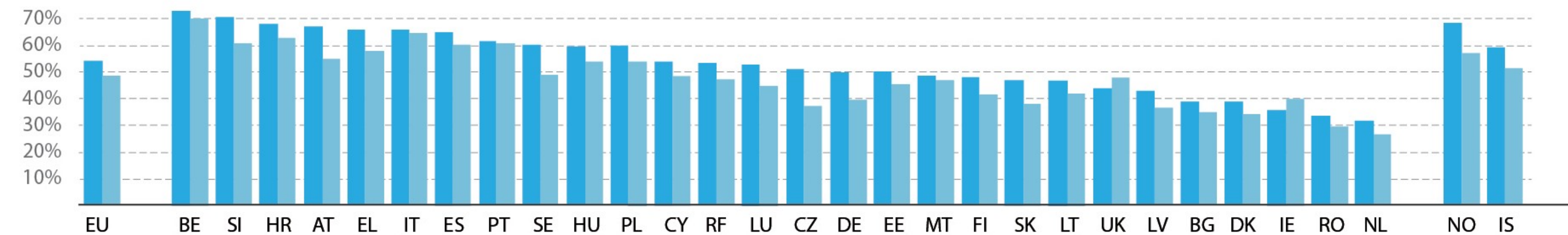
Food = Health

A more healthier food pattern will effect our food producing landscapes.

Share of men defined as underweigght, healthy, overweight and obese, World



Woman Man percentage of sufficient vegetable consumption per country



Our diets need to change towards diets from sustainable food systems.

Food in the Anthropocene: the EAT–*Lancet* Commission on healthy diets from sustainable food systems

Walter Willett, Johan Rockström, Brent Loken, Marco Springmann, Tim Lang, Sonja Vermeulen, Tara Garnett, David Tilman, Fabrice DeClerck, Amanda Wood, Malin Jonell, Michael Clark, Line J Gordon, Jessica Fanzo, Corinna Hawkes, Rami Zurozyk, Juan A Rivera, Wim De Vries, Lindiwe Majele Sibanda, Ashkan Afshin, Abhishek Choudhary, Mario Herrero, Rina Agustina, Francesco Branca, Anna Larrey, Shenggen Fan, Beatrice Crona, Elizabeth Fox, Victoria Bignet, Max Troell, Therese Lindahl, Sudhvir Singh, Sarah E Cornell, K Srinath Reddy, Sunita Narain, Sonia Nishtar, Christopher J L Murray



Executive summary

Executive summary

Food systems have the potential to nurture human health and support environmental sustainability; however, they are currently threatening both. Providing a growing global population with healthy diets from sustainable food systems is an immediate challenge. Although global food production of calories has kept pace with population growth, more than 820 million people have insufficient food and many more consume low-quality diets that cause micronutrient deficiencies and contribute to a substantial rise in the incidence of diet-related obesity and diet-related non-communicable diseases, including coronary heart disease, stroke, and diabetes. Unhealthy diets pose a greater risk to morbidity and mortality than does unsafe sex, and alcohol, drug, and tobacco use combined. Because much of the world's population is inadequately nourished and many environmental systems and processes are pushed beyond safe boundaries by food production, a global transformation of the food system is urgently needed.

The absence of scientific targets for achieving healthy diets from sustainable food systems has been hindering large-scale and coordinated efforts to transform the global food system. This Commission brings together 19 Commissioners and 18 coauthors from 16 countries in various fields of human health, agriculture, political sciences, and environmental sustainability to develop global scientific targets based on the best evidence available for healthy diets and sustainable food production. These global targets define a safe operating space for food systems that allow us to assess which diets and food production practices will help ensure that the UN Sustainable Development Goals (SDGs) and Paris Agreement are achieved.

We quantitatively describe a universal healthy reference diet to provide a basis for estimating the health and environmental effects of adopting an alternative diet to standard current diets, many of which are high in unhealthy foods. Scientific targets for a healthy reference diet are based on extensive literature on foods, dietary patterns, and health outcomes. This healthy reference diet largely consists of vegetables, fruits, whole grains, legumes, nuts, and unsaturated oils, includes a low to moderate amount of seafood and poultry, and includes no or a low quantity of red meat, processed meat, added sugar, refined grains, and starchy vegetables. The global average intake of healthy foods is substantially lower

than the reference diet intake, whereas overconsumption of unhealthy foods is increasing. Using several approaches, we found with a high level of certainty that ¹¹ global adoption of the reference dietary pattern would ¹² provide major health benefits, including a large reduction in total mortality.

The Commission integrates, with quantification of universal healthy diets, global scientific targets for sustainable food systems, and aims to provide scientific boundaries to reduce environmental degradation caused by food production at all scales. Scientific targets for safe operating space of food systems were established for six key Earth system processes. Strong evidence indicates that food production is among the largest drivers of global environmental change by contributing to climate change, biodiversity loss, freshwater use, interference with the global nitrogen and phosphorus cycles, and land-system change (and chemical pollution, which is not assessed in this Commission). Food production on continued functioning of biophysical systems and processes to regulate and maintain a stable Earth system; therefore, these systems and processes provide a set of globally systemic indicators of sustainable food production. The Commission concludes that quantitative scientific targets constitute universal and scalable planetary boundaries for the food system. However, the uncertainty range for these food boundaries remains high because of the inherent complexity in Earth system dynamics.

Diets inextricably link human health and environmental sustainability. The scientific targets for healthy diets and sustainable food systems are integrated into a common framework, the safe operating space for food systems, so that win-win diets (ie, healthy and environmentally sustainable) can be identified. We propose that this framework is universal for all food cultures and production systems in the world, with a high potential of local adaptation and scalability.

Application of this framework to future projections of world development indicates that food systems can provide healthy diets (ie, reference diet) for an estimated global population of about 10 billion people by 2050 and remain within a safe operating space. However, small increases in consumption of red meat or dairy foods would make this goal difficult or impossible to achieve. Within boundaries of food production, the reference diet can be adapted to make meals that are

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 Fund for Nature International,



Meat landscape



Vegetarian landscape





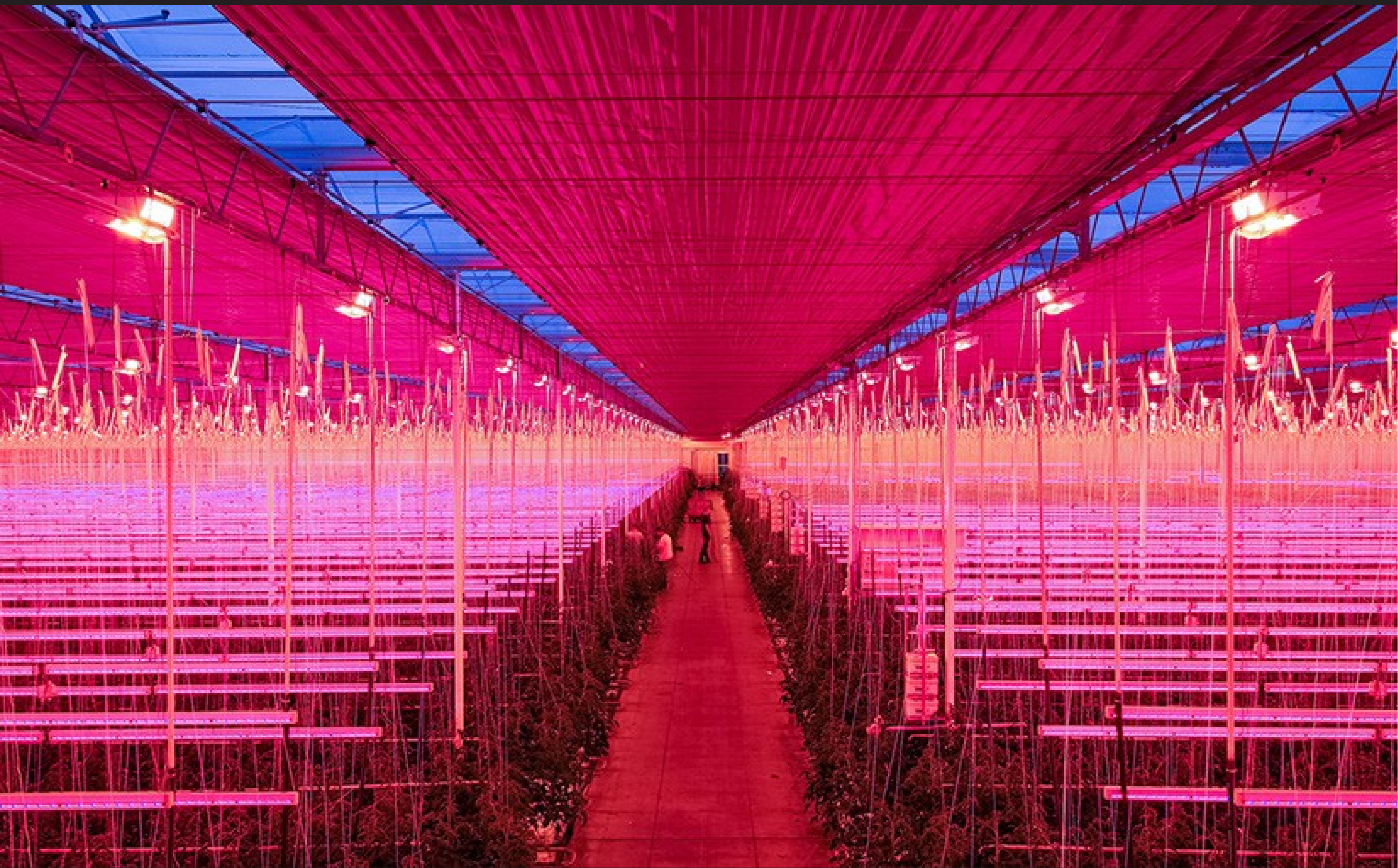






How to reshape the Westland in order to experience the beauty of the greenhouse landscape better?









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VÄXER

Led-plantenverlichting, zilverkleur

€ 35.- / st. **A++**

(€ 28.93 excl. btw)

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★★★★★ 4 (7) Reviews

Wil je altijd zeker weten wat je eet? Kweek dan je eigen groente binnenshuis, 365 dagen per jaar. Dat is leuk, gezond en duurzaam. Je kan je gewassen een extra boost geven met de VÄXER plantenverlichting.

Afmeting 31.5 cm

aantal

1

Niet online beschikbaar

Boodschappenlijstje



Producten ▾

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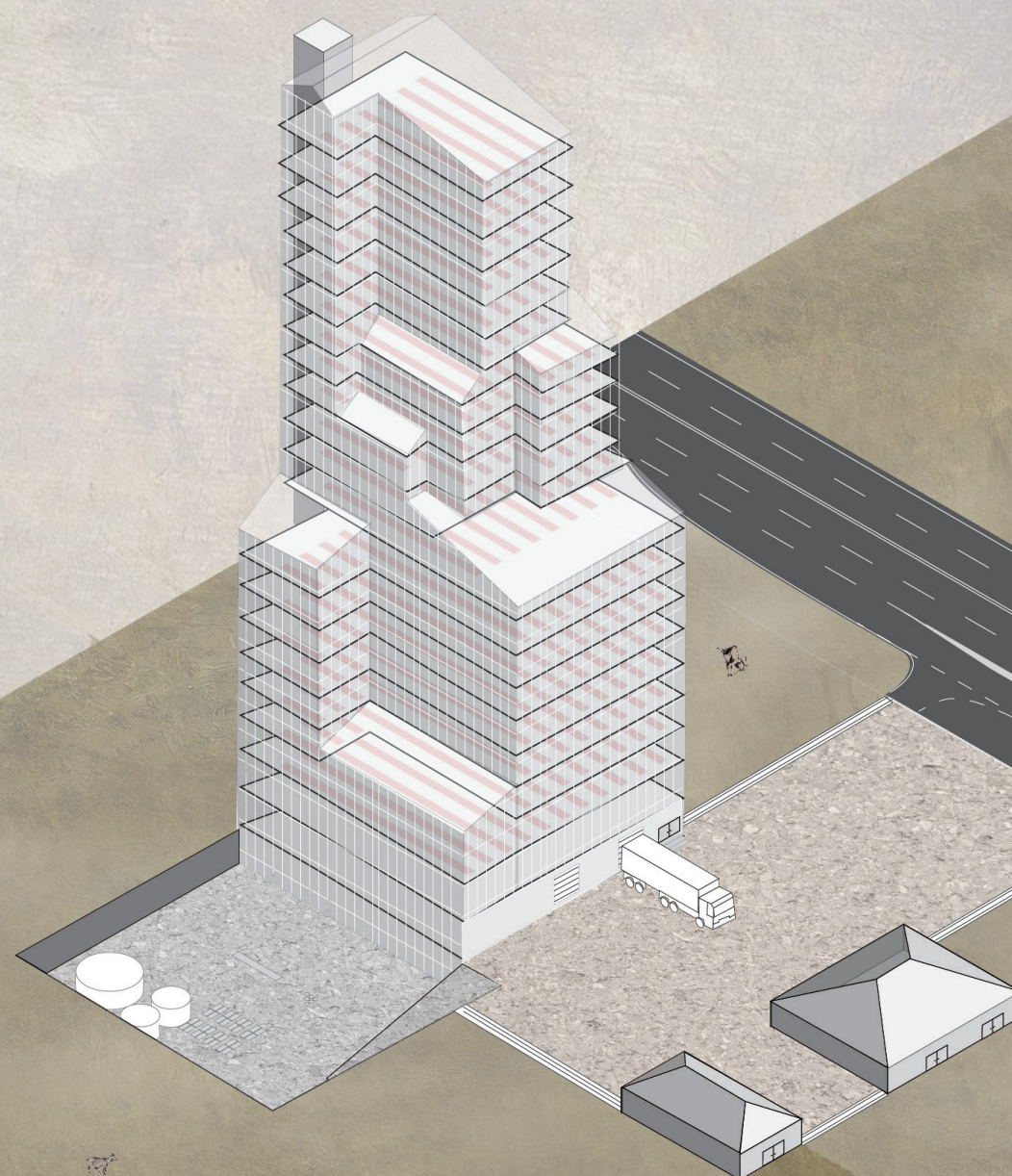
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Boodschappenlijstje







option to build a
farmers house

option to extend storage goat farm

+ 2-21 Agricultural floors
13.500m² / 1,35 ha

Temperature, UV-radiation and humidity can be controlled each floor. The UV-lamps will give a pink light atmosphere

+1: Packing & staff room
900m²

The ground floor of the tower is positioned at the same level as the cargo of the truck

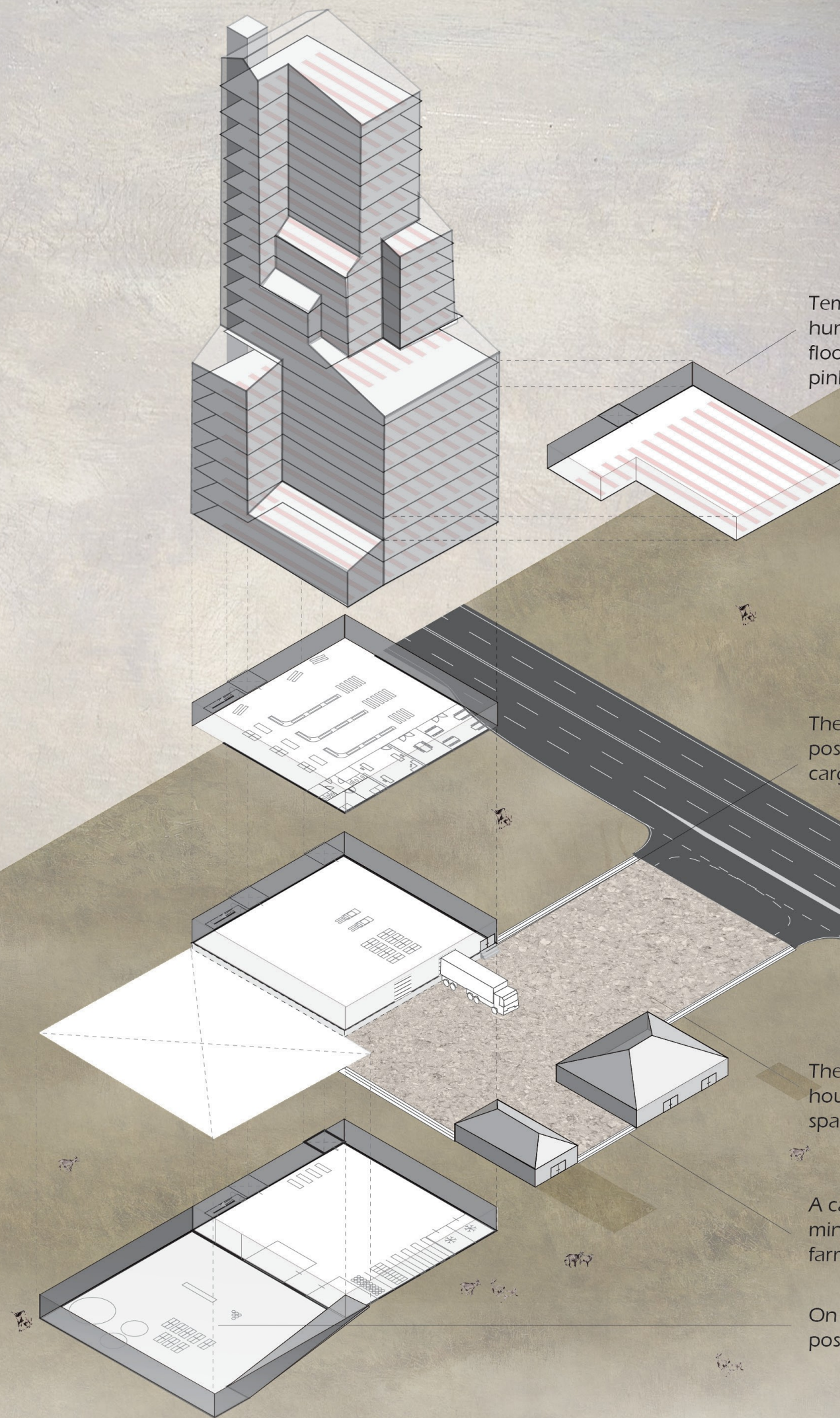
0: Storage and expedition
900 m²

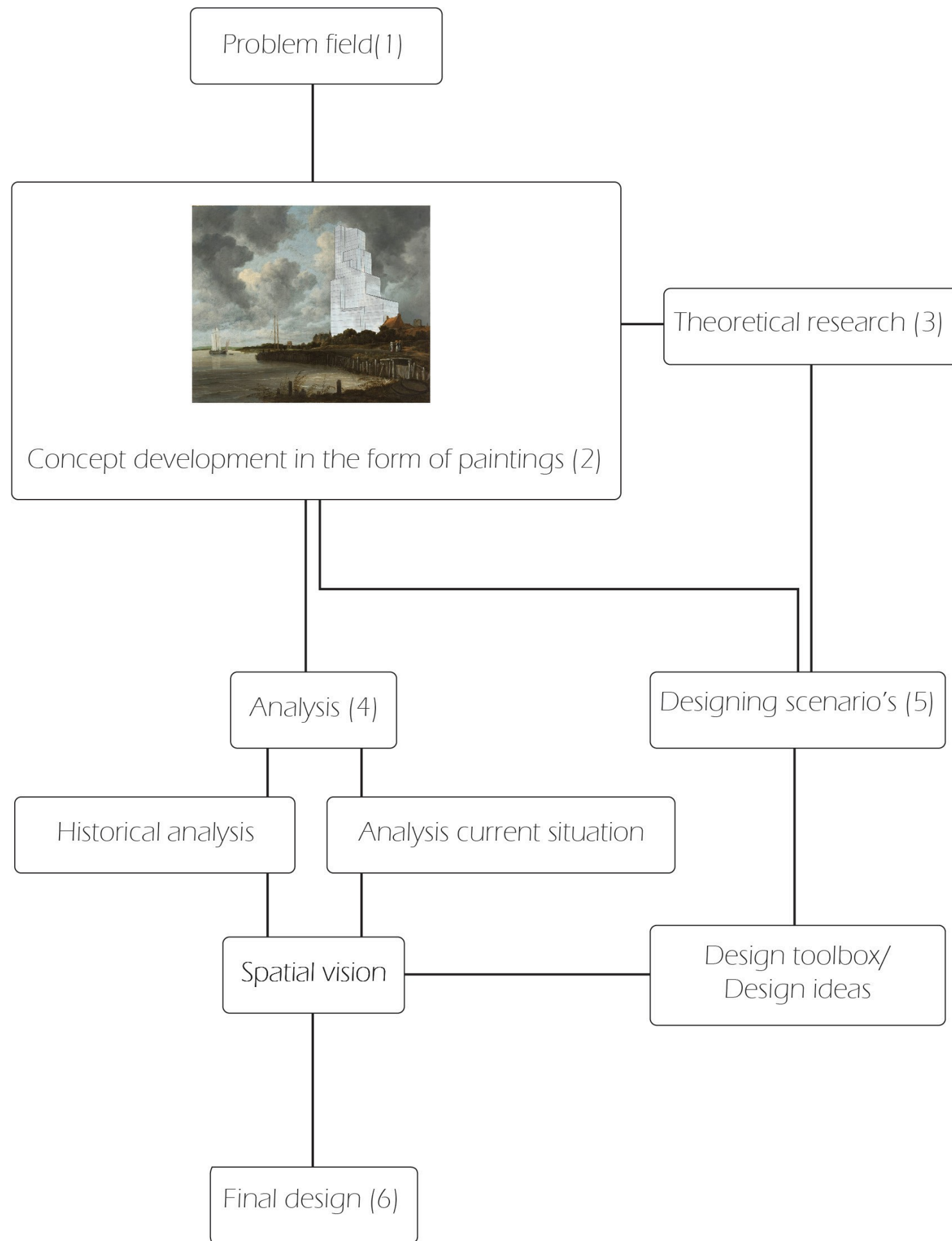
-1: Water and climate machines
900 m²+ 900m² (outdoor)

The goat farm and the greenhouse tower share their parking space

A cattle grid functions as a minimal boarder between the farm land and the parking

On the -1 floor machines are positioned out of sight.







Greenhouse towers in an idyllic landscape



An open view over the greenhouses



An idyllic landscape in between the greenhouses













































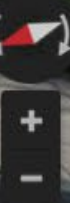










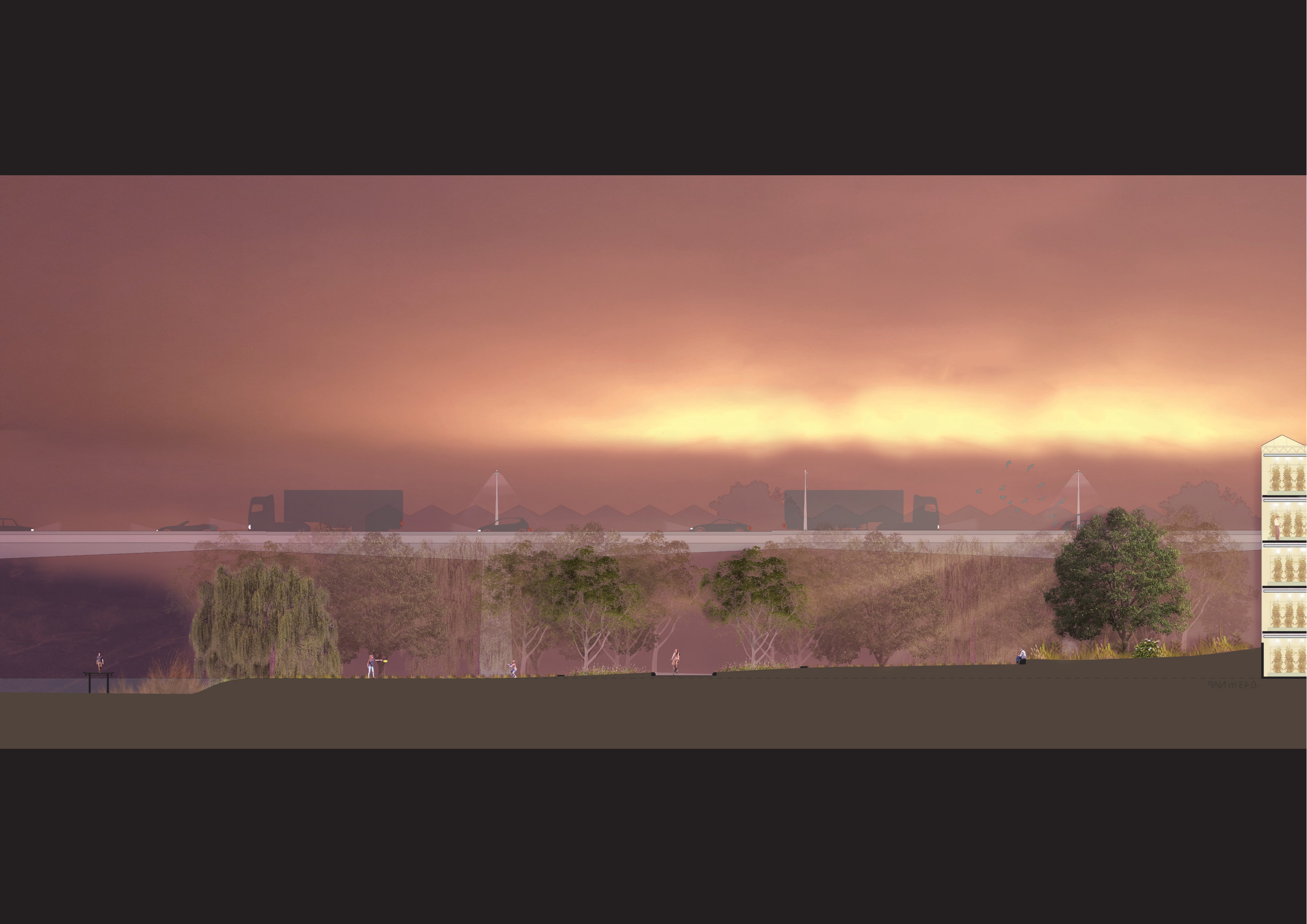












0.43 m NAP



Questions?



