

Sustainability Solutions

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The world is at a tipping point, facing an unprecedented challenge. Nutrition alone contributes to one-third of global greenhouse gas emissions. As nutritionists, we hold a unique and powerful opportunity to drive meaningful change. Discover how athletes can thrive on sustainable diets and lead by example. In this session, explore the latest research, practical strategies, and nutrient needs for a plant-forward approach that supports both health and recovery. We'll dive into the nuanced pros and cons of food miles, plastic use, and organic foods. You may be surprised to learn that what seems sustainable isn't always impactful, and vice versa. Join us to explore the future of performance nutrition through the lens of sustainability.