



BARMER

Health Advice

Eat and enjoy while protecting the climate

Eating healthily and sustainably in everyday working life isn't often easy, but by eating with greater awareness, we can do something good for both our health and our planet. After all, did you know that the food we eat is responsible for around 30 per cent of all greenhouse gas emissions? Therefore, what we eat has a major impact on the climate. So let's start making what we eat a little more climate-friendly right away

Here are four tips to help you succeed.

1. **Prioritize regional and seasonal products**

Does that cucumber come from Spain or was it grown nearby? The further food has to be transported, the greater its ecological footprint. Therefore, choose produce which is grown locally and buy what's in season. That means food which is fresher, perfectly ripe, and transported over far shorter distances.

Calendar tip: When do raspberries and tomatoes naturally ripen? The BARMER seasonal calendar shows the natural ripening seasons for a wide variety of fruit and vegetables.

2. Put more organic food on your plate

Make a priority of choosing organic products with the corresponding certifications, such as the German organic quality seal. These products meet strict environmental standards in the areas of cultivation, animal husbandry, and production.

3. Make use of leftovers

The average person in Germany throws away around 79 kilos of food each year. That's not good for their wallet or the climate. During a busy working week, this means: plan your meals, only buy what you really need, store the food you buy properly, and repurpose leftovers into tasty new dishes.

App tip: The "Zu gut für die Tonne" (too good to go) app from the German Federal Ministry of Food and Agriculture provides delicious recipes for using food leftovers: enter your ingredients and the app will provide the perfect recipe.

4. Eat more fruit and vegetables

The average person in Germany consumes about a kilo of meat and sausages per week. The production of meat products imposes a greater strain on the climate than fruit and vegetables, however. You don't have to completely give up meat or dairy products, but would you consider having one day of vegan food per week? That's environmentally friendly.

Recipe tip: Numerous meat substitutes are available on the market nowadays which are often based on soy that has been transported over long distances. Therefore, try some seitan or lupins from Germany or neighbouring countries instead, and make your own meal.

Lupin and bean stew

Ingredients to serve 2:

80 g onions
1 clove of garlic
1 tbsp tomato paste
2 tbsp rapeseed oil
500 g soup vegetables
500 ml vegetable stock
240 g white beans (jar)
240 g organic sweet lupins (jar)
Salt, pepper, lemon juice
50 g olives
30 g flat-leaf parsley
200 g mixed rye bread

Cooking instructions:

Finely dice the onions and garlic and sauté with tomato paste in oil until translucent. Finely chop the soup vegetables and fry briefly. Pour in the vegetable stock and simmer for about 15 minutes. Drain the beans and lupins, add, and simmer for another 10 minutes. Season generously, add the olives, and sprinkle with chopped parsley. Serve with bread.

Climate-friendly nutrition without compromise

Shopping and eating in more environmentally conscious ways doesn't just protect against climate change; it often allows us to lead healthier lives as well. With some simple tips, you can identify climate-friendly foods at a glance when you go shopping. This helps you to develop a sustainable diet and make better choices for yourself and for the environment – without compromising your enjoyment of food.



Find out more on our German speaking website:
barmer.de/klimafreundliche-ernaehrung

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