

餐盤上的選擇

WHAT'S ON YOUR PLATE?



文／顏廷恩 · 圖／秘書處

By Ting En Yen

Image courtesy of the Secretariat

認識地球健康飲食

說到食物，討論度高的不外乎是如何吃得健康、以及飲食對環境的影響。在討論怎麼吃得更健康之前，我們先從校園生活談起，看看大家平常可能是怎麼選擇餐點的。

接近中午時，早午餐店鐵板上薯餅和蛋餅滋滋作響，排隊的學生一邊滑手機，一邊想著等一下的報告和實驗，一心想快點拿到餐點趕去教室。中

Understanding the 'Planetary Health Diet'

If there is one thing everybody cares about, it's food. This is especially true for university students, who are often transitioning from family life where diet is decided for them to independent decisions. Lately, the big questions about food are how to eat healthy and the environmental impacts of our diet. But before diving into these big issues, it's worthwhile to consider campus life and how students typically choose their meals.

In the mid-morning, the griddles at brunch restaurants around campus sizzle with crispy hashbrowns wrapped in dan-bing, a

午一下課又是一陣衝刺，大夥湧進學餐或學校旁的小吃街，匆匆用餐，再趕往下一堂課。到了晚上，課程、考試與社團活動都結束，真正有空好好吃飯時，肚子早就餓到只想找能快速飽腹又美味的餐點。

在這樣忙碌的節奏裡，吃飯時要顧得上營養均衡真不簡單。薯餅蛋餅？「嗯，熟悉的選擇。」鐵板麵？「嗯，呼嚕呼嚕就能止餓的選擇。」這兩樣食物營養均衡？「大概……沒有吧？」於是這

beloved local treat. Students wait in line, scrolling on their phones, thinking about upcoming homework and presentations, just wanting to grab their food and rush off to class. When the lunch period hits, there is another mad dash as everyone piles into the cafeteria or the restaurants near campus for a quick bite, wolfing down their meals before racing to the next class. When classes, exams and club activities wrap up in the evening, there is finally time for a proper meal. But the students are often so hungry they just want something fast, filling and delicious.

With such a hectic pace, eating nutritious balanced meals becomes a difficult task. Hash browns with dan-bing may be a familiar choice. Tie-ban mian (stir-fried noodles, another popular



次，我們想從「地球健康飲食」這個名詞談起。它到底是什麼、怎麼做到、又為什麼值得關注？這些提問，長期研究營養與健康的公共衛生研究所陳信任副教授將為我們解惑。

首先，什麼是地球健康飲食？地球健康飲食是一套由營養、環境、農業與公共衛生等領域的專家在2019年探討2050年全球人口突破100億時，如何同時維護健康與地球環境而提出的飲食準則。它的原則為多吃蔬菜水果、全穀類、豆類和堅果，少吃紅肉與含糖食物，適量攝取魚肉、白肉、蛋與乳製品。這樣的飲食方式除了可以降低肥胖、心血管疾病和糖尿病等疾病風險，還能減少畜牧業溫室氣體排放，並減緩農地擴張與森林消失。

那麼要實踐地球健康飲食，一個便當到底該長什麼樣子？我們請陳老師示範一下地球健康飲食便當的配置。想像你在學餐夾菜時，手裡拿著餐盤，

brunch item in Taiwan) is something you can slurp down to curb your hunger. However, if you ask whether these two popular dishes fit well in a nutritionally balanced diet, the answer would be 'probably not.'

When making decisions about diet, the idea of a Planetary Health Diet is extremely useful. But what exactly is this diet, how can it be achieved, and why is it worth paying attention to? Associate Professor Hsin-Jen Chen from the Institute of Public Health has long studied nutrition and health, and he can help us answer these questions.

When we asked Prof. Chen what is the Planetary Health Diet, he explained that it is a set of dietary guidelines proposed in 2019 by worldwide experts in nutrition, environment, agriculture, and public health. Together these experts developed guidelines intended to protect both human health and the environment as the global population surpasses 10 billion people by 2050.

Key principles of this diet are that people should eat more vegetables, fruits, whole grains, legumes and nuts, while limiting red meat and sugary foods. In addition, the guidelines recommend that people should consume moderate amounts of fish, poultry, eggs, and dairy products. This dietary lifestyle can reduce the

Institute of Public Health, NYCU

Associate Professor Hsin-Jen Chen
陳信任副教授



地球健康的思維會這樣指導你，先把一半的空間留給蔬菜和水果。對，就是一半，不是角落那一點蔬菜，而是真的裝滿餐盤一半面積的各種顏色蔬果。

接下來，四分之一的空間給主食，而且盡量選全穀類，像是糙米飯、五穀飯。剩下的空間呢？重點來了，地球健康的思維會優先選豆腐、豆乾、毛豆這些植物性蛋白，如果想吃肉，可以加一點，但盡量選雞肉、魚肉這些白肉，而不是紅肉，尤其別選反芻性動物的肉。

risks of obesity, cardiovascular disease and diabetes, while also decreasing greenhouse gas emissions from livestock farming and slowing the expansion of farmland and loss of forests.

What would a typical meal look like if someone were adhering to the Planetary Health Diet? We asked Prof. Chen to demonstrate how to arrange a lunch box according to the Planetary Health Diet. He said that if you imagine you're holding your tray at the cafeteria and picking out dishes, the planetary health mindset would guide you as follows. First, you would reserve half the space for vegetables and fruits. Yes, half the plate, not just a small little corner for veggies, but truly half the plate filled with colorful produce. Next, you would allot a quarter of the space to staple foods, especially whole grains like brown rice or multigrain rice. In



快來搭配你的地球健康飲食便當

講到這裡，是不是聽起來好像沒那麼難？但當你真的站在自助餐檯前，能做到嗎？確實，前面提到的原則大多還停留在概念層面，而陳老師希望不要只在課堂上講概念，還要帶著學生走進社區，一起實際練習怎麼吃出地球健康飲食。於是，陳老師與他的學生設計出一套食物圖卡教具，並帶著它走進社區大學。

這套教具就像自助餐，主食、全穀類、各種蛋白質來源、五顏六色的蔬菜與飲料都化身成圖卡，讓人可以實際動手排出自己的一餐。教學團隊前往臺北四所社區大學進行教學，課程安排採取循序漸進的方式，先以氣候變遷相關數據和圖片說明環境議題，接著由學生說明地球健康飲食對地球環境與人體的好處，之後再展示農糧署的資料，讓學員了解哪些食物可以在臺灣生產、哪些主要仰賴進口，最後請學員依照自己對地球健康飲食的理解，運用圖卡排出一餐。

Prof. Chen and his students have designed a teaching aid composed of a large set of picture cards and brought them to share at community colleges.

陳老師與他的學生設計出一套食物圖卡教具，並帶著它走進社區大學



the remaining space, you would prioritize plant-based proteins like tofu, dried tofu, and edamame. If you would like to eat meat, you can add a little, but try to choose poultry or fish rather than pork, beef and lamb, as beef and lamb have the greatest environmental impacts.

Building your Planetary Health Diet plate

Although it sounds fairly simple, building a plate may be difficult for someone actually standing in front of the buffet. Indeed, the principles mentioned earlier are mostly theoretical, so Prof. Chen hopes to do more than just talk about concepts in class. He wants to help people implement these principles in daily life by taking NYCU students into the community and helping people practice how to eat according to the Planetary Health Diet. To accomplish this goal, Prof. Chen and his students have designed a teaching aid composed of a large set of picture cards and brought them to share at community colleges.

When assembled, the teaching aid is a buffet of food pictures. Staple foods, whole grains, various protein sources, vegetables, and beverages are all shown on the cards. People are then presented with the array and asked to arrange a meal. The team has gone to four community colleges in Taipei and taught with the materials in a systematic manner.

為了讓地球健康飲食的觀念更貼近日常飲食情境，教學團隊拿出餛飩麵和排骨便當等常見餐點，帶著學員對照地球健康飲食的標準，示範如何調整。不少學員都驚訝地發現，盤子裡的肉量其實比自己習慣攝取的少很多。

陳老師觀察到，從氣候變遷與環境衝擊的角度切入，多數人其實都能理解並認同調整飲食的重要性。真正的挑戰在於，如何把這些觀念落實在日常生活中。因此，在圖卡教具的操作中，學員必須在模擬自助餐檯的情境下，實際面對自己下意識會多拿或少拿哪些食物，這也成為練習改變飲食模式的起點。

訪問陳老師後，我也嘗試用圖卡排出一份符合地球健康飲食的一餐。但明明才剛聽完陳老師的講解，真正開始動手時，還是很自然地依照自己原本的習慣去選卡牌，不自覺多放了幾樣喜歡的菜色，一看才發現離標準還差一大截。那一刻非常具體地感受到，知道怎麼吃得健康和真的做到，中間有一道由習慣、口味和生活條件堆起來的鴻溝。

小小的改變，大大的不同

要在短時間徹底遵守地球健康飲食的原則，的確不容易。每個人都有自己的飲食偏好，也需要面對現實條件，如有時沒有時間採買食材與下廚，或是手上的預算有限，只能在特定價位裡選擇餐點。陳老師提醒，落實本來就不容易，因此可以先從日常生活中最容易調整的地方開始練習，而不是一開始就要求自己做到完美。

那麼具體該怎麼做？陳老師建議，對常在學餐用

First, the teaching team uses climate change-related data and images to explain environmental issues, and then explains the benefits of the Planetary Health Diet for both the planet and human health. Then, the team shows materials from the Agriculture and Food Agency to help participants understand which foods can be produced in Taiwan and which are mainly imported. Finally, the participants are asked to use the picture cards to arrange a meal based on their understanding of the Planetary Health Diet.

To make the concept of the Planetary Health Diet more relatable to everyday eating situations, the teaching team brings out common dishes in Taiwan like wonton noodles and pork-chop lunch boxes. With these items, the team asks participants to rate the meals using the Planetary Health Diet standards and demonstrates how to adjust them to better meet the guidelines. One of the big surprises to many was that the amount of meat on the plate was much less than they were used to consuming.

Prof. Chen has noted that approaching diet from the angle of climate change and environmental impact will help most people understand and agree with the importance of adjusting their diet. The real challenge becomes how to actually put these concepts into practice in daily life. Using the picture card teaching aid allows participants to see which foods they subconsciously take more or less of in a simulated buffet setting, and this knowledge becomes a starting point for dietary pattern changes.

After interviewing Prof. Chen, I tried using the picture cards to arrange a meal that conforms to the Planetary Health Diet. Even though I had just finished listening to his explanation, I still naturally selected cards according to my habits, unconsciously adding several dishes I liked. Only after I had a full plate did I realize my choices were far from the recommendations. In that moment, it became crystal clear that between knowing how to eat healthy and actually doing it, there is a gulf of habits, taste preferences and life circumstances.

Small changes, big difference

Changing your diet to strictly follow the principles of the Planetary Health Diet in a short time would not be easy. Everyone has their own dietary preferences and faces real-world constraints, such as not having enough time to shop for ingredients and cook, or having a limited budget and only being able to choose meals within a specific price range. Prof. Chen reminds us that implementation of any life change is inherently difficult, so people should start by making easy daily adjustments rather than demanding immediate perfection.



餐的學生來說，不必一夕之間把每餐都改成標準的地球健康飲食。只要在自助餐檯夾菜時，多繞去蔬菜區拿一點，或是把白飯換成全穀飯、把主菜改成魚或豆腐，就是一種練習。如果平常一週都不去學餐，那就在一週內選一兩天去用餐；如果需要外食，可以選擇蔬菜多於肉類的餐點。

還記得文章開頭提到的薯餅蛋餅嗎？對我來說，這並不表示從此和薯餅蛋餅說再見，而是開始練習在一週裡多安排幾餐更接近地球健康飲食的餐點，讓自己的健康和地球環境，都能隨著這些小小的改變，一點一滴變得更好。

"How exactly should we bring this change into our lives?" Prof. Chen suggests that for students who regularly eat at the cafeteria, don't try to turn every meal into a rigorous Planetary Health Diet example. Just start by making an extra stop at the vegetable section when picking out dishes at the buffet counter, or switch your white rice to whole-grain rice. Even changing your main dish to fish or tofu would be a great start. If you normally eat at restaurants for every meal during the week, then choose one or two days in the week to eat at the cafeteria. If you need to eat out, you can try to find meals with more vegetables than meat.

When I reflect on my own diet, I realize that adopting Planetary Health Diet recommendations doesn't mean saying goodbye to my favorite hash browns and dan-bing. Rather, I can start to practice by arranging a few more meals during the week that are closer to the recommendations. By making this small change, both my health and the planet can gradually improve.



但仔細想想，地球健康飲食的原則，真的是什麼新鮮事嗎？其實，大家常聽到的地中海飲食、得舒飲食，還有地球健康飲食，雖然它們的出發點不同，但原則幾乎一樣，多吃蔬菜、水果、全穀類、豆類和堅果這些植物性食物，適量攝取魚類和白肉，大幅減少紅肉、加工食品與添加糖。這些原則不新鮮，但它們是正確的，而且早已融入大多數的傳統飲食之中。

比起追尋某種超級食物或新興飲食法，陳老師更希望大家理解，健康其實是整體生活方式的結果。地球健康飲食的觀念，就是從日常飲食開始慢慢調整，讓我們在吃得開心的同時，一步步讓自己和地球都變得更好。■

It's also worth noting that the principles of the Planetary Health Diet are not really anything new. In fact, three healthful diets that people commonly discuss, including the Mediterranean diet, DASH diet, and Planetary Health Diet, all share common principles. Although these diets have different starting points, each of them involves eating more plant-based foods (e.g., vegetables, fruits, whole grains, legumes and nuts), consuming moderate amounts of fish and poultry, and significantly reducing red meat, processed foods and added sugar. These principles are not new, and it's important to remember that they are incorporated into most traditional diets.

Prof. Chen hopes that rather than chasing after some superfood or trendy new diet, everyone will understand that health is the result of an overall lifestyle. As such, it is best to adopt the Planetary Health Diet gradually, starting with small changes to our daily eating habits. In this way, we can take small steps to make ourselves and the planet a little better while still enjoying our food.

