



A personal approach to sustainable diets: Thanksgiving Meal

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The Meal



Mashed Sweet Potato

Salad

Turkey (sort of)
and Stuffing

Haluski Noodles*

Green Bean Casserole

NP: Cranberry Sauce, Gravy, Dried Corn*



Cheese Cake

Ice Cream

Apple Pie

Pumpkin Pie

Whipped Cream

*Atypical

Apple Pie



Waste from apples: 511 g (!)
Leftovers: 0 g



Packaging Weight: ?

Sustainability/ Health Stats

- 100% veg. protein
- Est. Energy intake: 350.4 kcal/200g slice*
- Est. Nutrient Intake (per 200g):*
 - 12.4 g fat (crust)
 - 29.3 g sugar (apples + crust + filling)
 - 0.70 g salt (added + filling)
- Origins
 - Apples (Hamburg, DE (?), Conv.)
 - Beet Sugar (Lolland, DK (?), Conv.)
 - Cinnamon (SE Asia, Org.)
 - Dough (Austria (?), Org.)
- Seasonal?
- eco-friendly?

*Calculated from packaging and USDA national nutrient database



Recipe:
2 kg apples, peeled, cored, sliced
≈130 g sugar
≈1 g cinnamon
≈1 g salt
30 g cornstarch
Pie Dough (540 g)

Potential Improvements

- Make it local
- Make it vegetarian/vegan
- Reduce sugar and fat!
- Moderation/Planning (!)



Learning Outcomes

- It's hard to trace origins
- No easy way to assess sustainability for consumer
- Estimation is key
- I eat way more than I think



References

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