

## QUALE DIETA PUO' CONTRIBUIRE A RIDURRE IL CAMBIAMENTO CLIMATICO?

**MARIKA FERRARI**

CREA Alimenti e Nutrizione | Italia

### RIFERIMENTI BIBLIOGRAFICI

1. Regulation (EU) 2021/1119 of the European Parliament and of the Council of 30 June 2021 establishing the framework for achieving climate neutrality and amending Regulations (EC) No 401/2009 and (EU) 2018/1999 ('European Climate Law'). <https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32021R1119&from=EN> (Accessed on 2 February 2022).
2. European Commission, *A Farm to Fork Strategy for a Fair, Healthy and Environmentally-Friendly Food System* (COM/2020/381). Brussels 20 May 2020. <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:52020DC0381> (Accessed on 2 February 2022).
3. Società Italiana di Nutrizione Umana (SINU). 2014). Livelli di Assunzione di Riferimento di Nutrienti ed Energia per la Popolazione Italiana (LARN), IV Revisione. <https://sinu.it/tabelle-larn-2014/>
4. FAO and WHO. (2019). Sustainable Healthy diet. Guiding principles. Rome. <https://www.who.int/publications/i/item/9789241516648>
5. Gazan R., Brouzes Chloé M.C., Vieux F., Maillot M., Lluch A., Darmon N. (2018). Mathematical Optimization to Explore Tomorrow's Sustainable Diets: A Narrative Review. *Adv Nutr*, 9, 602–616. <https://academic.oup.com/advances/article/9/5/602/5098393?login=false>
6. Dantzig G.B. and Thapa N.M. (2003). Linear Programming 2. *Theory Extensions*. <https://link.springer.com/book/10.1007/b97283>
7. van Dooren C., Tyszler M., Kramer Gerad F.H., Aiking H. (2015). Combining Low Price, Low Climate Impact and High Nutritional Value in One Shopping Basket through Diet Optimization by Linear Programming. *Sustainability*,7,12837. <https://www.mdpi.com/2071-1050/7/9/12837>
8. Ferrari M., Benvenuti L., Rossi L., De Santis A., Sette S., Martone D., Piccinelli R., Le Donne C., Leclercq C., Turrini A. (2020). Could dietary goals and climate change mitigation be achieved through optimized diet? The experience of modelling the national food consumption data in Italy. *Front. Nutr.*, 7(48),1–13. <https://www.frontiersin.org/articles/10.3389/fnut.2020.00048/full>