

**(TC: 00:00:31)**

**Dr Hazel Wallace: Hello and welcome back to another episode of The Food Medic podcast. I'm your host, Dr. Hazel. So, I've got a question for you, do you want to live in a way that not only supports your health and fitness goals, but also supports the planet? Yes, me too. As luck would have it, I know a guy. Ryan D. Andrews. Ryan is a sustainable food systems advocate, dietitian, yoga instructor and strength and conditioning specialist. He currently writes and speaks about health and sustainability, is an instructor at Purchase College, is an expert reviewer for Insider and is an adviser with Precision Nutrition. He's recently released the e-book, *Swole Planet, How to Build a Better Body and a Better Earth*, and that's exactly the topic that we're going to dive into today. If you could just start by telling us a little bit more about who you are, what you do and what you are passionate about.**

**(TC: 00:01:33)**

Ryan: I have been involved in the world of nutrition and health and wellness for most of my life, and I kind of think of my life in different chapters. So in my teens I was really focused on competitive body building and that was my gateway into the world of nutrition and health. In my twenties I was a lot more focused on going to school, going to graduate school, completing my dietetic internship and starting my career, so it was a very intense time. And, then, in my late twenties and early thirties, the next chapter switched into really immersing myself in the food system, and learning about all the different angles of the food system. And I've done that through traditional learning, reading the latest journal articles and reports but I've also really made an effort to spend a lot of time on farms working with food recovery non-profits, school lunch programs. So when I'm reflecting upon my life and what I've done, I think of those, kind of, chapters. And more than anything it really started off as, like, I had a really narrow view of nutrition and it just continued to widen over the years. So, yes, and at this point I mean, I'm passionate about minimising suffering within the food system.

**(TC: 00:02:54)**

**Dr Hazel Wallace: Yes, and so, you've just released a new book. Let's start there, like, what's the premise of the book and how is it different to your usual nutrition book on how to get fit, how to look fit, how to look strong and healthy?**

**(TC: 00:03:10)**

Ryan: There's a little bit of that. I wanted to bridge the gap between swoleness and sustainability, because throughout my life I've been involved in both worlds. I've been very deep into the world of getting as swole as possible and winning bodybuilding competitions. And, I mean, that's, kind of, the more extreme end, I've also just been involved in wanting to have a health body composition and be fit. And then I've also been pretty deep in the world of sustainability and farming, and, kind of, more like the hippy world of things. And, a lot of times I feel like both camps are, kind of, missing out. People in the fitness camp are totally focused on meeting their macros and nutrient needs and getting as fit as possible, and they are not at all thinking about anything in the world of sustainability, anything beyond their plate.

And in the sustainability world, it's, kind of, the opposite. They're really, really focused on doing all things sustainability and benefiting ecosystems and improving farm production, and farm worker welfare and

animal welfare, but they might totally forget about their own fitness and health. So I really wanted to bridge the gap between the two and try to find some synergies between the two, like, what behaviours can we engage in that benefit both worlds?

(TC: 00:04:26)

**Dr Hazel Wallace: Yes. And so, just, kind of, going back to a typical bodybuilding, we're very much generalising here, and thinking about a stereotypical bodybuilding diet, just inclusive of animal products. Like, how is that impacting the planet?**

(TC: 00:04:44)

Ryan: Yes, it's a big question. So when I think of a traditional bodybuilding diet, it's a diet built around a lot of animal products. Animal products are one of the big variables in how we can make adjustments with our eating to benefit the food system. So, generally they're higher in animal products and generally there's not much concern for things like food waste. I mean, I remember when I was bodybuilding I would have a twelve egg omelette everyday, but it was ten egg whites. So ten eggs whites and two whole eggs. So I would through away ten yolks. Ten, wonderful, nutritious, nutrient dense yolks were gone everyday. So that's a lot of food waste, that's one small, minor example. But I don't think there's much concern for food waste. I don't think there's much concern around sourcing, so, where am I getting this food from? What kind of farm was it coming from? How are the workers treated, how are the animals treated, if it's an animal food?

The one thing I would say that bodybuilders do a pretty good job with is minimising highly processed foods. Usually it's a very simplistic, kind of, minimally processed diet. But, the other thing with bodybuilding, there's often not much variety and that's another factor with their diet, that we can incorporate a lot of variety and that's really good for soil health and pollinators and our health, and a lot of bodybuilding diets don't do that. So those are some of the big things I think of when I think of traditional body building diets.

(TC: 00:06:09)

**Dr Hazel Wallace: Yes. And so, do you think their pursuit for physical gains and strength, and the pursuit for planetary health are mutually exclusive and if not, like, how can we strive for both? What are the big principles?**

(TC: 00:06:25)

Ryan: Yes, I spent a lot of time thinking about this. I think there are some synergies between the two worlds. If somebody is at a very high level of physique or performance, then there might be some compromises at that point, because you have to be so highly focused on improving yourself, to win. But for most people, I think, interested in fitness and health and body re-composition, there are most definitely synergies between the two and that's what the bulk of the book is about. And I, kind of, highlighted them when I was talking about bodybuilding diets. So the big five areas for adjustments are, finding your minimal effective dose of animal products, minimising wasted food, supporting sustainable farms, eating a wide variety of minimally processed foods and minimising single-use plastics. Those are the big five behavioural adjustments we can all make. And in general, those adjustments not only benefit our health and longevity and body composition, but they also can have this cascade of effects throughout the food system, whether it's farm workers, or animals, or ecosystems. So I do think there's some synergies between the two.

(TC: 00:07:34)

**Dr Hazel Wallace: Yes. And so, one of the first things you mentioned there, was finding your minimal effective dose of animal products, which is a good way of putting it. So I guess, the way you've phrased that, you're not insinuating that everyone needs to go vegan in order to support the planet?**

(TC: 00:07:51)

Ryan: Correct. I mean, I have a fondness for veganism. I would say I have a vegan leaning diet. One of my gateways into thinking more about the food system was starting with my meat consumption, my animal food consumption. But, when somebody is eating a vegan diet they are eliminating animal products, and that is a big variable when it comes to sustainable food systems, no doubt, but, as I mentioned, there are other variables to consider. So, it doesn't directly have any impact on wasted food, it doesn't directly have any influence on sourcing or farm worker treatment, variety, plastics, anything like that. So there can be some trade-offs, I mean, veganism is not automatically the pinnacle of sustainable eating. I wouldn't say it's necessarily the diet to strive for, either, because there's also the big factor of our own health when it comes to sustainable food systems. And I'm not comfortable at this point recommending a vegan diet for the masses and saying, 'This is the diet that everybody needs to follow at all times, no matter where you live or your age or your situation.' I just don't think that's the case. It definitely is a good diet for some people, but it's not one I would say is one to strive for, for everybody in all situations.

(TC: 00:09:06)

**Dr Hazel Wallace: Yes, no I think that's a really important point. And, kind of, thinking about the environmental impact of a diet inclusive of animal products, and then a vegan diet. Whenever I'm having these conversations with people there's often the counter argument that, 'Oh but, you know, you need X tons of water to grow almonds and almond milk is more unsustainable than dairy, and avocados are flown over, like, to the UK, and all of the emission from that, and air miles, etc etc.' And I'd be interested to know your take on those points and how you navigate that. So, for someone who is, say, switching towards a more plant focused diet and going for plant milk alternatives, like, how do you know whether the milk you're choosing is actually sustainably produced?**

(TC: 00:09:56)

Ryan: I mean the first thing I would say, is there's no diet that's perfect. (TC 00:10:00) So, I think sometimes people will say, 'There's no need adopting that diet because there's still these downsides.' Every diet has a downside, ecologically speaking. There's a cost to every diet. So we're trying to just minimise that cost overall, and animal products are so resource intensive in general that simply eliminating them can go a long way towards creating a more sustainable diet. But, there are certain foods that can require a lot of irrigation water, a lot of chemical inputs, a lot of transportation, and that's a cost, and I think we need to be aware of those. And if somebody's eating a vegan diet, being aware of those, and are there ways to minimise those costs? Sure. One of the golden rules of sustainable food production, is, pretty much any food can be a lot more sustainable, it depends on how it's raised and how it's grown.

So there are almonds grown in the US, in California, that, they flood the fields using a lot of irrigation water, a lot of chemical inputs, and it's pretty destructive for ecosystems overall. There are also farmers, growing almonds, in California, and they use a dry farming technique, so they're very precise with the amount of irrigation water they use. It might be an organic farm, so they use very little chemical inputs, or some that

are just more friendly for pollinators. So, they're both almonds, but they're different, and you can extend that to avocados and on down the list.

(TC: 00:11:31)

**Dr Hazel Wallace: Yes, but it's different then for the consumer then, to know, kind of, the impact that they're having. You're trying to make these positive changes but then you could actually be contributing unintentionally.**

(TC: 00:11:43)

Ryan: Yes, it could be a lot. When somebody's sitting down to eat, and they're thinking, 'Gosh, I want to be healthy, I want to look good, I want to be swole, I want to perform well in the gym and recover. I have to stay within my budget, I have to figure out what I can get at my grocery store in my neighbourhood.' There's all these things that people have to think about, and so when you add on top of that, the irrigation water of almonds or the conditions for animals, it's I think often-times too much for people. And, unless somebody's completely-, they love this and they want to spend time thinking about it and investigating it, I don't necessarily think you have to do a deep dive into every single ingredient. And that's what I hopefully convey in some of the book, is if you generally adopt these five behavioural adjustments without getting too detailed, you're going to be moving in the right direction for an overall more sustainable food system.

(TC: 00:12:37)

**Dr Hazel Wallace: Yes.**

(TC: 00:12:38)

Ad: If, like me, your year is off to a very busy start, it can be tricky to book in essential appointments like seeing your GP when you need to. That's why I wanted to let you know about Livy. Livy is an app you can use to see a GP by video. Livy is perfect for those times when you can't get to the surgery, or you need to book a GP appointment quickly. They're open seven days a week, including evenings and weekends with appointments available on the same day. You can also book a GP appointment up to three days ahead. If you need a prescription it will be available to collect immediately from most pharmacies. Anyone living in the UK can use the pay as you go service, although Livy is free in certain areas on the NHS. You can check the app for more details on this. Livy's pay as you go GP appointments usually cost £39, but if you use the code hazel, you will save £5 off your first appointment. Download the Livy app, spelt L-i-v-y. Thank you to Livy for supporting the food medic podcast.

(TC: 00:13:40)

**Dr Hazel Wallace: I agree, the other, kind of, note that often comes up is, where you source your animal products. So, you know, there's obviously a range of processing and different types of farming methods and things like that. So people often say, 'Well, you know, it's fine if you go for grass-fed or, like, locally produced or sourced animal products.' Does that make a big difference in terms of carbon footprint?**

(TC: 00:14:06)

Ryan: It does make a big difference. Some of your listeners might hear this and get a little bit frustrated. Because there's a little bit of an argument in the sustainability world, where, without boring your listeners, if you get really detailed and look at all the various inputs and outputs of animal products. You can pretty

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much make a case for local pasture, but you could also maybe make a case for some of the more intensive factory farms. But, that's more of a very detailed input, output viewpoint. When you really step back in my opinion, and consider what we're trying to do with the food system and what we want to do moving forward into the future, I definitely think going for the 100% pasture option and local option is the better option. Because one of the big reasons is, if you're buying an animal product and it's raised on pasture exclusively, that pasture is very likely land that we can't grow crops directly for human consumption.

So it's a very efficient use of that land. If we can't grow crops for humans and it's just pasture and forage, and we can allow cows to graze and eat some of the forage and sequester some carbon into that soil and then eventually get a nutrient dense food from them. Whether it's meat or milk or whatever the farmer's producing, I think that's a fairly sustainable thing. I say all that-, like I said, I think some people would, kind of, push back. But, I do think it is the more sustainable option. Plus, I will also add, we are talking more about ecological metrics here, but when you're also considering animal welfare and farm worker welfare I am completely convinced that's the way to go, would be a pasture option.

**(TC: 00:15:52)**

**Dr Hazel Wallace: Yes, that's good to know. And then, kind of, thinking about meat alternatives which have become really huge over the last couple of years in terms of, like, fake meat burgers and sausages and things like that. How environmentally friendly are these products?**

(TC: 00:16:09)

Ryan: In general, if you're comparing where most animal products come from, or where most meat comes from, and plant based meats. Plant based meats will be more ecologically sustainable.

**(TC: 00:16:22)**

**Dr Hazel Wallace: Yes.**

(TC: 00:16:23)

Ryan: That's, like, my very broad, general response to that. Now, can you come up with scenarios where that's not the case? Definitely. If you're getting the best of the best, locally sourced, pastured, local meat, and then you compare that to the worst of the worst plant based meat, where it's grown using soybeans and peas in a conventional way with a lot of chemical inputs and a lot of irrigation water and they're transported very far. And then you have these other additives, like coconut oil or palm oil and salt, all of a sudden it becomes not as convincing to say, 'Yes, go for the plant based meat.' So, in general I would say yes, they have a slightly more favourable outcome for the future of food, but you can definitely come up with scenarios where that's not the case. The one angle where I get most excited about plant based meats, is minimising the potential for antibiotic resistance.

So, the way we raise animals, especially in the US, it's just dense populations, very dependent on prophylactic antibiotics and it's creating this situation or more and more antibiotic resistance. If we could really get away from that and people started to eat more plant based meats instead, I think that could minimise the potential of antibiotics resistance in the future.

**(TC: 00:17:42)**

**Dr Hazel Wallace:** Yes, that's so important for human and animal health. I think, what I really like, is how you keep bringing it back to that intersection between, like, planetary health and human health, because you just mentioned there that it's not always like for like. And when we're considering the environmental impact of meat based alternatives and things like that, there is a huge variety of foods that come into that category, you know, there's a spectrum of how they're processed. So some of them that, like, I've had to analyse as part of articles and things, are so processed and are so full of additives and coconut oil as you mentioned, which shoots up the fat content and things like that. And, you take a product which starts as a plant and it's become so far from that and if you're consuming it regularly, may actually not be supportive of human health. But then it's got this label on it that it's made of plants and it's vegan and it's, you know, supporting the planet. And so, I guess my point from this, is for people to be very aware that, you know, just because it's made of plants doesn't automatically mean it's therefore healthy for you.

(TC: 00:18:56)

Ryan: Yes, the level of processing in plant based meats, yes, the original products were legumes and grains and seeds and things like that, but they are very far removed from eating a bowl of lentils and rice or something like that. I actually recommend to people, not only finding your minimal effective dose of animal products, but finding your minimal effective dose of plant meats as well. I think the lower amount you can eat, probably the better and more sustainable.

(TC: 00:19:23)

**Dr Hazel Wallace:** Yes, but also you can make your own veggie burgers or vegan burgers from lentils and brown rice, and things like that and it's not that difficult, and it tastes good, in my opinion.

(TC: 00:19:36)

Ryan: Yes, I mean, nine times out of ten, that's what I would prefer and gravitate towards anyways, so yes, I mean, then you get the best of pretty much every world there.

(TC: 00:19:44)

**Dr Hazel Wallace:** Yes, okay. Well, I think we've probably convinced people they can support the planet through what they eat. But I think there's a lot of people who may be sceptical that moving towards a more plant focused diet will run the risk of them losing (TC 00:20:00) their gains or any muscle building potential. So what advice do you have for people who are in that, kind of, category?

(TC: 00:20:10)

Ryan: It's possible. I'm not going to lie.

(TC: 00:20:14)

**Dr Hazel Wallace:** Damn it.

(TC: 00:20:15)

Ryan: Yes, I mean plant foods can be very filling and if somebody's training quite intensely, you need to eat a lot of food and if you get really full and you don't eat a lot of food you can lose weight, lose muscle mass. So I think the big thing I always come back to is making sure you're eating enough food overall. And if that means including, strategically, more animal products in certain places or protein supplements in certain

places. Or maybe even foods that aren't as fibre rich and filling in certain places, like bars or something like that, whatever you can do to keep you overall intake up. I think that can be helpful and go a long way to maintaining muscle mass. And, keep it simple. If you're eating three meals a day, can you maybe add a little bit more into those three meals? If you're willing to add another meal, how can you do that? Maybe it's post-workout or, kind of, a window of time where it's not going to be overly filling for your body to handle. It's possible you could lose mass, but with, I think, some adjustments, you can prevent that loss.

**(TC: 00:21:14)**

**Dr Hazel Wallace: Yes absolutely, and as you mentioned, like, supplementation-, vegan supplementation, actually, has improved a lot in the last couple of years. Not only in terms of taste and texture because generally they don't taste very good or they're very grainy, but they have improved. And then, also, in terms of the quality of the protein as well. So, yes, although I'm not, like, a big pusher of supplementation, I think it has its place, especially if you're a very active person and you're on a plant based diets I think it's a sensible thing to include.**

**(TC: 00:21:48)**

Ryan: Yes I think it's extremely helpful, and like you say, protein powders have come-, I had my first protein powder when I was fourteen and it was bad, it was really bad.

**(TC: 00:21:58)**

**Dr Hazel Wallace: There used to be, like, unflavoured or it would just come in vanilla or chocolate and it tasted like the medicinal supplements that you take to gain weight.**

**(TC: 00:22:07)**

Ryan: Yes, very medicinal, flavour was not a concern for the companies at that point.

**(TC: 00:22:13)**

**Dr Hazel Wallace: No, and now you can get, like, birthday cake. Yes, it's interesting. The other, kind of, thing, when transitioning towards a more plant based diet-, and when I say more plant based diet I'm not necessarily meaning veganism, but for a lot of people that might be going from a diet that is very meat heavy to reducing the meat a little bit and increasing the plants a little bit, and when you do that, you're naturally increasing the fibre, because of, like, all the legumes and pulses in there and that can cause of gut issues for people, which can almost hinder their progress or make them more reluctant to do this because they're like, 'I feel sluggish, I feel bloated, I'm in pain.' What kind of tips do you advise for people when they are coming up against this?**

**(TC: 00:23:00)**

Ryan: Three things. Take it slow, experiment and get to know FODMAPs. So, first off, taking it slow. If you're starting to include more legumes for the first time, don't feel like you have to go from none to, like, two or three cups a day overnight. Start with a couple of spoonfuls, then gradually increase to a half cup or a cup. Allow your GI tract some time to adapt, it can get better at digesting and processing legumes. So start slow. Experimentation. If you try one type of bean or pulse, and you notice, just, a lot of bloating and discomfort, try another one. I've noticed a lot of individuality with legumes. So, some people do really well with one but they don't do well with another, even though the fibre might be the same. So, just experiment,

try some different ones. And then finally, if you continue to have problems, get to know the world of FODMAPs.

So, FODMAPs, F-O-D-M-A-P-s, it stands for this group of ferment-able carbohydrates that some people can be really sensitive to, and when you can learn the different categories of FODMAPs, you can make really easy swaps that can help. So, instead of relying on sweet potatoes you can do more potatoes, and that can be an easy swap with less FODMAPs. You can change from cashews to almonds and that can mean you're consuming less FODMAPs, and down the list. There's a lot of different adjustments you could potentially make that could help.

**(TC: 00:24:28)**

**Dr Hazel Wallace: Yes, so we use that over here as well for people with irritable bowel syndrome. But, again, you don't need to have the diagnosis of IBS to learn and implement some of the principles. I would just be cautious if you're getting too bogged down about FODMAPs in your food because it can become quickly restrictive.**

(TC: 00:24:51)

Ryan: Yes, very much.

**(TC: 00:24:53)**

**Dr Hazel Wallace: And just be a bit of a pain in the ass as well.**

(TC: 00:24:56)

Ryan: Yes, it is a pain in the ass, that's true.

**(TC: 00:25:29)**

**Dr Hazel Wallace: Okay. One of the other things that we mentioned as part of the principles, is food waste. And of all the food produced in the world it's, like, a third of it goes to waste. Which is, like, when you sit back and think about that, a third of the food goes to waste, and for me that's really hard to believe. And I'm wondering, like, how are we doing that? Like, what are the main ways we're wasting food? Is it the individual or is it mass food wastage and what can we do to help offset this?**

(TC: 00:26:00)

Ryan: Yes, when you picture the entire food supply chain starting on the farm, and then all the way to your kitchen, food waste can happen at any point along the food supply chain. In developing countries we see a lot more food being wasted early in the food supply chain. So, on farms, during transport, that's where the bulk of food is wasted. Maybe they just didn't have labour to harvest the crop, or there were pests or they didn't have a truck to transport the food, something like that. In more developed countries, like the UK, the US, Canada, we see food waste taking place at the other end of the food supply chain. So, at grocery stores, at restaurants and at home. And there are a couple of big reasons for this and one of the reasons is we eat a lot more fresh food in developed countries. So, fresh vegetables, fruits, meat, seafood, dairy, eggs, and these foods have a short shelf life so if you buy them and you don't use them, then they can go bad and you have to throw them away.

Another reason is, there can be confusion around expiration dates printed on foods. Some people don't know if that's a food safety thing, or a quality thing or a taste thing. So food might be perfectly fine, but they might see a date printed and just get nervous and throw it away unnecessarily. And the other big factor is, food might be perfectly fine, perfectly safe, but it's a leftover, and somebody just discards it. And people just don't eat as many leftovers as they used to. And I think, when I step back and think about this, I suspect it's due to our disconnect from food in developed countries. So, not as many of us are working in agriculture, so we don't see the time and resources that go into food production. So I think we might be a little bit quicker to discard a food without giving it much thought, versus in those developing countries, I mean, the idea of a food making it to your kitchen and then throwing it away if you don't absolutely have to is, like, unheard of, because more of those folks are working in agriculture. So, I think a big part of it is just, kind of, our disconnect from food production as well.

**(TC: 00:28:05)**

**Dr Hazel Wallace: Yes, and I guess most people listening to this are in a place of privilege, where food isn't scarce and so, when you have this, like, abundance of food and accessibility to supermarkets and things like that, it doesn't seem to bad to throw away the last of a slice of bread or whatever it might be. And yes, I do think there's, like, this disconnect between what it actually is that we're getting rid of and I'm not really sure if people are acutely aware of the magnitude of food waste. I think more and more it's getting spoken about and there's apps available over here, like, Too Good To Go and another one called Olio and things like that, where you can essentially get food that's going to get thrown away. And there's also apps where people can put up food on that they have in their home, that they're not using. So, it could be, like, the ends of carrots or whatever, and your neighbour can come pick them up and use them, so that's interesting.**

**(TC: 00:29:06)**

Ryan: Well yes, and it's a big deal because, I think, when you bring up food waste a lot of people, kind of, think, 'Yes that's not great but, does it really matter for the planet?' And it does, because all the resources that went into producing that food, the water, the land, the labour. When you throw the food out, you're throwing the resources out. And then, on the flip side of that, when you actually send a food to the landfill, it breaks down and releases greenhouse gases, so it's, like, a double whammy, it's bad news for the planet.

**(TC: 00:29:37)**

**Dr Hazel Wallace: Yes, absolutely. And, like, obviously in this conversation we've focused really heavily on food, and you're very well placed and researched in the space of the environment and sustainability. And there's some really huge things that we do as humans that contribute to our carbon footprint. And I'd love to just, kind of, touch on some other big things (TC 00:30:00) that we could potentially think about doing in order to reduce that.**

**(TC: 00:30:05)**

Ryan: The three big factors that I consider when thinking about the future of the planet, is everything we've been talking about, food, and then the other two big areas are electricity and transportation. So, however you can move towards renewable energy, whether that's just contacting your energy provider and saying, 'Switch me over to more of a share of renewable energy,' that goes a long way. And then, transportation, I mean, whether it's walking, biking, mass transit, instead of driving or flying, that makes a difference. I mean, those

are the other two big areas when it comes to our overall footprint as human beings. I mean the undercurrent with all these, too, is population. I'm reluctant to ever talk about population, because there has been quite a levelling off in many developed countries of population growth, so I think we're heading in a more sustainable direction. But I'll mention it, it's there. People use resources, so, just being responsible with our contribution to the population of the world.

**(TC: 00:31:16)**

**Dr Hazel Wallace: That was a very pragmatic way of saying it. One of the other chapters that you touch on in the book is movement, and how that supports the planet. And I guess, like, I found that really interesting and, how do you see movement and physical activity and it's relationship on the planet.**

**(TC: 00:31:34)**

Ryan: Yes, two of my favourite ways of blending these two worlds is volunteering and purposeful exercise. So, with volunteering, I for many, many years, one of my-, when I'm building my workouts for the week, and looking at my workout schedule, I'll have a day of volunteering. Often-times for me it's been on farms and in gardens and things like that because I'm trying to learn more about that, but if you spend a workout day volunteering, it accomplishes a lot. It not only challenges you to potentially move your body in a different way, so it's like an active recovery day, almost. Not all volunteer positions would do that, like, I guess you could be in a library sitting in the back entering data or something. But, if it's maybe on a farm, for example, or in a garden, you're moving your body so you're physically active. You're also outside so you're benefiting from fresh air and sunlight, plus you can be around like-minded people, build some closer connections with people which I think a lot of us could benefit from.

So, overall, it's a win win for mental and physical health. And the other suggestion I make to people is, trying to have some sort of purposeful exercise. So if you like to spend a day maybe riding a stationary cycle or walking on a treadmill or something like that, I think that's great, feel free to continue doing it, I do it occasionally, it's great, listen to a podcast, whatever. But, instead of that, sometimes you could swap that out and walk to the grocery store that day. Instead of walking on the treadmill, walk to the store, walk home. So you minimise your driving and you're getting physical activity. I know these sound-, I'm always a little hesitant, I feel like they're, like, a pamphlet you'd find at the doctors office or something, it's old-school, 'You know, walk to the store.' But, collectively, if we did more of these things I think it would have a win win for us and for the planet.

**(TC: 00:33:21)**

**Dr Hazel Wallace: I agree. I think, I'm often in this position-, similar to you, although coming at it from an angle of just getting people to move more. And, like, incorporating activity into normal everyday things that you're doing anyway. Almost like habit stacking, I think is a great way of doing it. My favourite thing when I was working at the hospital was, you know, once a week, just running home. And that was one way I could tick off my commute and not use transport, even though I was just getting the tube. But, another way I was getting outside and also I was moving my body. And so I was doing all these things, and it's such a small measure, and if we could do more of those kind of things, it goes a long way.**

(TC: 00:34:05)

Ryan: Yes. And another side note to this too, is I think sometimes with people, especially people who maybe notice that they find it difficult to muster up motivation for exercise, when you incorporate some of these bigger-than-self goals, or greater good goals. I think it can give people a lot of extra incentive to do these things, because it's not just their own health and their own world, it's accomplishing things beyond yourself and I think that can be pretty powerful.

(TC: 00:34:32)

**Dr Hazel Wallace: Yes that's a really good point. This has been really interesting. But, to wrap up, I've got three questions for you that we ask every guest, which I already gave you the heads up about so hopefully you have some ideas.**

(TC: 00:34:43)

Ryan: I've been agonising over this, yes.

(TC: 00:34:48)

**Dr Hazel Wallace: No biggy. The first one's easy though, what's the number one takeaway that you want people to take from this particular episode?**

(TC: 00:34:56)

Ryan: I'll give you a quote from somebody I really like, Jonathan Saffran Foer, and he says, 'The greatest opportunity to live our values or betray them lies in the food we put on our plates,' and I think that captures a lot of what we talked about today. When you step back and get real about your values, one of the top ways to live out those values is through our food choices.

(TC: 00:35:20)

**Dr Hazel Wallace: That's so good, I love that quote. The second question is if you could go back and give your eighteen year old self one piece of advice what would it be?**

(TC: 00:35:31)

Ryan: So, my eighteen year old self probably wasn't open to advice from my forty year old self. I wouldn't have been. So, I would say, two bits of advice. I'd say start practising yoga now, because it'll very likely benefit your mental health because you've a very sensitive nervous system and I'd also say spend more time listening to Jay-Z. Because Jay-Z was becoming really popular when I was eighteen and I didn't give him enough credit. So, if I could go back in time I'd say listen to more of Jay-Z's albums, very talented.

(TC: 00:36:05)

**Dr Hazel Wallace: For any reason other than, like, because of his artistry talent or because of the lyrics?**

(TC: 00:36:11)

Ryan: So I am a lifelong hip hop fan, I absolutely love it, and Jay-Z is one of those artists, who, as he was becoming more popular I just, kind of, brushed him off. But the more I've read about him and read some of his lyrics and his life, he's a really admirable person and he's gone through a lot and he's told some really

important stories in his songs. So, I think I would tell myself to go back and spend some more time learning from him and his lyrics, and appreciating his music.

**(TC: 00:36:39)**

**Dr Hazel Wallace: Amazing, I wasn't expecting that. I have the same birthday as Jay-Z so I have this fondness for him.**

(TC: 00:36:47)

Ryan: Yes, wow.

**(TC: 00:36:48)**

**Dr Hazel Wallace: Yes I know, December 4th. And the final question is, what is one book that you recommend everyone reads and why?**

(TC: 00:36:57)

Ryan: I could give you ten books. I'll give you one because this book really had a big influence on me starting to see this coexistence between sustainability, our health and planetary health, and the book is called Farmacology, F-a-r-m-acology, it's by Dr. Daphne Miller. If you're new to thinking about this, talking about why soil health matters for our health and, like, connecting all the dots between those worlds.

**(TC: 00:37:26)**

**Dr Hazel Wallace: Amazing. I love that. What good answers, I don't know why you were fretting, they were great. Thank you so much for your time today, it's been so fascinating and such an important conversation. If people do want to learn more from you, and obviously you've got your book out, where can they find you and where can they get the book?**

(TC: 00:37:47)

Ryan: Yes, you can check out my website, ryandandrews.com, I have information about the book there, and if you're interested in checking the book out, I have a promo code Food Medic. You type in Food Medic and you can get 15% off for the book.

**(TC: 00:38:01)**

**Dr Hazel Wallace: Amazing.**

(TC: 00:38:02)

Ryan: Yes, and from the website I have some social media links and things like that.

**(TC: 00:38:07)**

**Dr Hazel Wallace: So good. And, I have read the book and I 100% endorse it, so definitely check it out.**

(TC: 00:38:14)

Ryan: Thank you.

**(TC: 00:38:16)**

**Dr Hazel Wallace: Okay guys, I hope that's left you with some food for thought and offered you some solutions on little changes that you can make to support your health and the health of the planet. If you did enjoy the episode, you know the drill, please rate, review and share the podcast with someone you think will enjoy it too. That's all from me, until next time.**