



- Schweizerischer Verband für alternative Proteinquellen
- Association Suisse pour des sources alternatives de protéines
- Associazione Svizzera per fonti alternative di proteina

www.swissproteinassociation.ch

September 2024

Media release:

Swiss Protein Association welcomes the new Swiss Food Pyramid: an important step towards sustainable nutrition

The Swiss Protein Association (SPA) welcomes the introduction of the new Swiss Food Pyramid as a significant step towards a more sustainable and healthier diet. The updated recommendations emphasise the importance of plant-based protein sources and thus take account of the ecological and health challenges of our time.

Emphasis on plant proteins

The new food pyramid recommends:

- **Regular consumption of pulses** such as lentils, chickpeas and beans as a key source of protein.
- **Eat meat a maximum of 2-3 times a week**, including poultry and processed meat.
- **Daily consumption of nuts and seeds** in small quantities.
- **Preference for vegetable oils**, especially rapeseed oil.

These recommendations reflect the need to reduce the consumption of animal products and increase the use of plant-based alternatives. They are in line with the SPA's goals of promoting alternative protein sources and supporting sustainable food systems.

The role of food processing

Modern food processing is crucial for developing tasty and nutritious products from plant proteins. Innovative technologies make it possible to increase the bioavailability of nutrients and reduce natural antinutritive factors. This helps to make plant-based foods not only healthier, but also more attractive to consumers.

Our demands

In order to successfully realise the goals of the new food pyramid, the Swiss Protein Association is calling for the following:

- **Promotion of research and innovation** in the field of alternative protein sources and food technologies.
- **Creation of supportive framework conditions** for the production and marketing of foods based on alternative proteins.
- **Ideology-free and scientifically sound discussions** on the importance of alternative proteins and food processing.
- **Ensuring international competitiveness** by taking into account developments from abroad and implementing them in Switzerland.

Working together for a sustainable future

The new Swiss Food Pyramid provides important impetus for a diet that promotes both people's health and that of our planet. The Swiss Protein Association is ready to play an active role in this transformation and to develop solutions together with all players in the value chain.

We see the updated recommendations as a confirmation of our efforts and an opportunity to make the Swiss food industry fit for the future. We now need to put these recommendations into practice, focussing on innovation, sustainability and health.