



There is only one!

One Planet – One Health

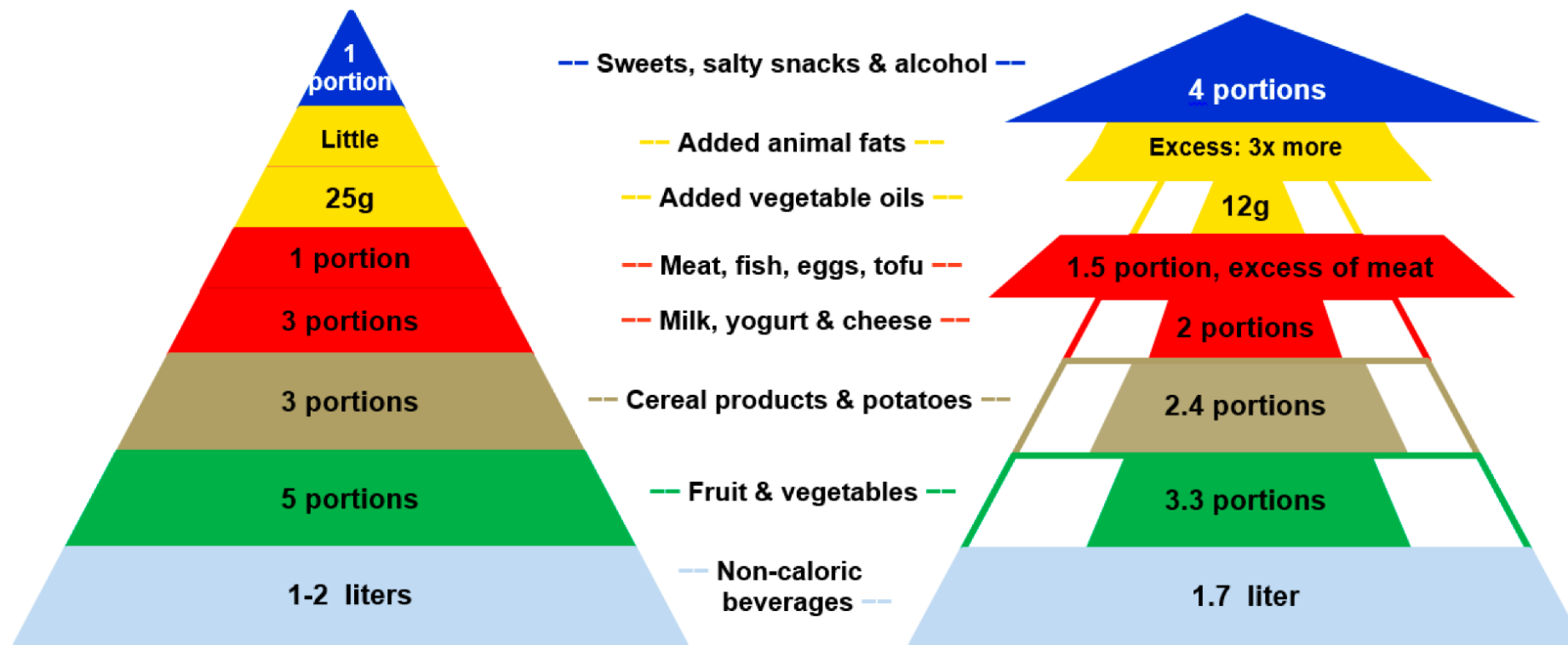
Fabian Wahl

Agroscope, Mikrobielle Systeme von Lebensmitteln



Wie ernähren wir uns?

Lebensmittelpyramide: Empfehlung versus Realität

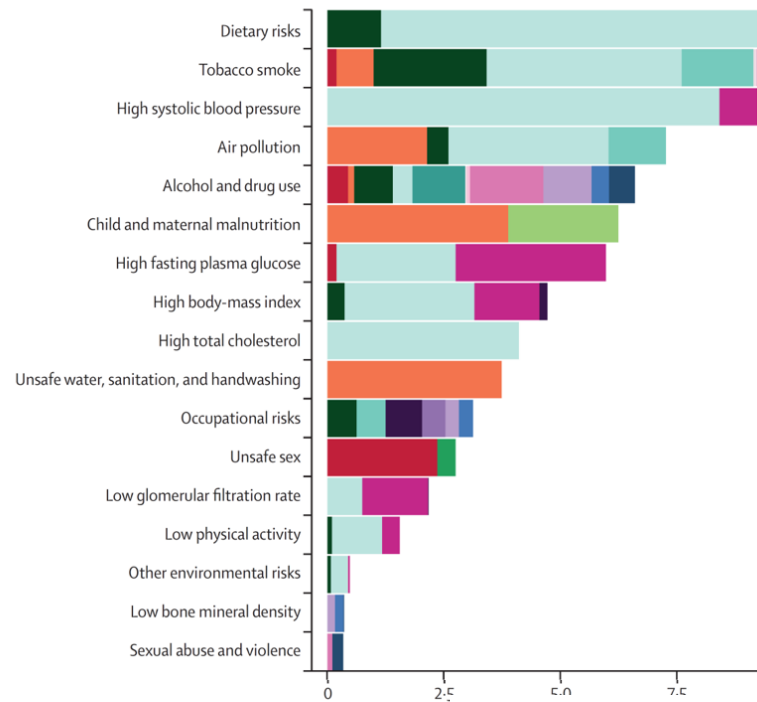


BLV: Nationale Ernährungserhebung (Datenerhebung 2014/15)



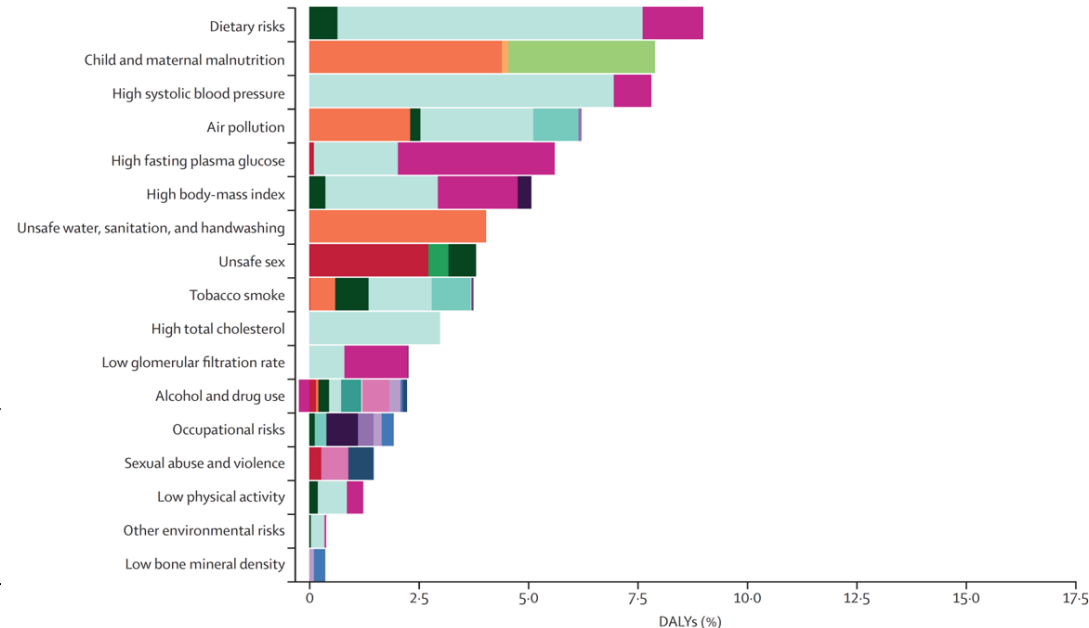
Konsequenzen der aktuellen Ernährung

Risk factors for diseases in men (Global burden of disease study 2015)



DALY =
disability-adjusted life years

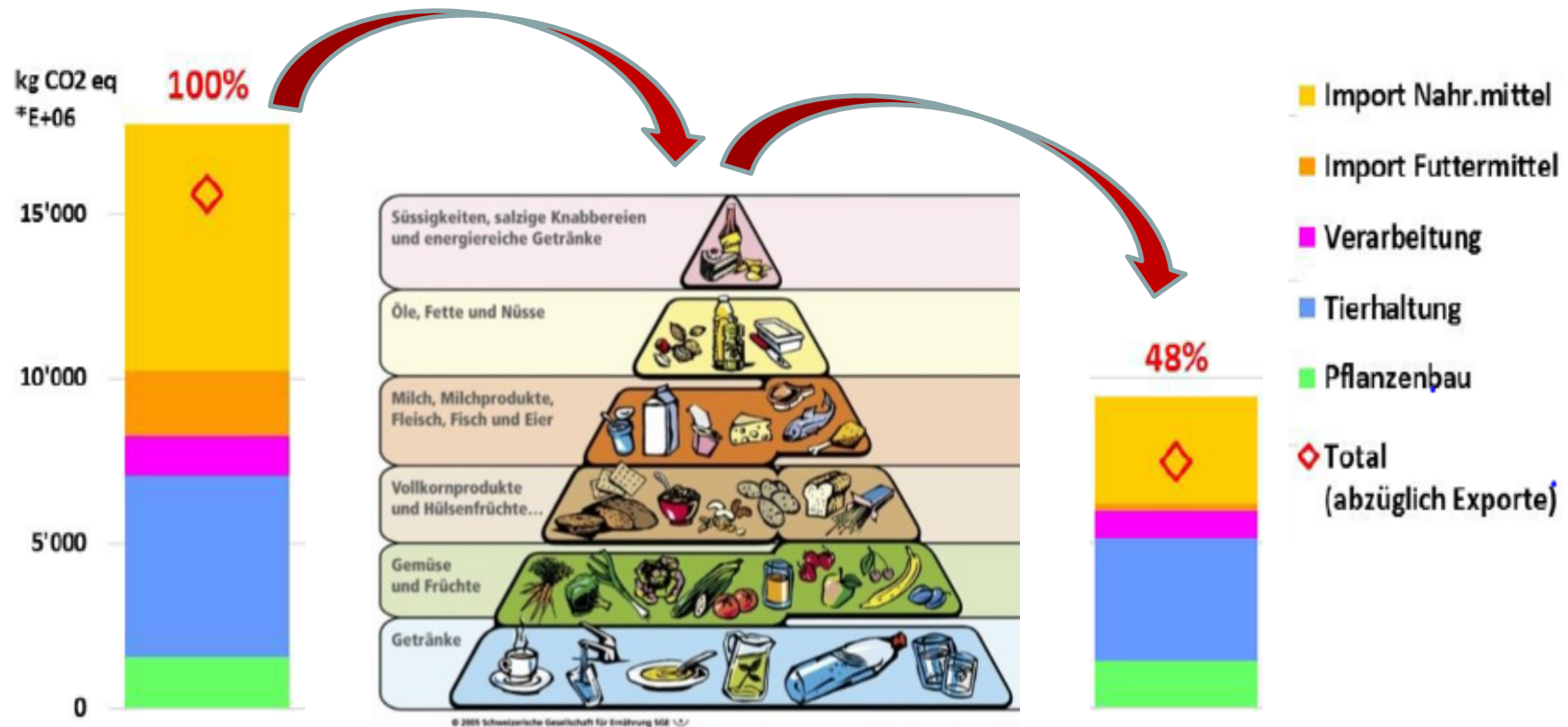
Risk factors for diseases in women (Global burden of disease study 2015)



- HIV/AIDS and tuberculosis
- Diarrhoea, lower respiratory infections, and other common infectious diseases
- Maternal disorders
- Nutritional deficiencies
- Other communicable, maternal, neonatal, and nutritional diseases
- Neoplasms
- Cardiovascular diseases
- Chronic respiratory diseases
- Cirrhosis and other chronic liver diseases
- Digestive diseases
- Neurological disorders
- Mental and substance use disorders
- Diabetes, urogenital, blood, and endocrine diseases
- Musculoskeletal disorders
- Other non-communicable diseases
- Transport injuries
- Unintentional injuries
- Self-harm and interpersonal violence



Richtige Ernährung schont die Gesundheit **und die Umwelt**



Zimmermann et al. 2017

Wen müssen wir ernähren?

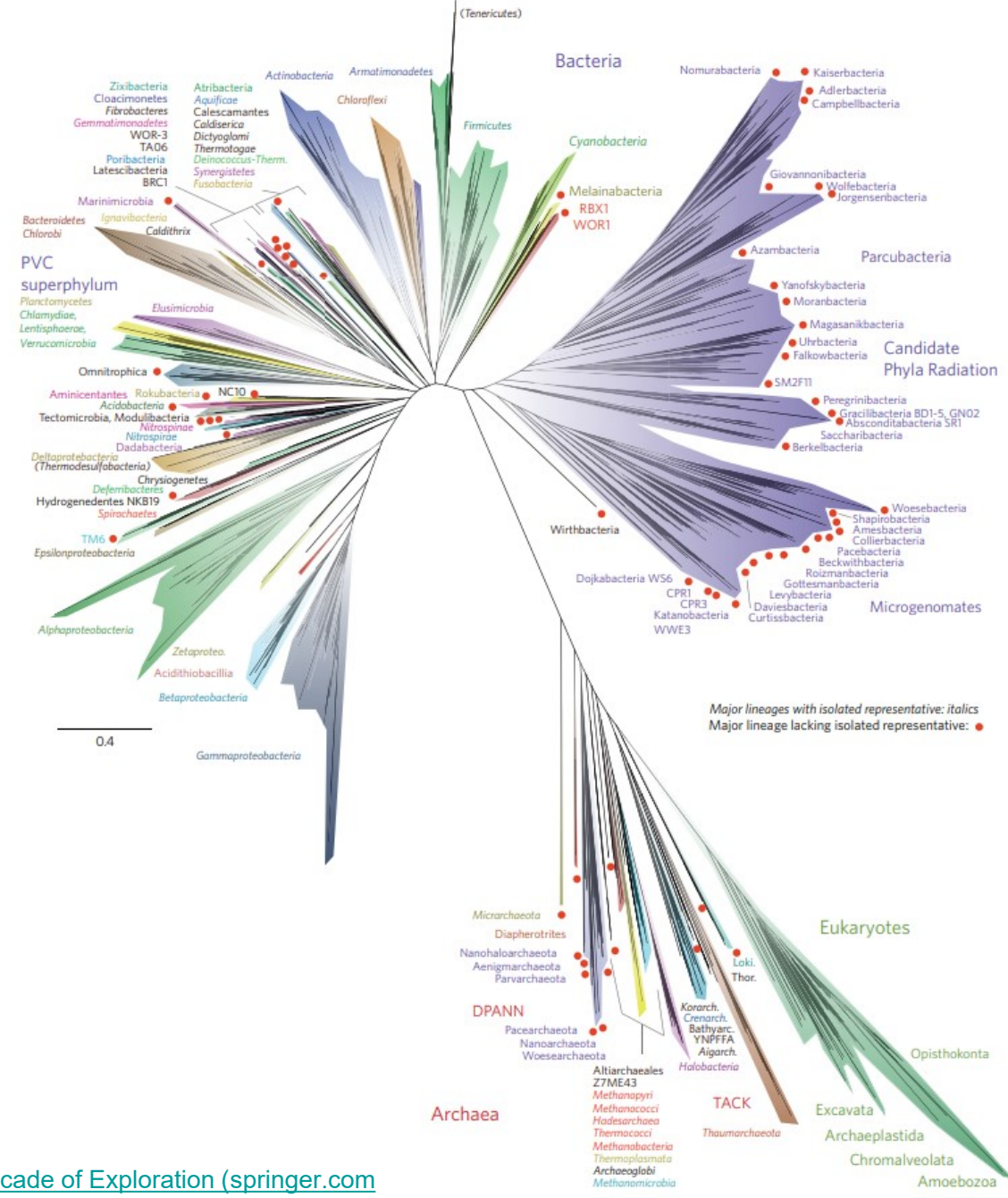
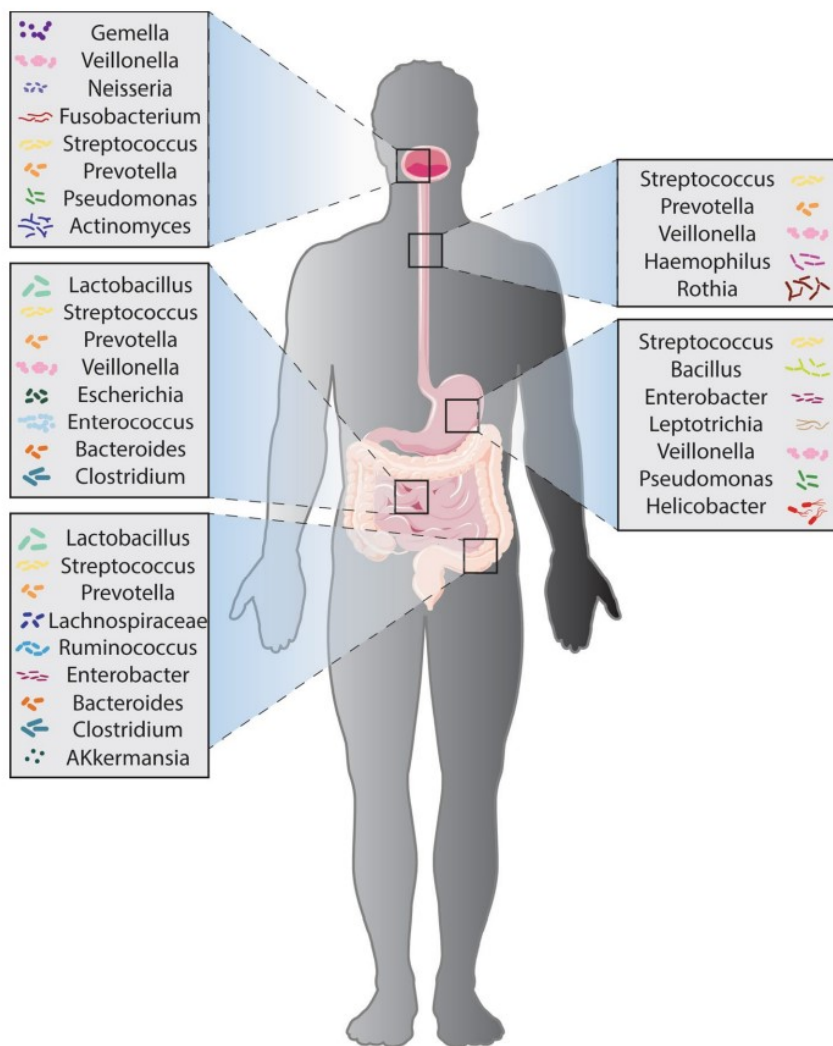
Den Mensch (uns) oder unser Darmmikrobiom

Wer bin ich?

	Mensch	gutes Mikrobiom	
Gewicht	85kg	2kg	97.5%
Zellen	10^{13} Humanzellen	10^{13} Bakterien	50%
Gene	20'000	> 2 Millionen	1%



Biodiversität

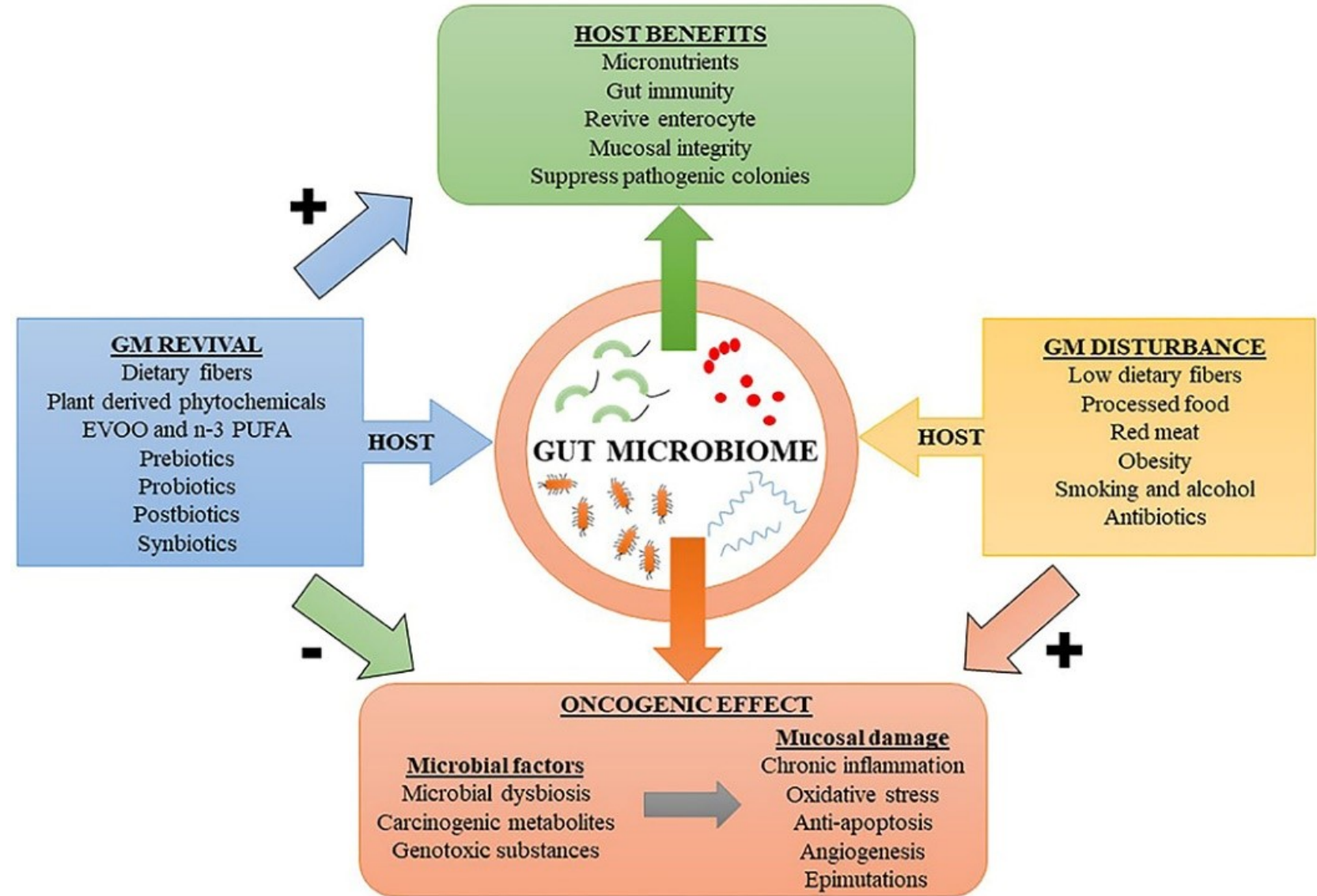


Agroscope Fabian Wahl

NHT 2022: [Healthy Human Gastrointestinal Microbiome: Composition and Function After a Decade of Exploration \(springer.com\)](https://www.springer.com/nature/microbiology/article/10.1038/s41564-022-01000-0)
[A new view of the tree of life | Nature Microbiology](https://www.nature.com/articles/s41564-022-01000-0)

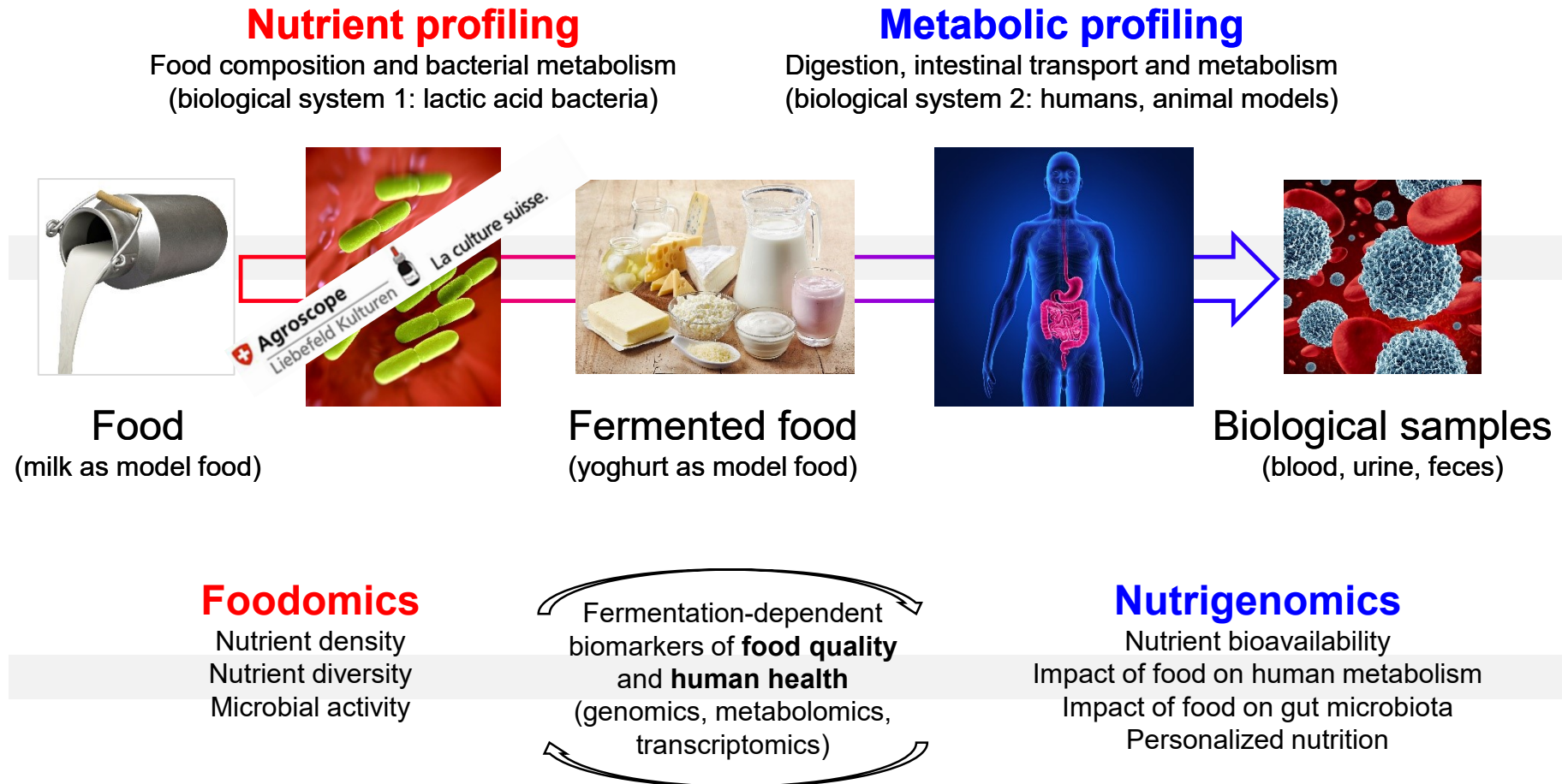


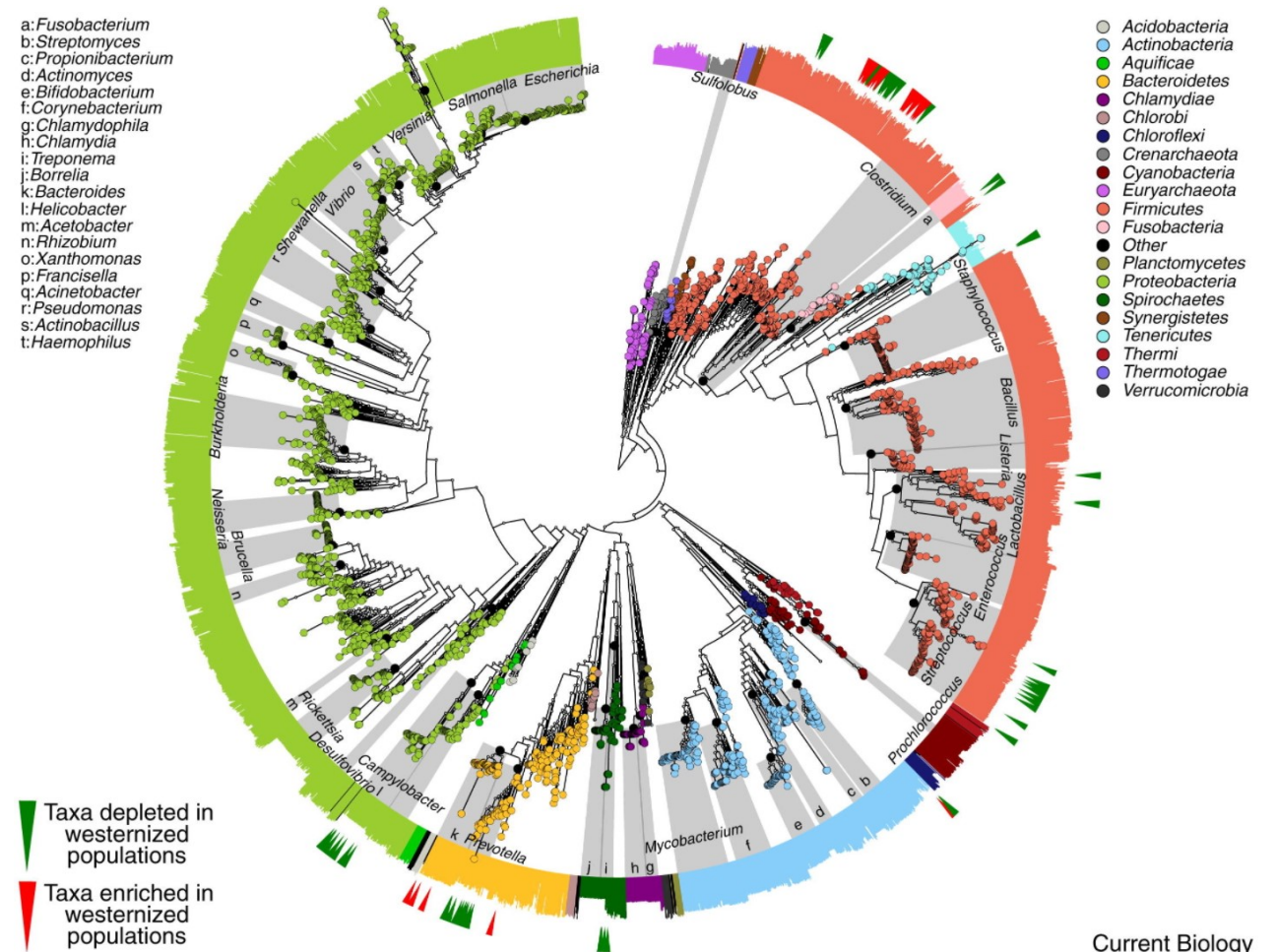
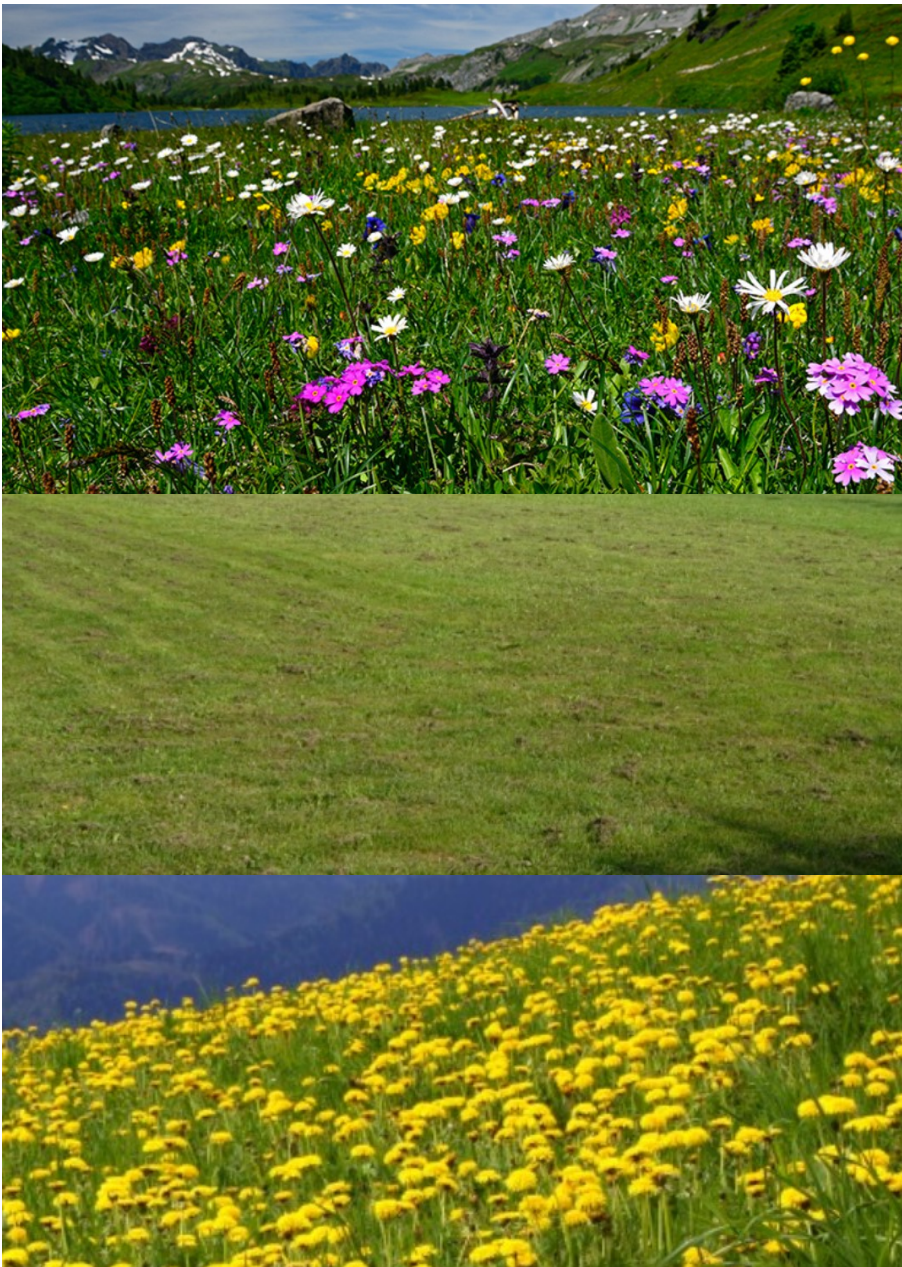
Chancen / Risiken

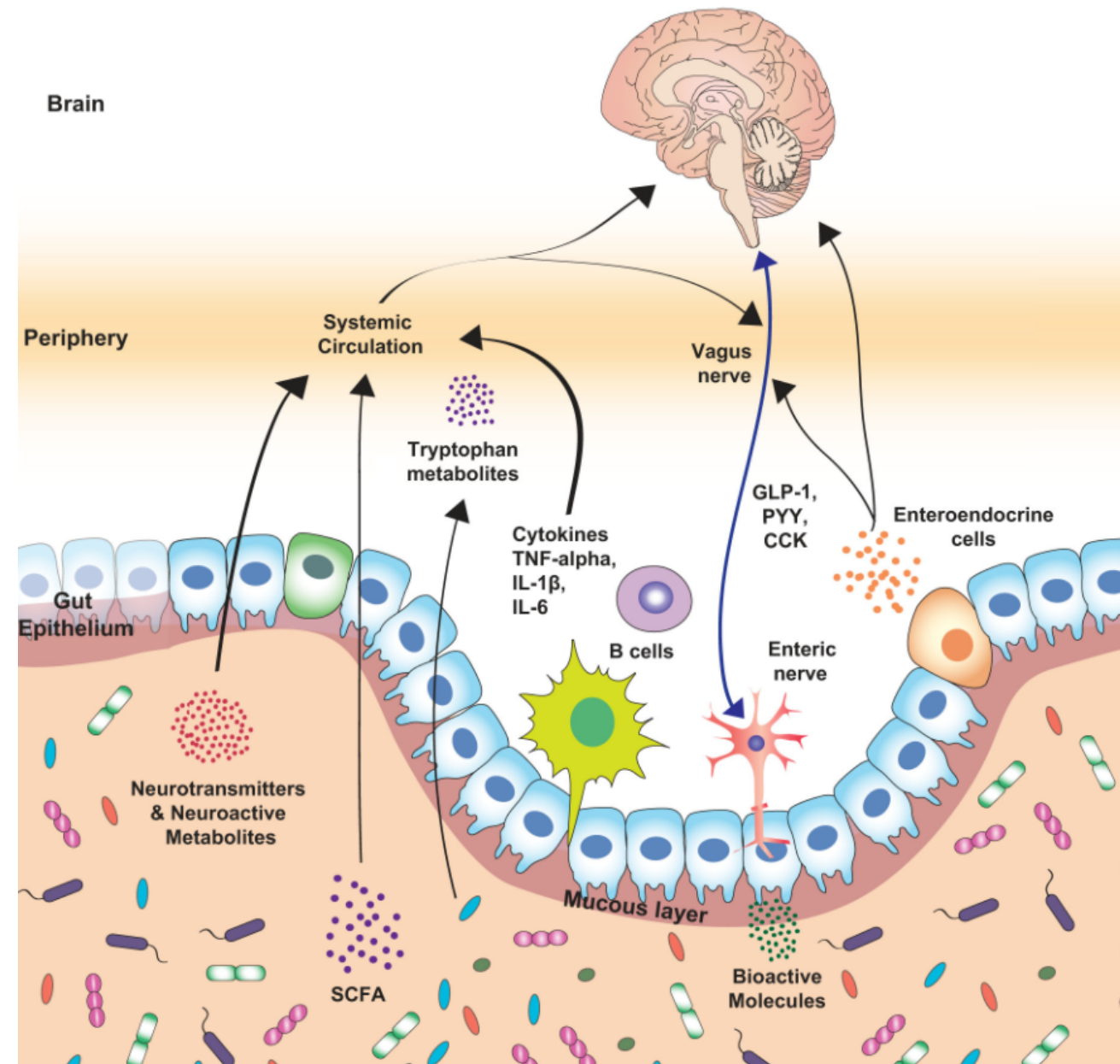
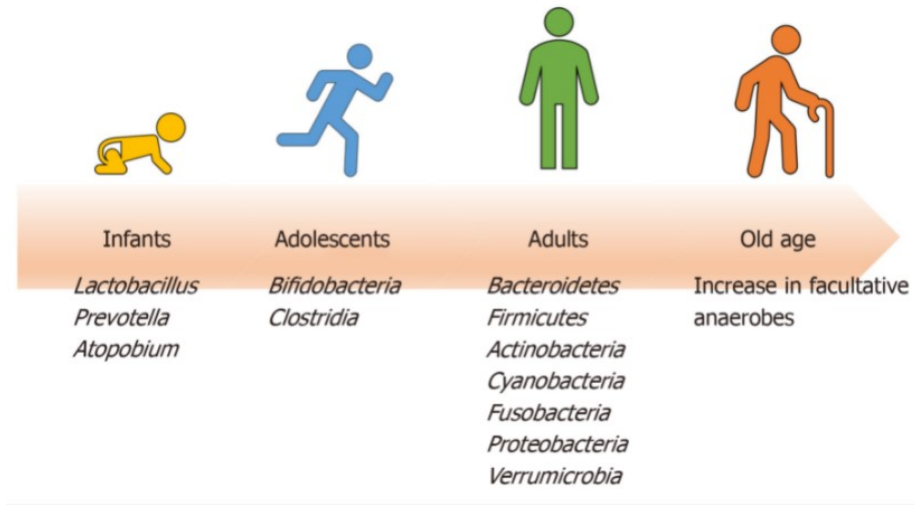




Erforschung der Gesundheitswirkung von fermentierten Lebensmitteln

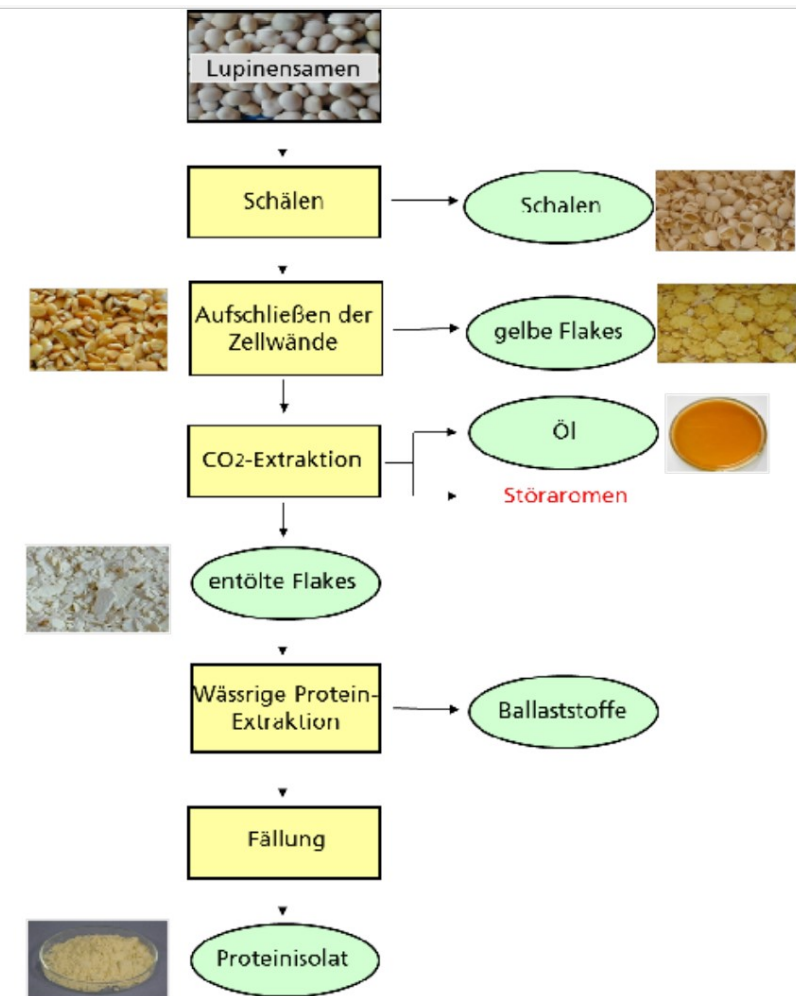






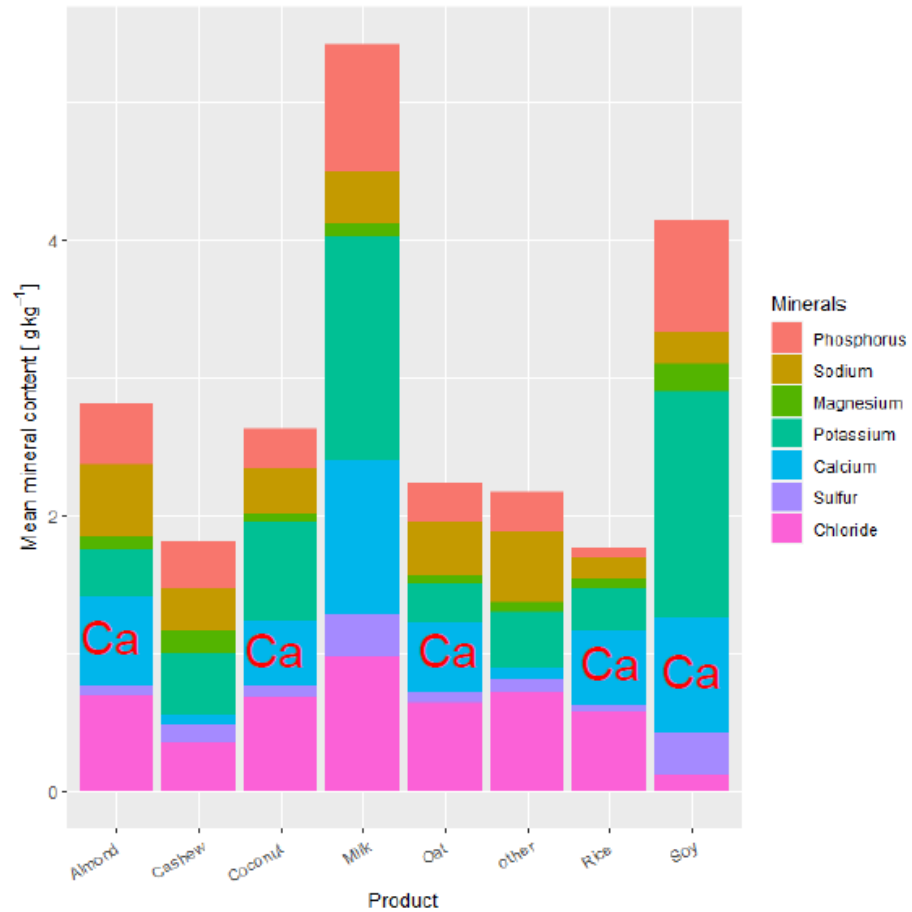


Alternativprodukte

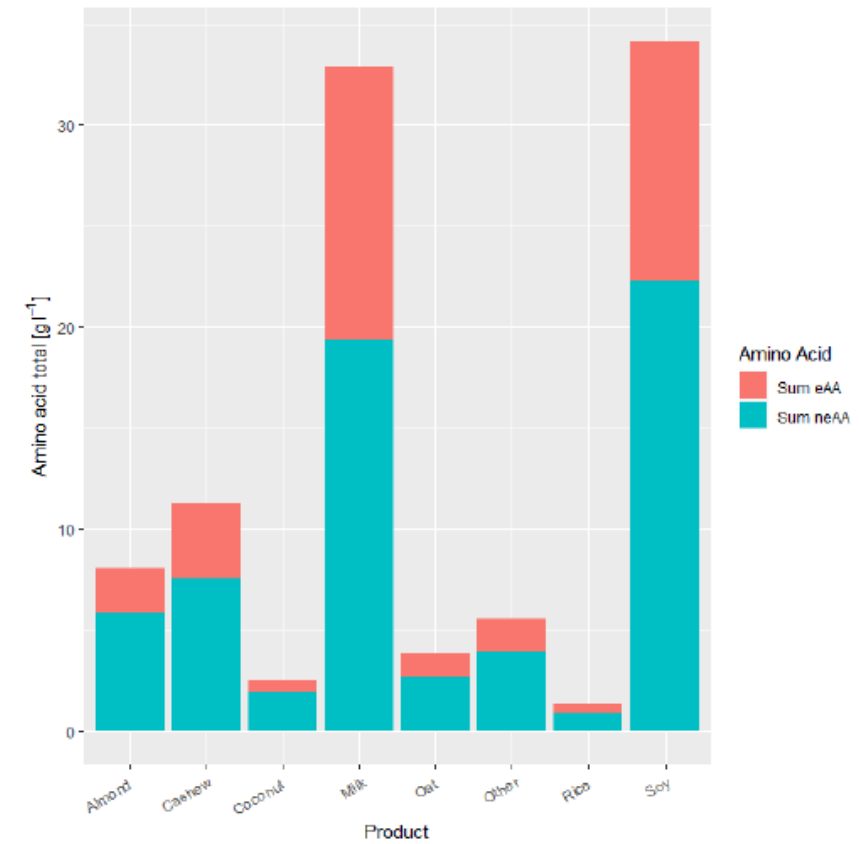


Beispiel Pflanzenproteindrinks als Milchersatz

Mineralstoffe I



Proteine - Aminosäuren



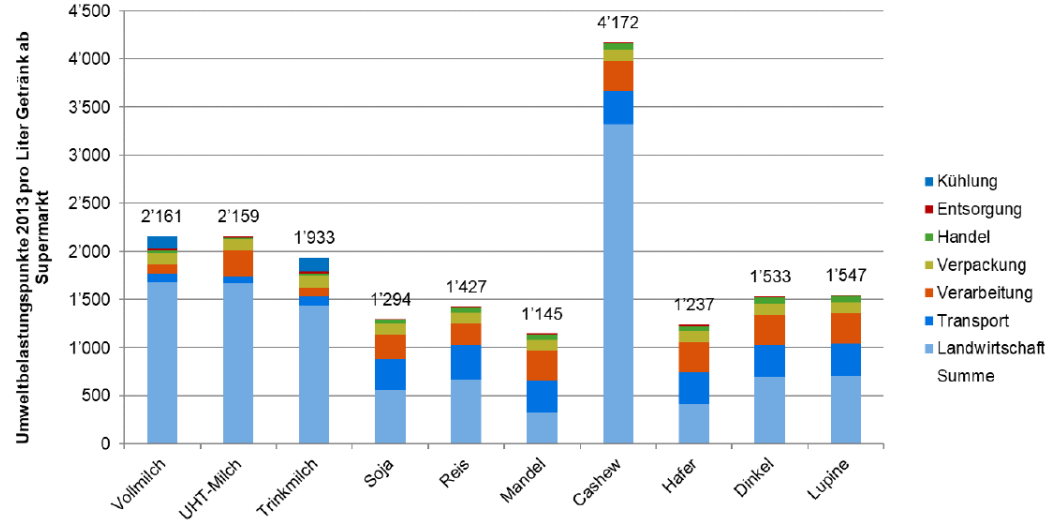


Fig. 5.3 Vergleich der verschiedenen Milchgetränke und nicht angereicherten Drinks in Umweltbelastungspunkten 2013 pro Liter ab Supermarkt

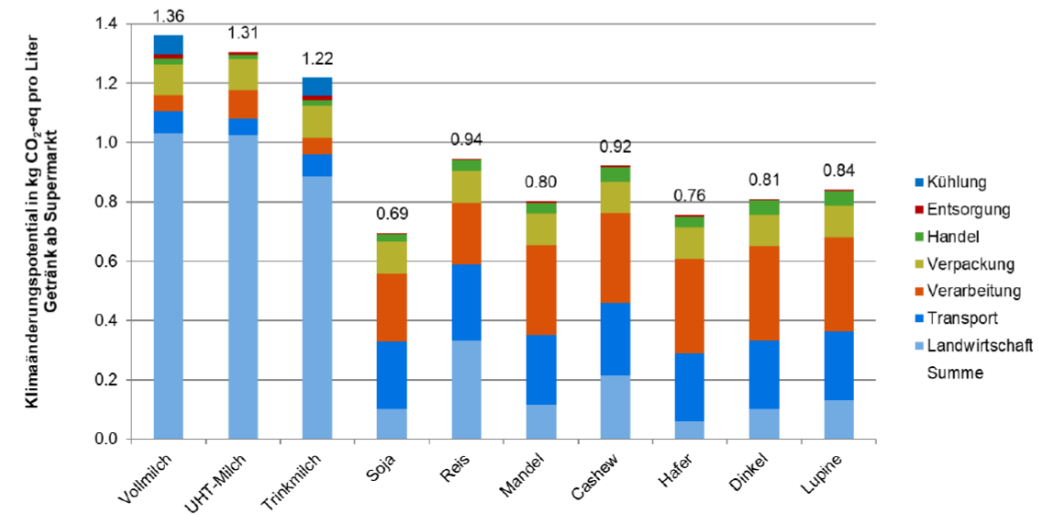


Fig. 5.5 Vergleich der verschiedenen Milchgetränke und nicht angereicherten Drinks für den Treibhauseffekt (kg CO₂-eq pro Liter ab Supermarkt, IPCC 100a, inklusive zusätzlicher Einflüsse von Flugtransporten (Jungbluth & Meili 2019))

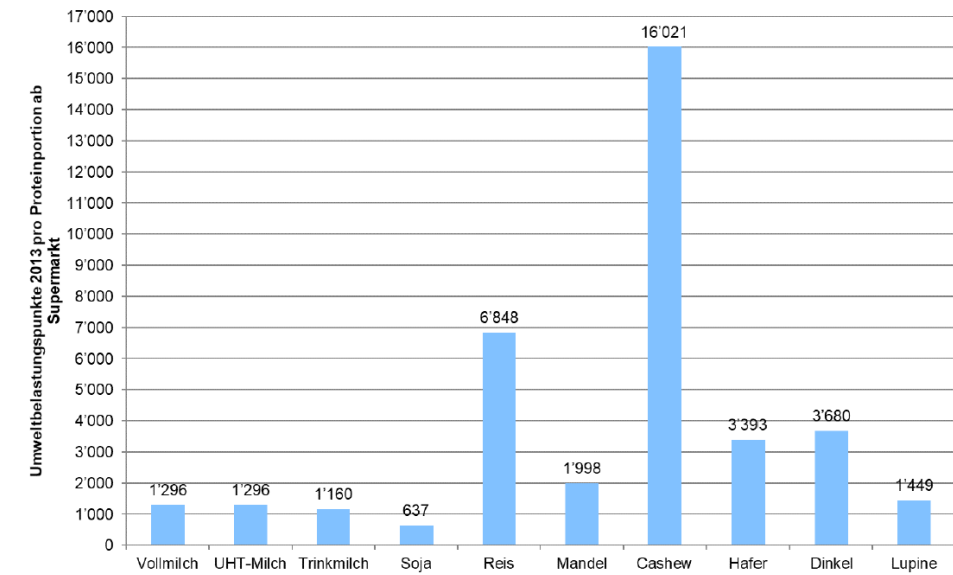


Fig. 5.7 Vergleich der verschiedenen Milchgetränke und nicht angereicherten Drinks in Umweltbelastungspunkten 2013 pro 20 g Protein

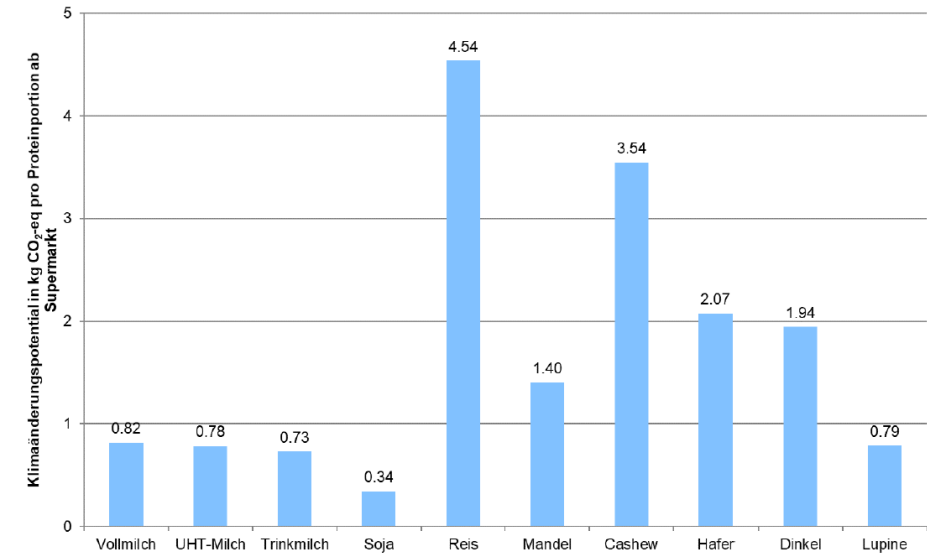
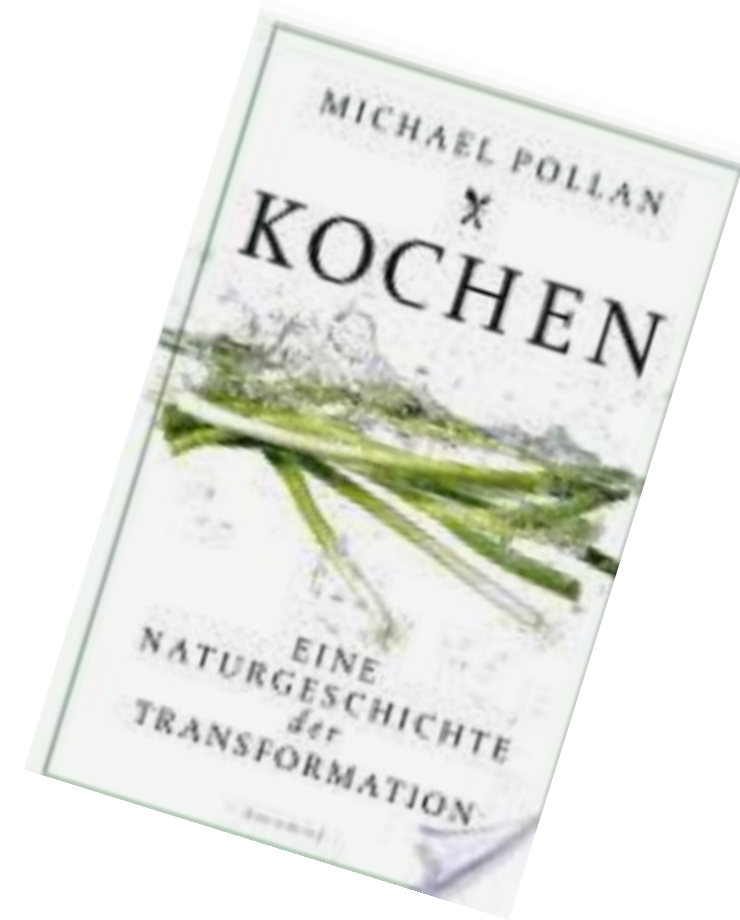


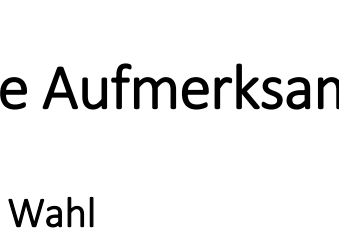
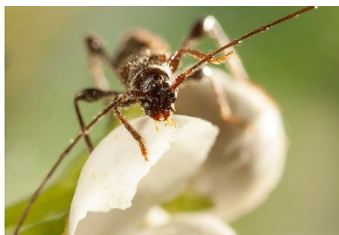
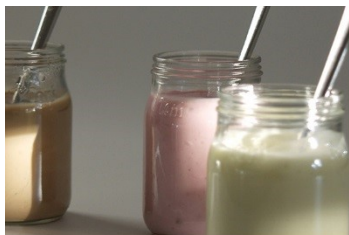
Fig. 5.11 Vergleich der verschiedenen Milchgetränke und nicht angereicherten Drinks in kg CO₂-eq pro 20 g Protein



„Wir können die Welt mit der Gabel verändern. Dreimal am Tag haben wir die Möglichkeit eine Stimme abzugeben.“

Michael Pollan





Vielen Dank für Ihre Aufmerksamkeit

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Agroscope good food, healthy environment
www.agroscope.admin.ch

