

Literaturliste zum Beitrag:

Pflanzenbasierte Ernährung: Schlüssel zu mehr Nachhaltigkeit

Jun.-Prof. Antje Risius, *UGBforum* 3/22, S. 110-113

Bick, H. (1993): Ökologie. 2. Aufl., Stuttgart [u.a.]: Gustav Fischer Verlag.

BLE/Thünen (2022): Fleischkonsum in Deutschland. Statista Dossier; ID 36573.

IfD Allensbach (2022): Vegetarier in Deutschland. Statista Dossier; ID 745340.

Ohlau, M., Spiller, A., Risius, A. (2022): Plant-based diets are not enough? Understanding the consumption of plant-based meat alternatives along ultra-processed foods in different dietary patterns in Germany. *Frontiers in nutrition* (in press).

Pointke, M.; Pawelzik, E. (2022): Plant-Based Alternative Products: Are They Healthy Alternatives? Micro- and Macronutrients and Nutritional Scoring. *Nutrients* 2022, 14, 601. <https://doi.org/10.3390/nu14030601>

Rockström, J., W. Steffen, K. Noone, Å. Persson, F. S. Chapin, III, E. Lambin, T. M. Lenton, M. Scheffer, C. Folke, H. Schellnhuber, B. Nykvist, C. A. De Wit, T. Hughes, S. van der Leeuw, H. Rodhe, S. Sörlin, P. K. Snyder, R. Costanza, U. Svedin, M. Falkenmark, L. Karlberg, R. W. Corell, V. J. Fabry, J. Hansen, B. Walker, D. Liverman, K. Richardson, P. Crutzen, and J. Foley. 2009. Planetary boundaries: exploring the safe operating space for humanity. *Ecology and Society* 14(2): 32. [online] URL: <http://www.ecologyandsociety.org/vol14/iss2/art32/>

Steffen, W., K. Richardson, J. Rockström, S.E. Cornell, I. Fetzer, E.M. Bennett, R. Biggs, S.R. Carpenter, W. De Vries, C.A. De Wit, C. Folke, D. Gerten, J. Heinke, G.M. Mace, L.M. Persson, V. Ramanathan, B. Reyers, S. Sörlin. 2015. Planetary boundaries: Guiding human development on a changing planet. *Science* 347: 736, 1259855.

Technische Krankenkasse (TK), 2016: Iss was, Deutschland? Anteil der Flexitarier in Deutschland 2016, Statista Dossier, ID 657110.

Werner, A., Risius, A. (2021): Motives, mentalities and dietary change: An exploration of the factors that drive and sustain alternative dietary lifestyles. In: *Appetite*, 165, 105425.

Willett, W., Rockström, J., Loken, L., Springmann, M., Lang, T., Vermeulen, S., Garnett, T., Tilman, D., DeClerck, F., Wood, A., Jonell, M., Clark, M., Line, J.G., Fanzo, J, Hawkes, C, Zurayk, R., Rivera, J., De Vries, W., Sibanda, LM, Afshin, A., Chaudhary, A., Herrero, M., Agustina, R, Branca, F:, Lartey, A., Fan, S., Crona, B., Fox, E., Bignet, V., Troell, M., Lindahl, T., Singh, S., Cornell, SE, Reddy, S, Narain, S:, Nishtar, S., Murray, CL (2019) Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *The Lancet*, January, 2019.