

Basisartikel - Genuss Mit Zukunft: Orientierungspunkte Für Eine Zukunftsfähige Ernährung - Ute Fehnker

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Im Kontext der nachhaltigen Entwicklung gewinnt ein zukunftsfähiger Ernährungsstil zunehmend an Bedeutung. Mit unserer Ernährungsweise beeinflussen wir nicht nur unsere Gesundheit, sondern lassen auch - bewusst oder unbewusst - ökologische, ökonomische und gesellschaftliche Wirkungen aus. Die Art und Menge der von uns verzehrten Lebensmittel hat einen erheblichen Einfluss, und zwar auf uns selbst, regional und global. Folgen sind z. B. Mangel und Fehlernährung, eine Zunahme ernährungsmitbedingter Erkrankungen, ein hoher Energieaufwand für Produktion, Bearbeitung und Verarbeitung, für Verpackung, Transport und Lagerung, globale soziale Ungerechtigkeiten, ökologische Beeinträchtigungen und auch eine sinkende Lebensmittelqualität. Der Beitrag liefert einen Einblick in aktuelle Problemfelder und stellt das Konzept einer zukunftsfähigen Ernährung in seinen Grundzügen vor. Author: Fehnker, Ute Publisher: GRIN Verlag Illustration: N Language: GER Title: Basisartikel - Genuss mit Zukunft: Orientierungspunkte für eine zukunftsfähige Ernährung Pages: 00012 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640735747 Category: Cooking : General

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