

**FINAL ANSWERS FROM DR. WILLETT'S PRESENTATION:  
CREATING A PATH FOR HEALTHY SUSTAINABLE DIETS  
Monday, June 15, 2020**

We lost Dr. Willett's audio as he was addressing a few final questions submitted by our Annual Meeting attendees. Dr. Willett has been kind enough to provide his answers in written format below.

***Q. What does Dr. Willett think of all the new products, like those from Beyond Meat to increase the veggie products that taste like meat but are still pretty bio-engineered. I don't know enough about the process they are using but wonder if this sort of engineered is good.***

A. These new products probably do substantially reduce the environmental impacts compared to red meat, but because they are designed to mimic beef, the health effects are likely to not be very different. Of course, we don't have any long-term data on health effects. I view these new products like a nicotine patch; they may help some people get off beef consumption but they are not as good as healthy plant-based alternatives made from natural foods.

***Q. Does this diet include sufficient omega-3's to for early development and later to provide cognitive protection?***

A. Yes, two servings of fish per week should be sufficient (salmon is a particular good source for early development because it is low in mercury and high in omega-3's). Also, this diet will provide some ALA forms of omega-3's because of foods like soy, greens, some nuts and plant oils (high in soy and canola oil and some in olive oil).

***Q. What impact does processing/transportation of food items have on GHG emissions? Are those emissions categorized under food or transport/industry and will eating local/less process food have a considerable impact on emissions in those sectors as well?***

A. In general processing and transportation have smaller impacts than the production of the food itself. However, there are exceptions; flying fruits from around the world has a large impact. Eating local is on average better, but again there are many exceptions; this is mainly advantageous for fresh fruits and vegetables because long distance shipping with refrigeration can have quite a large environmental footprint. However, local production using heated greenhouses also has a large footprint....there is no simple adjective that fully captures the environmental footprint. Shifting to more plant-based usually has the most important impact. Processing has major health impacts, such as the effects of refining grain and hydrogenating oils, but the environmental impact is relatively modest compared to the production of the food.