

References used to write the fact sheet, *Making Everyday Choices for a Healthy Sustainable Diet*

1. American Dietetic Association Position Statement. 2007. Food and nutrition professionals can implement practices to conserve natural resources and support ecological sustainability. *J Am Diet Assoc* 107:1033-1043. Online at: www.eatright.org/About/Content.aspx?id=8360
2. American Dietetic Association Sustainable Food System Task Force. 2007. *Healthy Land, Healthy People: Building a Better Understanding of Sustainable Food Systems for Food and Nutrition Professionals, A Primer on Sustainable Food Systems and Emerging Roles for Food and Nutrition Professionals*. American Dietetic Association, Chicago, IL. Online at: www.hendpg.org/docs/Sustainable_Primer.pdf
3. American Public Health Association Policy Statement. 2007. Toward a healthy, sustainable food system, policy number 200712. Online at: www.apha.org/advocacy/policy/policysearch/default.htm?id=1361
4. Brodt S, Chernoh E, Feenstra G. 2007. Assessment of energy use and greenhouse gas emissions in the food system: A literature review. Agricultural Sustainability Institute, University of California, Davis. Online at: http://asi.ucdavis.edu/sarep/sfr/lifecycleassessments/files/Literature_Review_-_Assessment_of_Energy_Use_and_Greenhouse_Gas_Emissions_in_the_Food_System_Nov_2007.pdf
5. Canning P, Charles A, Huang S, Polenske K, Waters A. 2010. *Fuel for Food: Energy Use in the U.S. Food System*. USDA Economic Research Service, Washington, D.C. Online at: www.ers.usda.gov/AmberWaves/September10/PDF/EnergyUse.pdf
6. Carlsson-Kanyama A, Gonzalez AD. 2009. Potential contributions of food consumption patterns to climate change. *Am J Clin Nutr* 89:1704S-1709S Online at: www.ajcn.org/content/89/5/1704S.full.pdf
7. Douglas County Food Policy Council. 2011. Building a Deep-Rooted Local Food System: A Food System Analysis for Douglas County, Jefferson County and Leavenworth County in Kansas. Online at www.douglas-county.com/depts/ad/su/docs/pdf/su_fsrbuilding.pdf
8. Eshel G, Martin PA. 2006. Diet, energy and global warming. *Earth Interactions* 10(9):1-17 Online at: <http://journals.ametsoc.org/doi/pdf/10.1175/EI167.1>

9. Food and Agricultural Organization of the United Nations. 1995. *Dimensions of Need: An Atlas of Food and Agriculture*. Food and Agriculture Organization, Rome. Online at: www.fao.org/docrep/u8480e/U8480E07.htm
10. Geagan K. 2009. *Go Green Get Lean*. Rodale Press, New York.
11. Hamm MW. 2008. Linking sustainable agriculture and public health: Opportunities for realizing multiple goals. *J Hunger Environm Nutr* 3(2/3):169-185
12. Harl, NE. 2003. Economic impact and impacts of continuing to proceed as we are now. Presented at Iowa State University conference, *Concentration in Agriculture: How Much, How Serious, and Why Worry?* Ames, Iowa.
13. Jones CM, Kammen, DM. 2011. Quantifying carbon footprint reduction opportunities for U.S. households and communities. *Environ Sci Technol* 45:4088–4095
14. Lundqvist J, de Fraiture C, Molden D. 2008. Saving water: From field to fork – Curbing losses and wastage in the food chain. Stockholm International Water Institute and International Water Management Institute Policy Brief. Online at: www.siwi.org/documents/Resources/Policy_Briefs/PB_From_Filed_to_Fork_2008.pdf
15. Mitloehner FM, Sun H, Karlik JF. 2009. Direct measurements improve estimates of dairy greenhouse-gas emissions. *California Agriculture* 63(2):79-83. DOI: 10.3733/ca.v063n02p79 Online at: <http://californiaagriculture.ucanr.org/landingpage.cfm?article=ca.v063n02p79&fulltext=yes#bib19>
16. Raffensperger C. (no date) A precautionary tale. The Center for Ecoliteracy. Online at: www.ecoliteracy.org/essays/precautionary-tale
17. Smith Edge M. 2011. Sustainability, nutrition and health: A continuing education course for health professionals. Bligh M and Hoolihan L, Eds. A project of Nutrition Dimension, Inc., and the Dairy Council of California. Online at: www.dairycouncilofca.org/HealthProfessionals/SustainabilityandHealthCEcourse/index.aspx
18. Thilmany McFadden D, Low SA. 2012. Will local foods influence American diets? *Choices* 27:1 Online at: www.choicesmagazine.org/magazine/pdf/cmstheme_210.pdf
19. Todd JE, Mancino L, Lin B-H. 2010. The impact of food away from home on adult diet quality. Economic Research Report No. (ERR-90) 24 pp. Online at www.ers.usda.gov/Publications/ERR90/ERR90.pdf
20. United Nations World Commission on Environment and Development. 1987. *Our Common Future, Chapter 2: Towards Sustainable Development*. Online at www.un-documents.net/ocf-02.htm

21. U.S. Department of Agriculture, U.S. Department of Health and Human Services. 2010. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, 2010. Online at: www.dietaryguidelines.gov
22. U.S. Department of Agriculture Economic Research Service. 2012. *Food Dollar Series*. Online at: www.ers.usda.gov/Data/FoodDollar/app
23. U.S. Environmental Protection Agency. 2011. *What You Can Do at Home*. Online at www.epa.gov/climatechange/wycd/index.html

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition The Kansas Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Information in this fact sheet is for educational purposes only. Follow the advice of your health care provider. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, Ph.D., R.D., L.D., Associate Professor, Department of Human Nutrition, *Making Everyday Choices for a Healthy Sustainable Diet*, Kansas State University, August 2012. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned. K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture cooperating, John D. Floros, Director.