

# HEALTHY EATING TIPS FOR YOU AND THE PLANET

## EXPLORE

- Browse various organizations' food tip websites - get inspired by plant-based dishes.
- Check out healthy and environmentally friendly cookbooks at your library.
- Follow social media accounts that utilize seasonal ingredients - save the tips you find!
- What meals can you make with fresh, local, and seasonal vegetables and roots? Plan a menu.
- Notice the diverse sources of fiber you can get throughout the day: test your daily fiber intake at [leipatiedotus.fi](https://leipatiedotus.fi).
- Use apps provided by grocery stores to check the domestic and climate impact levels of your food choices.

## TRY

- Swap white bread for fiber-rich multigrain or whole grain bread.
- Choose domestic potatoes, oats, barley, or quinoa instead of rice.
- Use spreads for bread based on canola, rapeseed, olive, or sunflower oil instead of butter.
- Eat domestic fish or plant-based proteins more often instead of red meat. If you do eat meat, consume domestic meat in moderation.
- Add peas, beans, lentils, and other legumes to your cooking. Try domestic plant-based products in your meals and snacks. Don't forget about nuts and seeds!
- Think of ways to reduce food waste in your home - put them into action!

## TAKE THE CHALLENGE

- Surprised by a sweet craving? Maintain a regular meal rhythm and enjoy treats after a proper meal.
- Perch, pike, or vendace? Prepare dishes with domestic freshwater fish. Swap canned tuna for domestic fish preserves.
- Occasionally replace minced meat with fava bean or milk protein alternatives.
- Use cheese in moderation: instead of cheese, top your bread with vegetables or vegetable spreads. Choose domestic options!
- Care for a favorite cooking herb on your balcony or in your yard - and remember to use it!
- Buy local food from the market, grocery hall, or directly from producers.
- Incorporate a vegetarian day into your week!



FRESH, DELICIOUS, HEALTHY, LOCAL!

Learn more: Finnish Nutrition and food recommendations (Finnish Food Authority 2024)

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# WELL-BEING FROM NATURE AND FOR NATURE THROUGH SMALL EVERYDAY ACTIONS

## CONNECTING WITH NATURE IN DAILY LIFE

- Small nature-friendly actions are significant in mitigating climate change and biodiversity loss. A connection to nature supports your well-being.
- Shared activities in nature strengthen relationships and boost happiness.
- Visits to nature improve well-being effortlessly: anxiety and stress are reduced.
- Being in a natural environment lowers blood pressure and improves sleep quality.
- Contact with nature strengthens the body's immune system against various pathogens.
- Outdoor activities promote fitness and heart health and help prevent various health risks.

## EVERYDAY MOBILITY AND OUTDOOR ACTIVITIES

- Inspire yourself to make small changes that benefit both your and nature's well-being and future.
- Use your muscle power: travel by bike or walk when you can. Don't forget carpooling!
- Refresh yourself in nearby nature spots. Take children, friends, and the elderly with you to enjoy and rejuvenate in natural environments.
- Nurture nature and your connection to it by engaging in activities in green environments.

## SMALL DAILY FOOD CHOICES

- Be mindful that eating in line with your nutritional needs helps reduce the strain on the environment.
- Excessive consumption of sugar and sweets increases the environmental impact of your diet without nutritional benefits.
- Avoid wasting coffee, as coffee farming negatively impacts global biodiversity.
- Reduce the use of bottled or canned sugary drinks.



NOTICE THE LINK BETWEEN YOUR CHOICES IN MOBILITY, DIET, HOUSING, AND CONSUMPTION AND THEIR IMPACT ON NATURE'S WELL-BEING. YOU CAN ASSESS THE SUSTAINABILITY OF YOUR CHOICES WITH SITRA'S LIFESTYLE TEST.

Learn more: Interdisciplinary perspectives on planetary well-being (Elo et al. 2024)

# FIND STRENGTH IN NATURE, FOSTER YOUR CONNECTION, AND CARE FOR THE PLANET

## EXPLORE

- Observe, listen to, and feel the various wonders of nature throughout the seasons.
- Take photos of your favorite nature spots and set them as your phone or laptop background.
- Leave your headphones at home while outdoors: listen to nature's own sounds.
- Admire butterfly species on websites. How many of them have you encountered in your yard?
- Can you recognize a bird species by its song? Use the **BirdNet** app for help.
- Want to know the name of a flower or a mushroom? Use the **PlantNet** app for identification.
- Breathe deeply in nature, close your eyes, and notice the scents around you.

## TRY

- Pack a picnic and enjoy a leisurely meal in nature.
- Bring binoculars and go birdwatching in your local area or at a birdwatching tower!
- Collect and dry seeds from blooming summer flowers for next year.
- Grow flowering plants that attract butterflies and pollinators.
- Discover local nature spots in your area and nearby municipalities.
- When was the last time you walked on a boardwalk? Plan your next trip to a boardwalk location.

## TAKE THE CHALLENGE

- Participate in a local nature event.
- Borrow litter pickers from the library and go on a litter walk with a friend.
- Pick and preserve the berries and edible mushrooms you know; be sure to enjoy them in winter!
- Provide a home for small creatures: leave a corner of your lawn uncut and unraked.
- Take on the birdhouse challenge - spot or build one: find instructions online!
- Create an insect hotel or bird bath using natural materials. Find instructions online!
- Establish a flower meadow in the driest, sunniest area of your yard using native wildflower seeds. Find instructions online.
- Spend a night outdoors in a tent or hammock.

FEEL GOOD, ENHANCE YOUR IMMUNE SYSTEM, MINIMIZE STRESS,  
AND APPRECIATE MOMENTS IN NATURE!



# LET NATURE AND YOUR MUSCLES MOBILIZE YOU

## EXPLORE

- Discover outdoor activity options near your daily environment.
- Find the nearest outdoor fitness or exercise area.
- Explore a new hiking or walking trail.
- Check which national park is closest to your home on the **luontoon.fi** website.
- Follow hiking accounts on social media - get inspired and save the best ideas!
- Pause and notice what kind of movement your body or mind needs right now. Consider if you can meet that need in the nearby natural spaces.

## TRY

- Boost your day with a short outdoor break in nature.
- Take a 20-minute restorative walk in nature at the end of the day.
- If possible, bike or walk through a park or forest on your errands.
- Pause to do a few stretches or exercises, perhaps using a tree trunk for support.
- Join a guided nature hike.
- Meet new people by attending a local nature event.

## TAKE THE CHALLENGE

- Leave your car parked for trips under 5 km.
- Bike to get ice cream or do some shopping.
- Invite a friend for a walk in the local forest, on fitness stairs, or for trail running.
- Go hiking, Nordic walking, or try geocaching.
- Take a swim at a nearby beach, or dip into an ice hole in winter.
- Enjoy the opportunities of winter - borrow gear and try ice skating, snowshoeing, or kick sledding.



POSITIVE ENERGY, BETTER HEALTH,  
AND SAVING NATURE AND MONEY!