

Vias para uma pecuária extensiva sustentável

 **14 de Junho | 10h00**
CNEA - Santarém | Sala Ribatejo



Pecuária extensiva e intensiva: diferenciação e sustentabilidade

Vicente Rodríguez Estévez

Organizado por:



Cofinanciado por:



Cofinanciado pela
União Europeia



Pecuária sustentável

- O consumidor do século XXI
- Animalistas e veganos
- Problemas da pecuária: sustentabilidade
- Diferentes sistemas pecuários
- Quantos animais podem ser alimentados a pasto?
- Como ser sustentável
- Pecuária ou rewilding?
- A pegada de carbono
- Concluindo



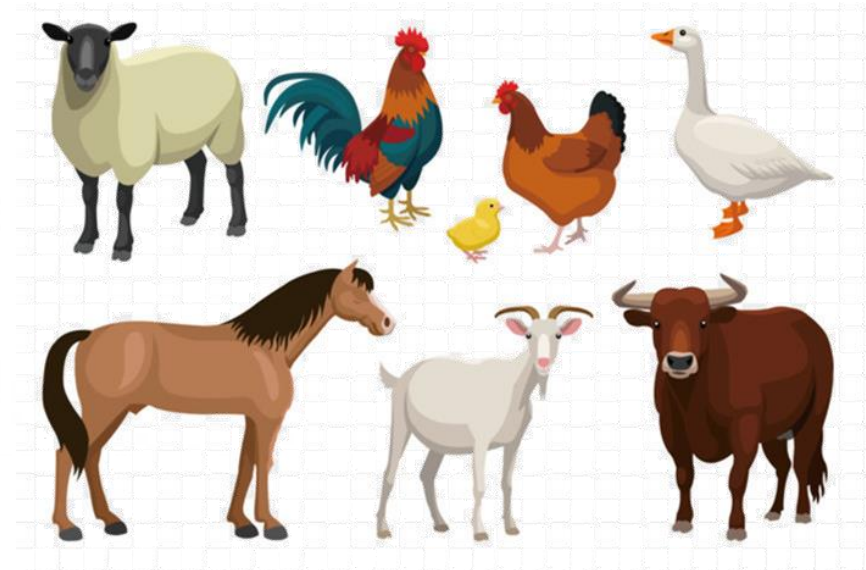
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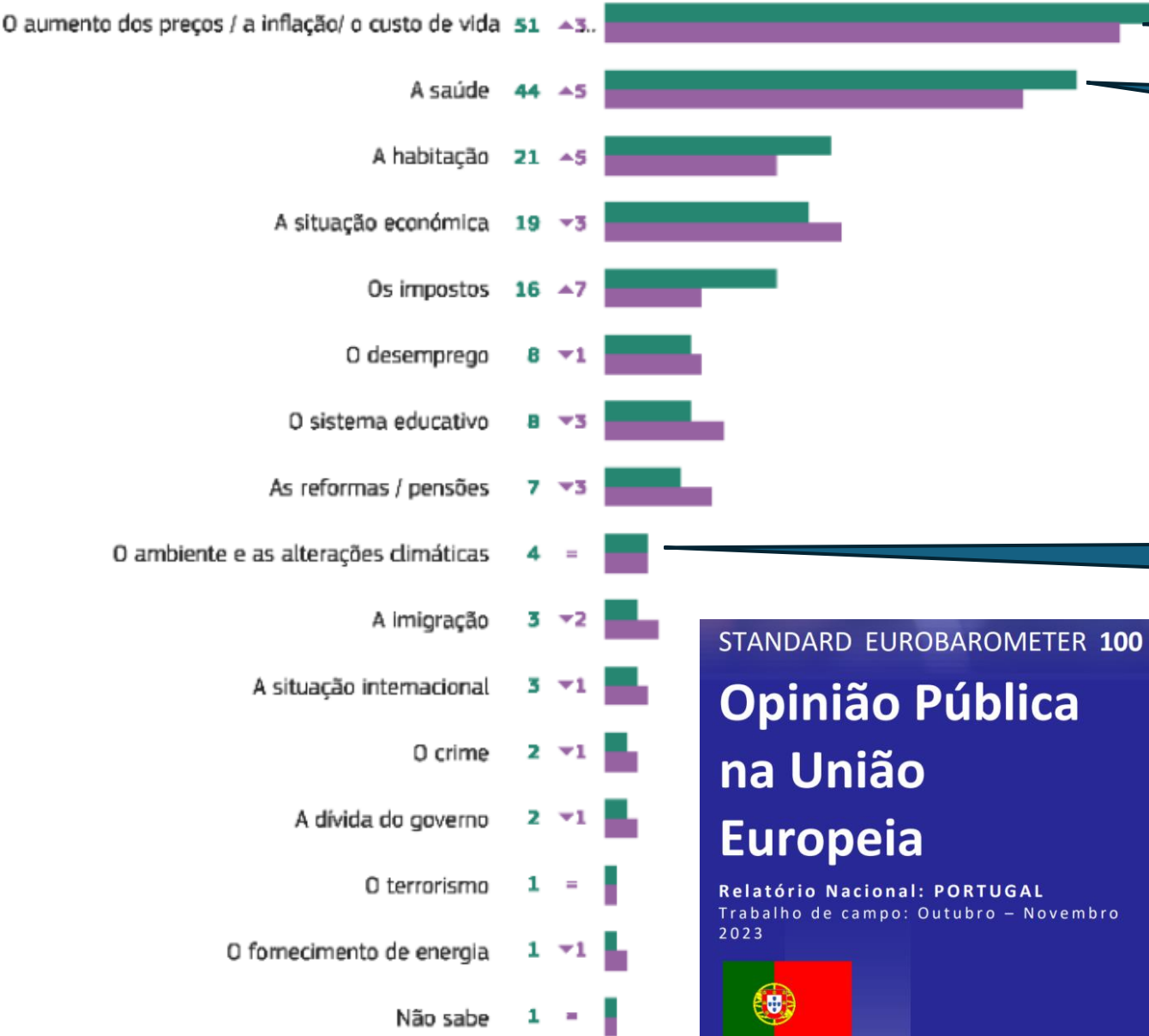
Não brincar com a comida



Nuestros consumidores



QA3. Na sua opinião, quais são os dois problemas mais importantes que (NOSSO PAÍS) enfrenta atualmente? (PT) (%)



51% O aumento dos preços/ a inflação/ o custo de vida

44 % A saúde

4% O ambiente e as alterações climáticas

STANDARD EUROBAROMETER 100

Opinião Pública na União Europeia

Relatório Nacional: PORTUGAL
Trabalho de campo: Outubro – Novembro 2023

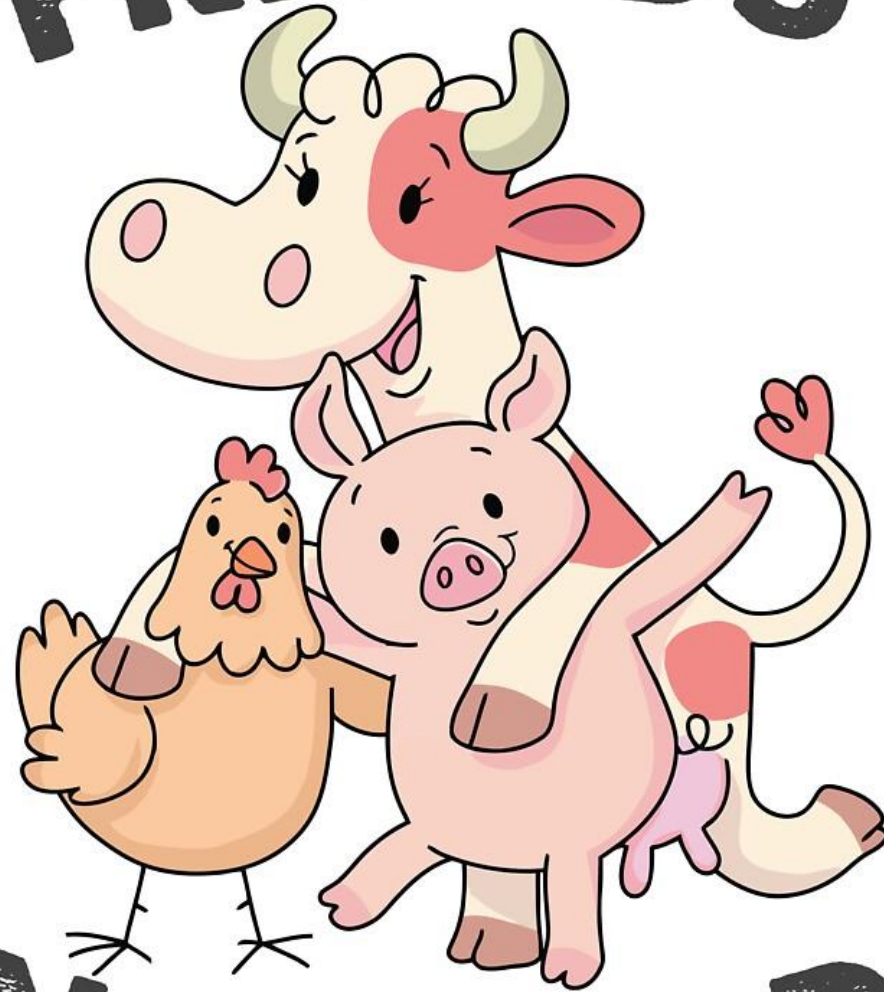
População urbana não treinada e manipulada

A ignorância sempre gera dúvidas; duvida da rejeição e isso, atitudes negativas





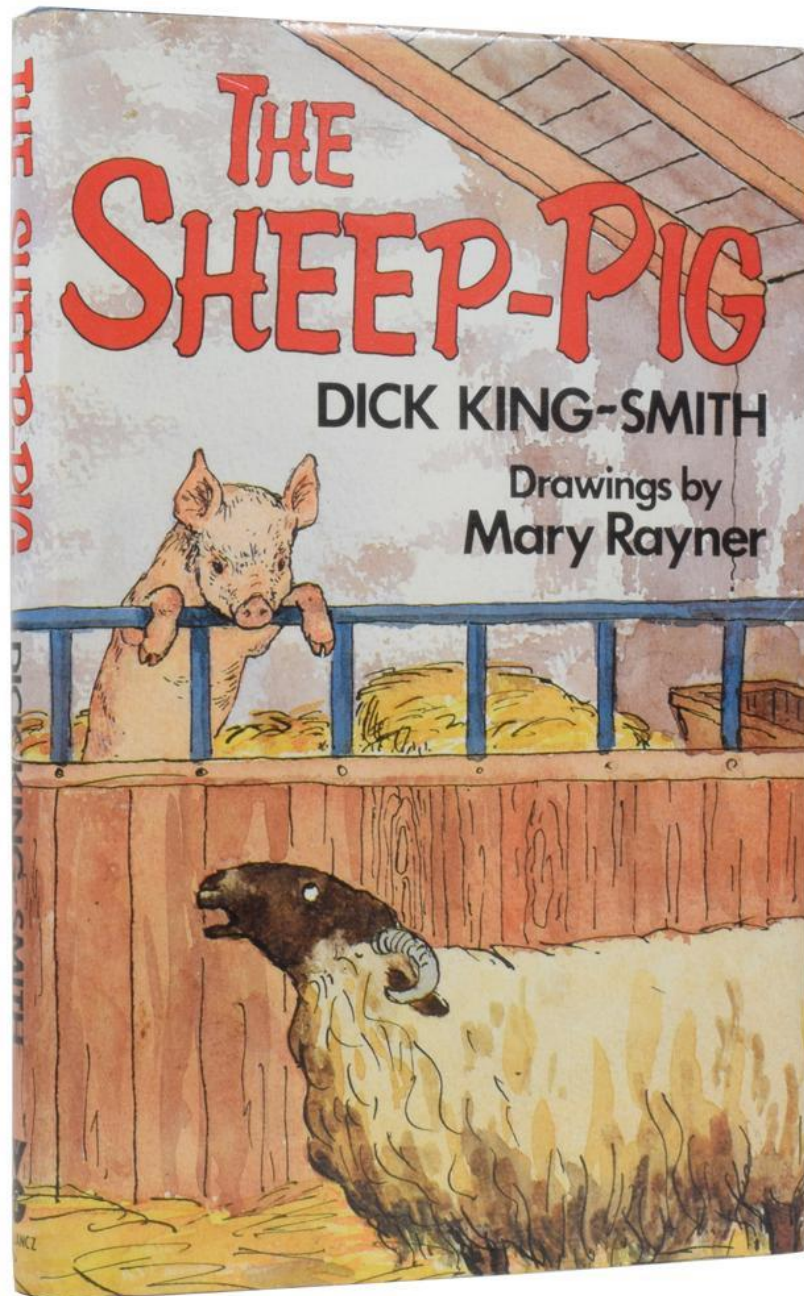
FRIENDS



NOT FOOD

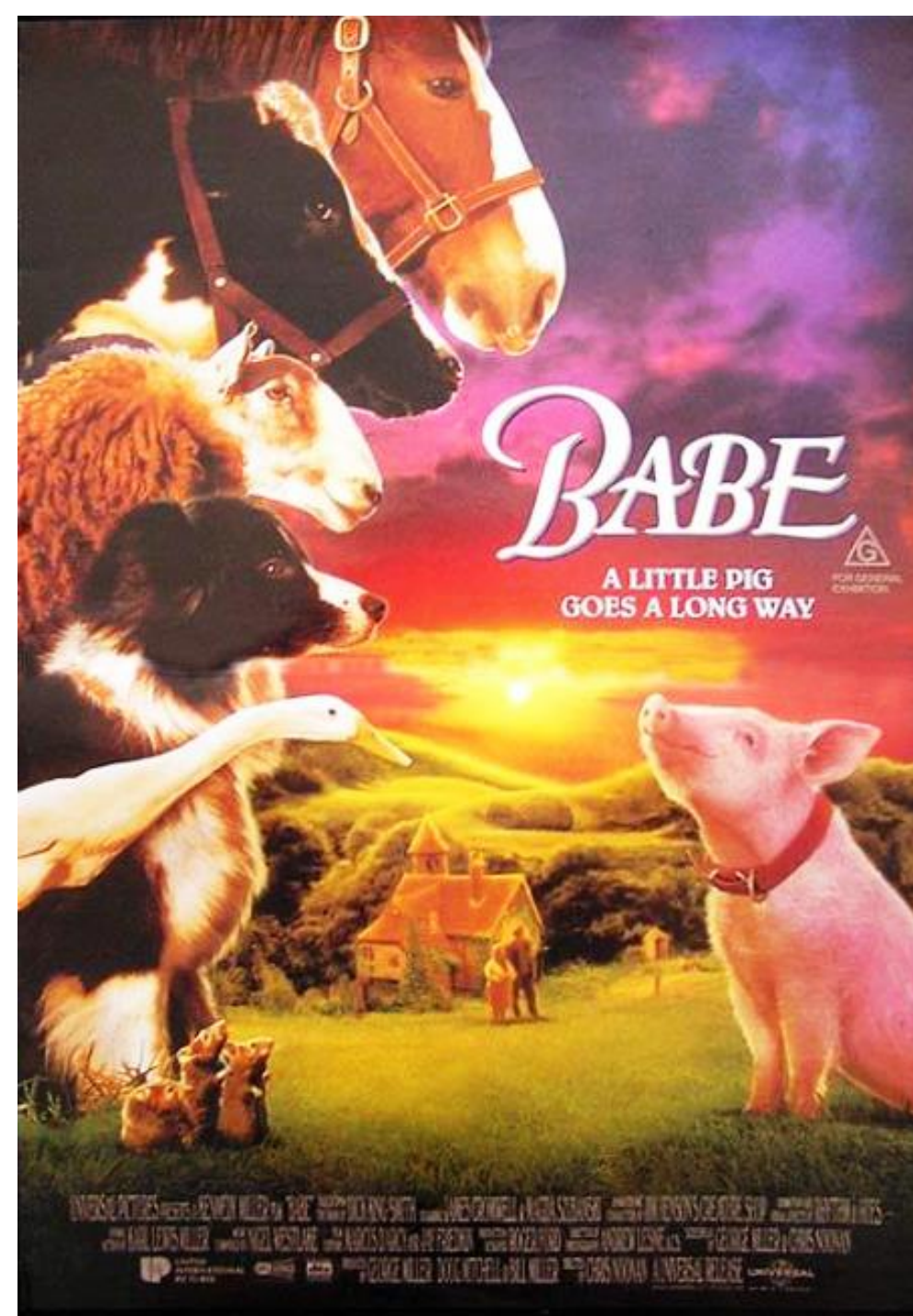


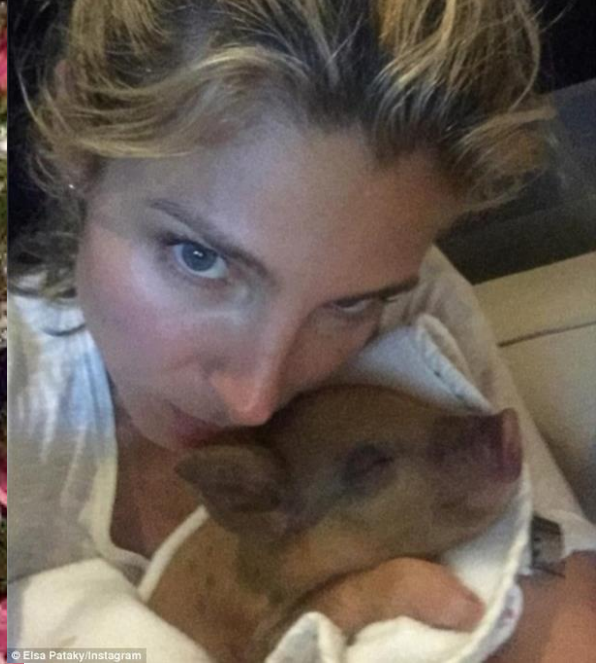
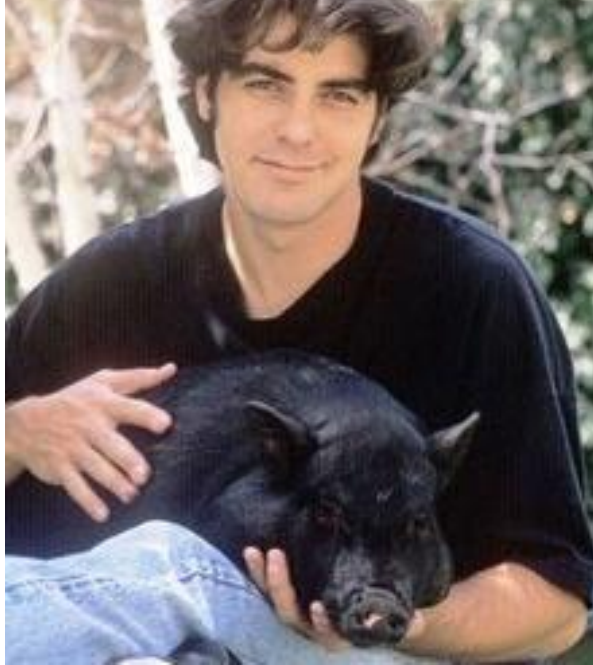
| | |
|--------------------------------|--|
| Eslogan | Inspires Life |
| Tipo de canal | Televisión por suscripción |
| Programación | Infantil y juvenil |
| Propietario | The Walt Disney Company |
| Operado por | Walt Disney Television |
| País |  Estados Unidos |
| Fundación | 18 de abril de 1983 |
| Inicio de transmisiones | 18 de abril de 1983 |



1983

1995

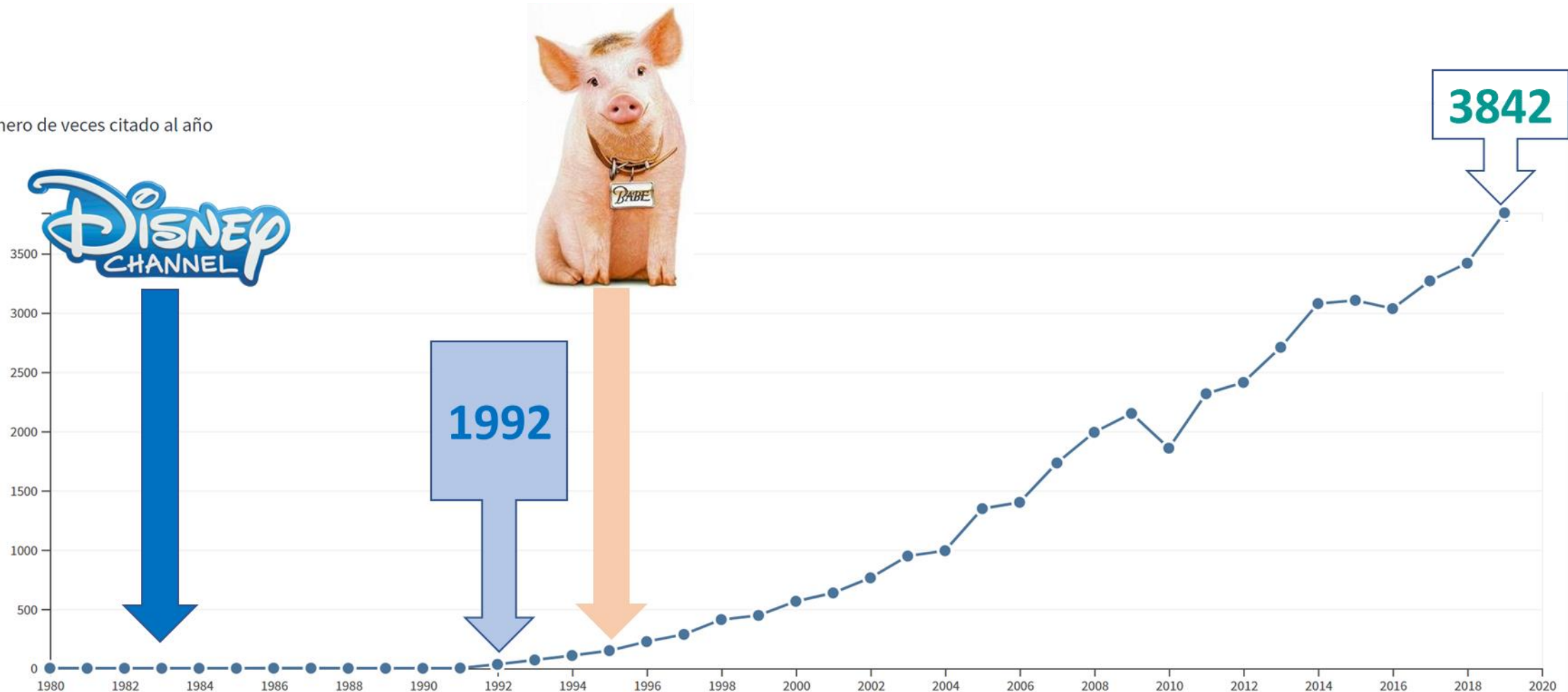


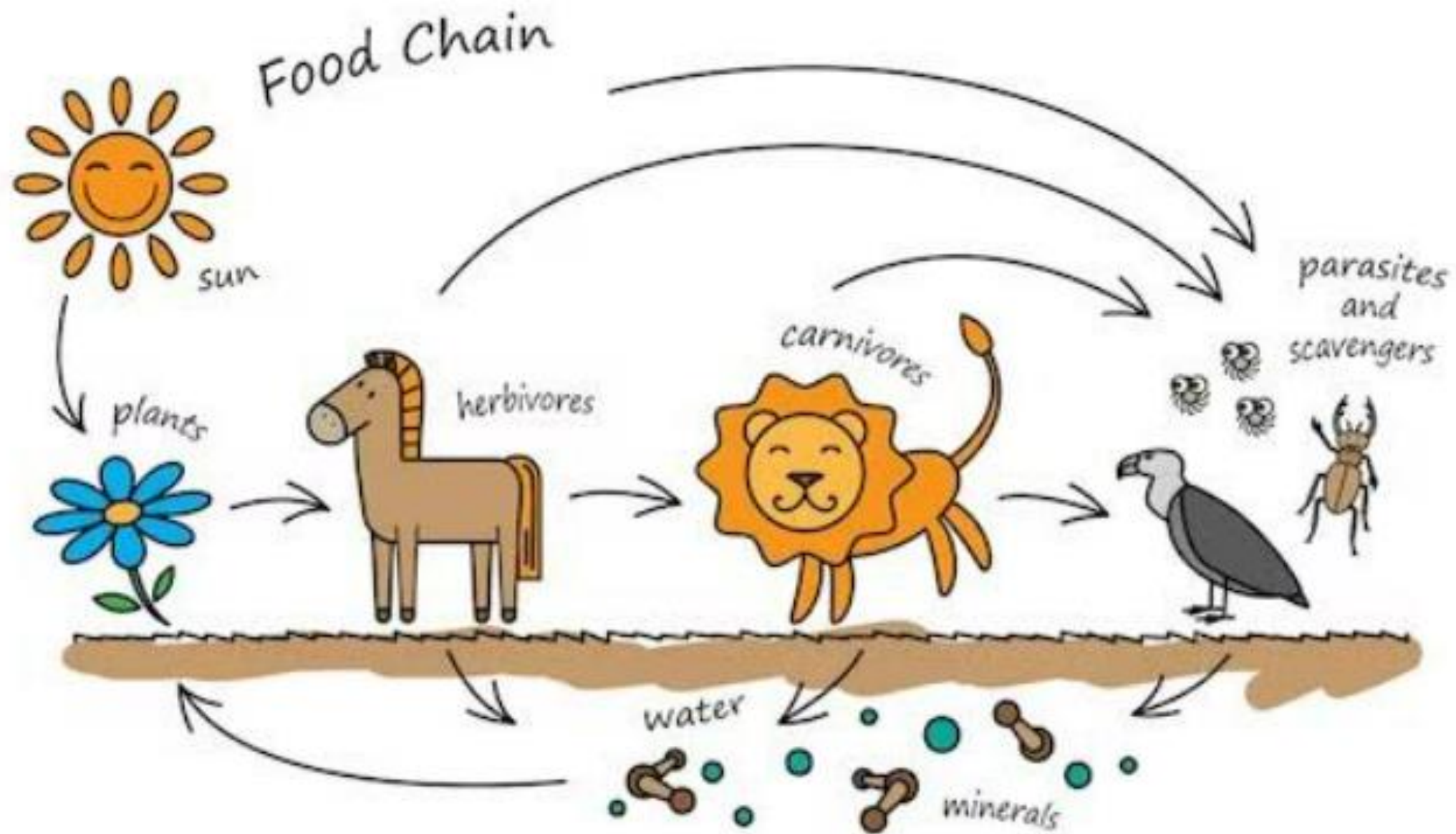


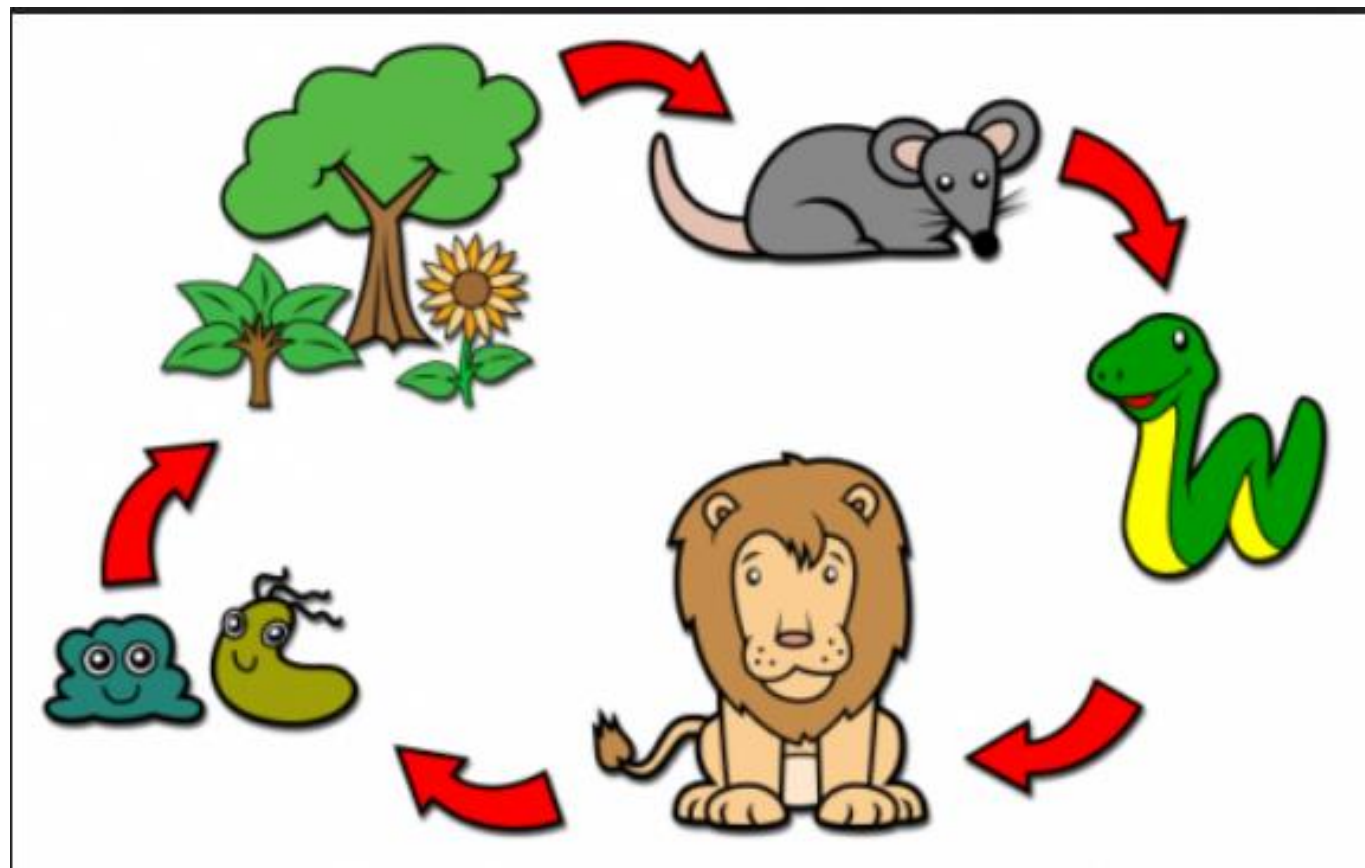
- Behaviour
- Stress
- Pig

Número de citas: 45.831

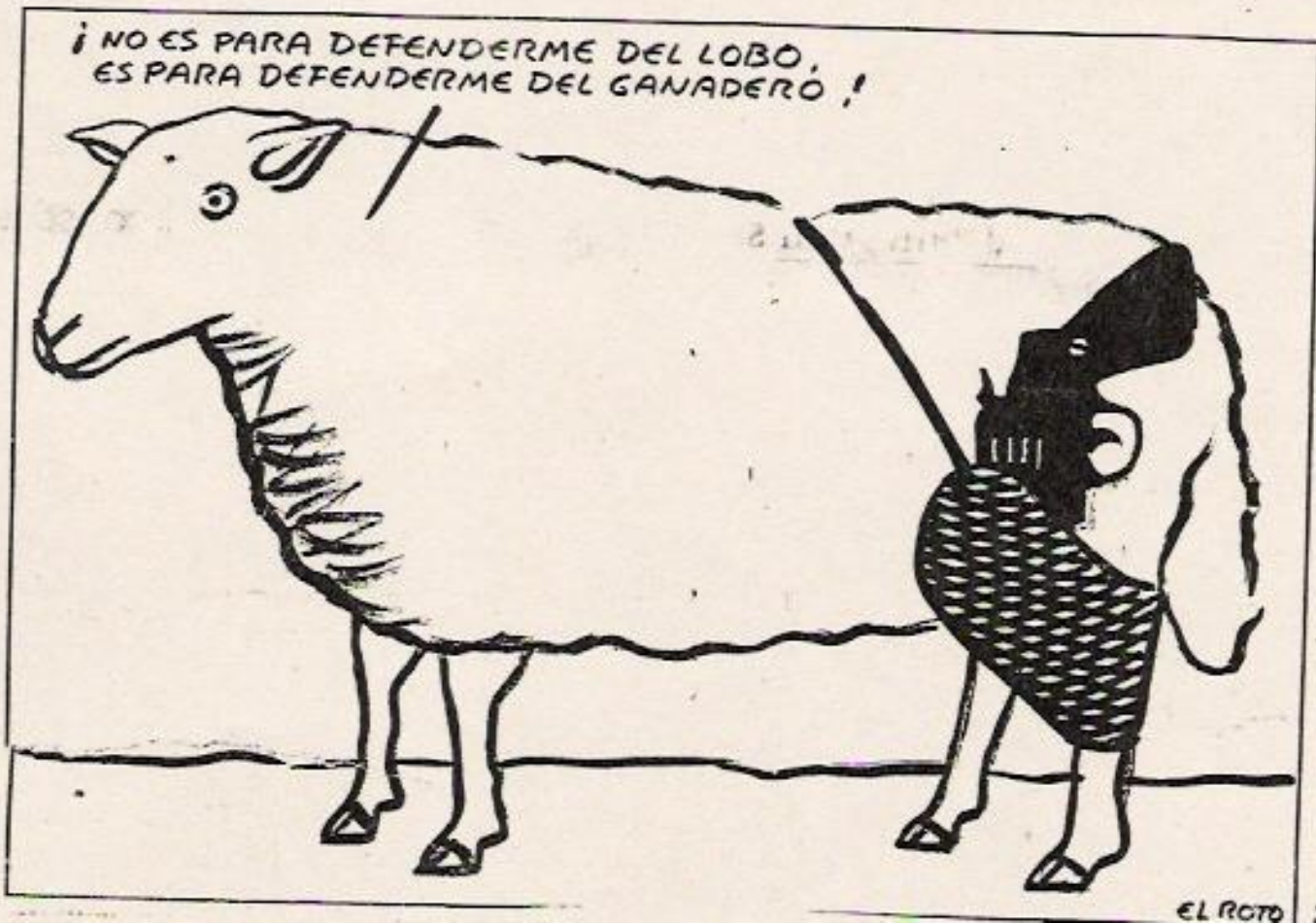
Número de veces citado al año







Não é para me defender do lobo,
é para me defender do fazendeiro



Chapeuzinho Vermelho e o Lobo Bom

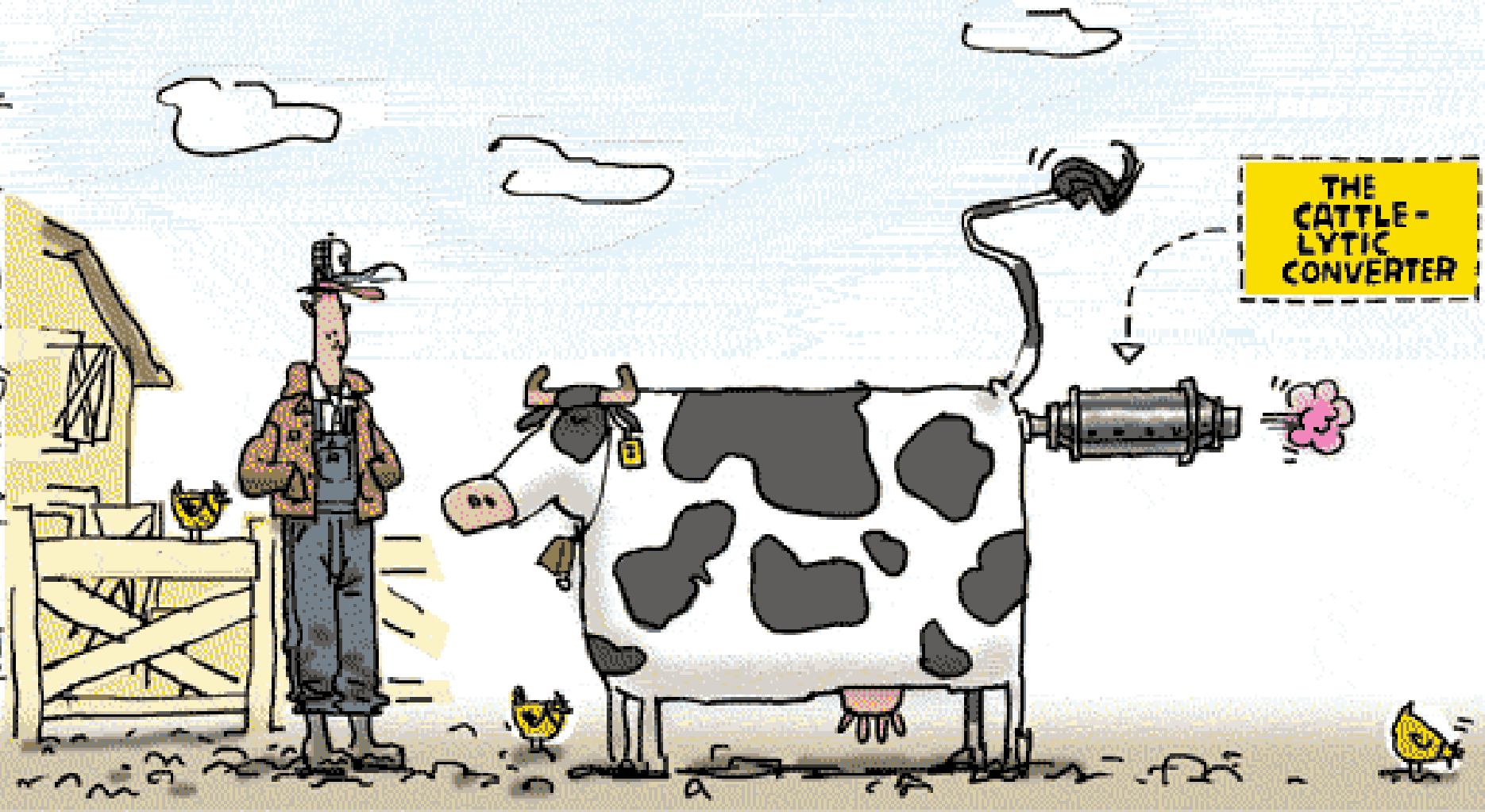
Bode
expiatorio
=





U.N. REPORT IDENTIFIES 'COW EMISSIONS' ARE MORE DAMAGING TO PLANET THAN CO₂ FROM CARS... SOLUTION?

©Mike Lester/PennNewsTribune
www.CagleCartoons.com



W. Nicholson
25 FEB 09



We're just
trading
emissions



A new fashion at universities: to forbid meat

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Climate change

Goldsmiths bans beef from university cafes to tackle climate crisis

University of London college will also seek to limit single-use plastics

Amy Walker
Mon 12 Aug 2019 15:51 BST

3044



▲ The best way to reduce impact on the environment is to avoid meat and dairy products, scientists have said.
Photograph: Farm Images/UiG via Getty Images

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most viewed

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La universidad de Coímbra elimina la carne de vacuno en sus comedores

El rector anuncia que el objetivo es ser centro neutro en carbono antes de 2030



JAVIER MARTÍN DEL BARRIO

Lisboa - 18 SEP 2019 - 10:30 CEST



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Me interesa



Netherlands

Dutch city becomes world's first to ban meat adverts in public

Haarlem's move is part of efforts to cut consumption after meat was found to contribute to climate crisis

Daniel Boffey

Tue 6 Sep 2022 13.12 BST



Adverts will not be allowed on buses, shelters or screens in public places in Haarlem, home to 160,000 people. Photograph: Dutch Cities/Alamy

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Live Russia-Ukraine war
live: Kyiv hit by missiles as
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Final minutes of Air France
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as trial opens



FA reviewing incident
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up



'We want the clerics to get
lost', Iran's archbishop

[Home](#) > [Industries](#) > [Food/Beverages/Tobacco](#)

Can Starbucks save the planet by cutting dairy? Activists and investors respond

Published: Jan. 25, 2020 at 12:45 p.m. ET

By Rachel Koning Beals

13

Soy, oat and almond milk leave their own mark



Starbucks CEO Kevin Johnson says the coffee chain will encourage consumers to choose milk made from almonds, coconuts, soy or oats, whose production is environmentally friendlier than dairy, some claim.
Connor Surdi for Starbucks

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The voice for animals in Europe

As the pan-European animal protection organisation, the primary focus of Eurogroup for Animals is to work in the interest of animals towards a society in which they are valued and respected as sentient beings.



44 years
of Eurogroup for Animals



98
member organisations



1700000
signatures collected for a Fur Free Europe

EU Elections: 1000 candidates take the pledge for animals

7 June 2024 / Press Release



Over 1000 candidate MEPs have committed to work towards better animal welfare in the EU, should they be elected in the current European Elections.

The [Vote for Animals](#) campaign, run by Eurogroup for Animals and its members, asks candidates to take a pledge committing to do more for better protection of all animals at EU level.

Candidates spanning the entire political spectrum across 27 Member States have made the commitment. Spain, Italy, Finland and France have the largest number of candidates supporting the pledge.

The Vote for Animals pledge calls for:

- New **species-specific legislation for all farmed species**, and a **transition to non-cage systems** within five years, as promised in response to the [End the Cage Age](#) ECI.
- **An end to the suffering of animals during live transport**, moving away from live animals towards transporting meat products.
- **Higher standards for aquatic species**, both farmed and wild, in farming, transport and slaughter; and a ban on the introduction of octopus farming.
- A Common Agricultural Policy that supports a **sustainable food system**, and a transition to higher animal welfare, and a shift towards plant-based diets.
- **Trade requirements that respect the same standards** as those established by revised EU legislation.
- Raised efforts and resources to accelerate the **transition to non-animal methods** in research, and support the scientific community to shift towards animal-free testing.
- **Better legislation for wild animals**, including a positive list of animal species allowed to be kept as pets, strengthened EU legislation for zoos, action against wildlife trafficking, and humane methods in wildlife management.
- **A ban, without delay, of fur farms and fur products on the EU market**, as per the demands of the [Fur Free Europe](#) ECI.
- Full traceability, improved breeding practices, stricter controls on sales and transportation, and **better treatment of companion animals**.
- **An EU commissioner responsible for animal welfare**, to ensure consistent attention and action in this area.

Uma Política Agrícola Comum que apoie um sistema alimentar sustentável, uma transição para um maior bem-estar animal e uma mudança para dietas baseadas em vegetais.



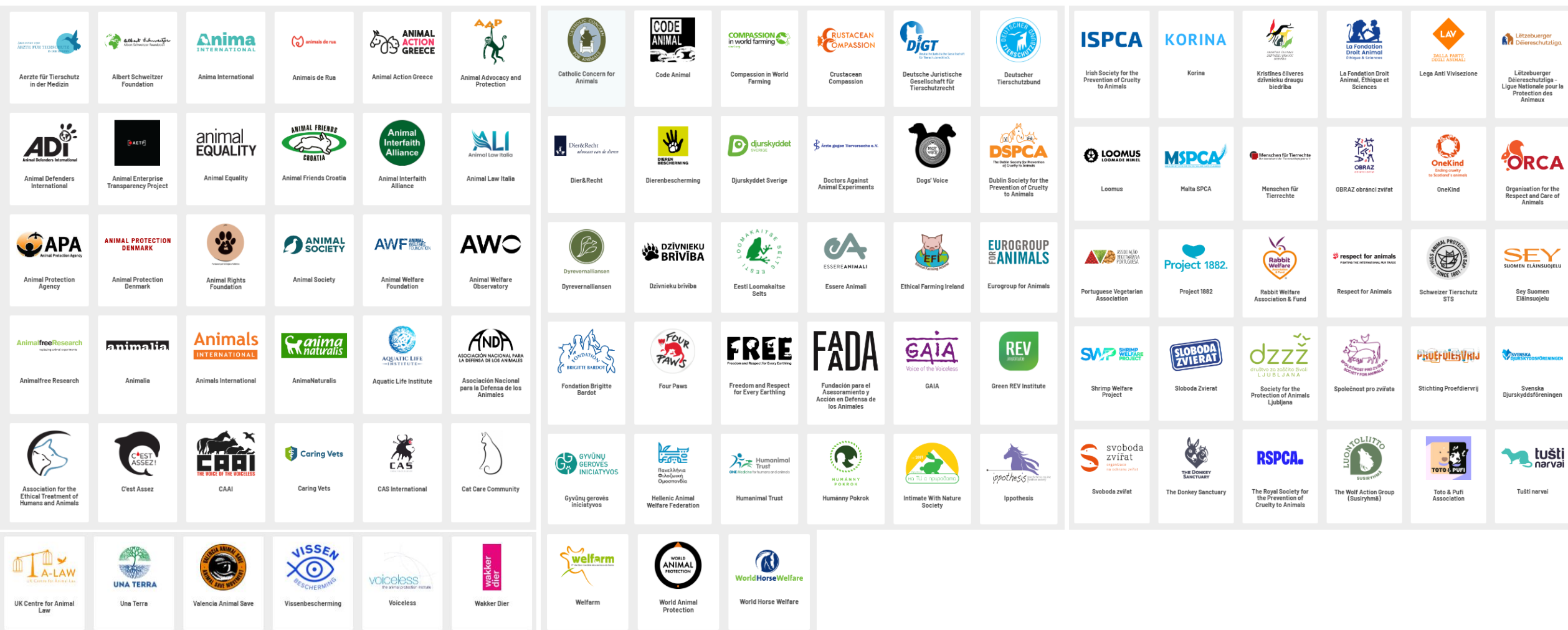
Animais de Rua



Portuguese Vegetarian Association

EUROGROUP
FOR
ANIMALS





Linhas de trabalho “anti”:

- Caçar



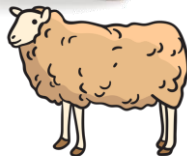
- Peles



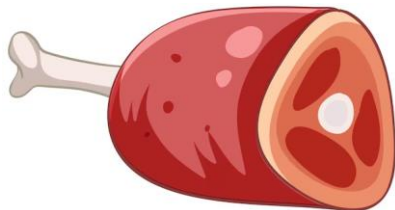
- Touros



- Pecuária



- Dieta onívora



**BEYOND
MEAT**

**THE BEYOND
BURGER**

**PLANT-BASED
BURGER PATTIES**

20G OF PLANT
PROTEIN
PER SERVING

See nutrition facts for fat and saturated fat content

SOY FREE
GLUTEN FREE
NO GMOS

REFRIGERATED. USE BY:
APPLY REFRIGERATED "USE BY" DATE



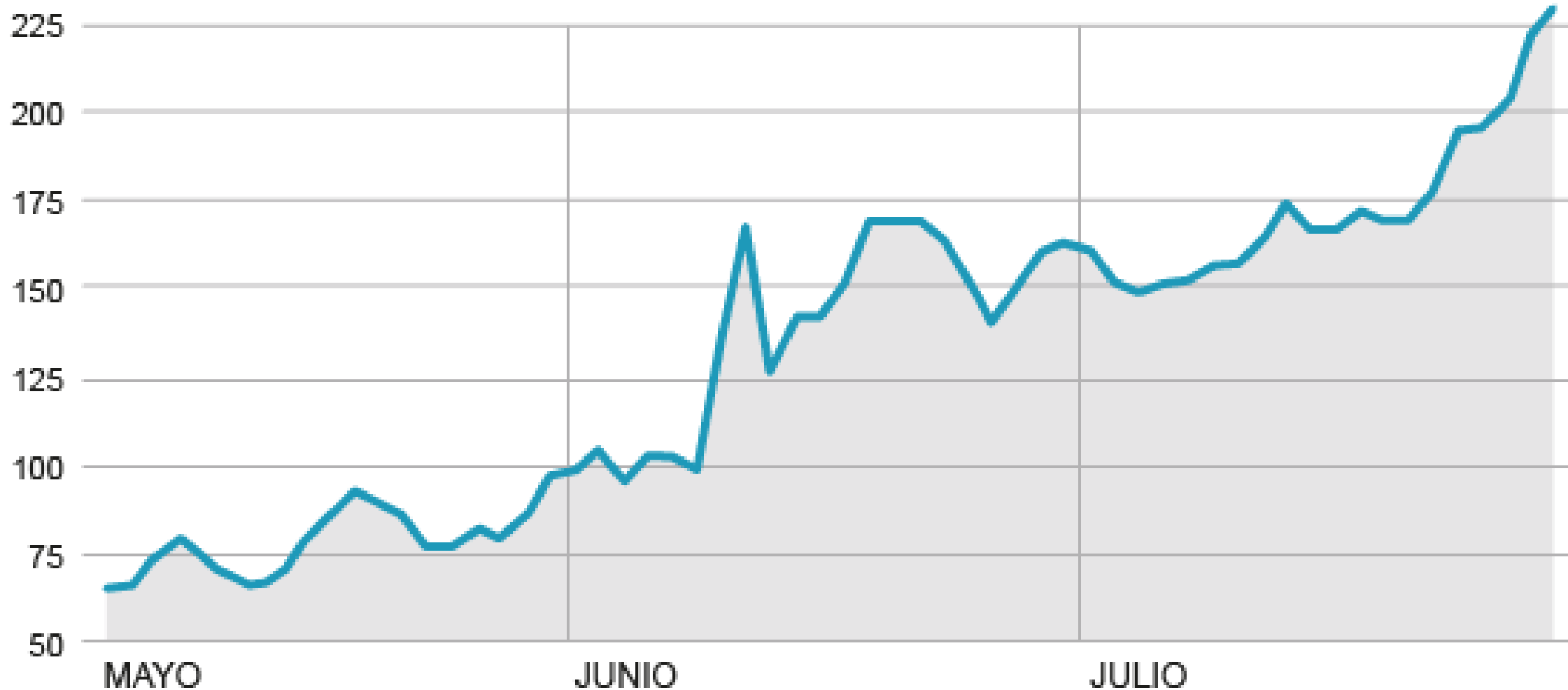


BEYOND MEAT



■ ■ ■ EVOLUCIÓN DE BEYOND MEAT

En dólares





Tuchthuisstraat 6
Bruiningshofje
Botermarkt 9

Raaks

Haarlem

JCDecaux

**SORRY
HAARLEM,
YOU CAN'T
BAN THIS
BACON AD!**



SOON AVAILABLE IN
SUPERMARKETS NEAR YOU

JCDecaux

**FINALLY,
NO MORE
MEAT ON
BILLBOARDS!**



SOON AVAILABLE IN
SUPERMARKETS NEAR YOU

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Productos de origen vegetal en una tienda. EFE/Agro/Juan Carlos Cárdenas

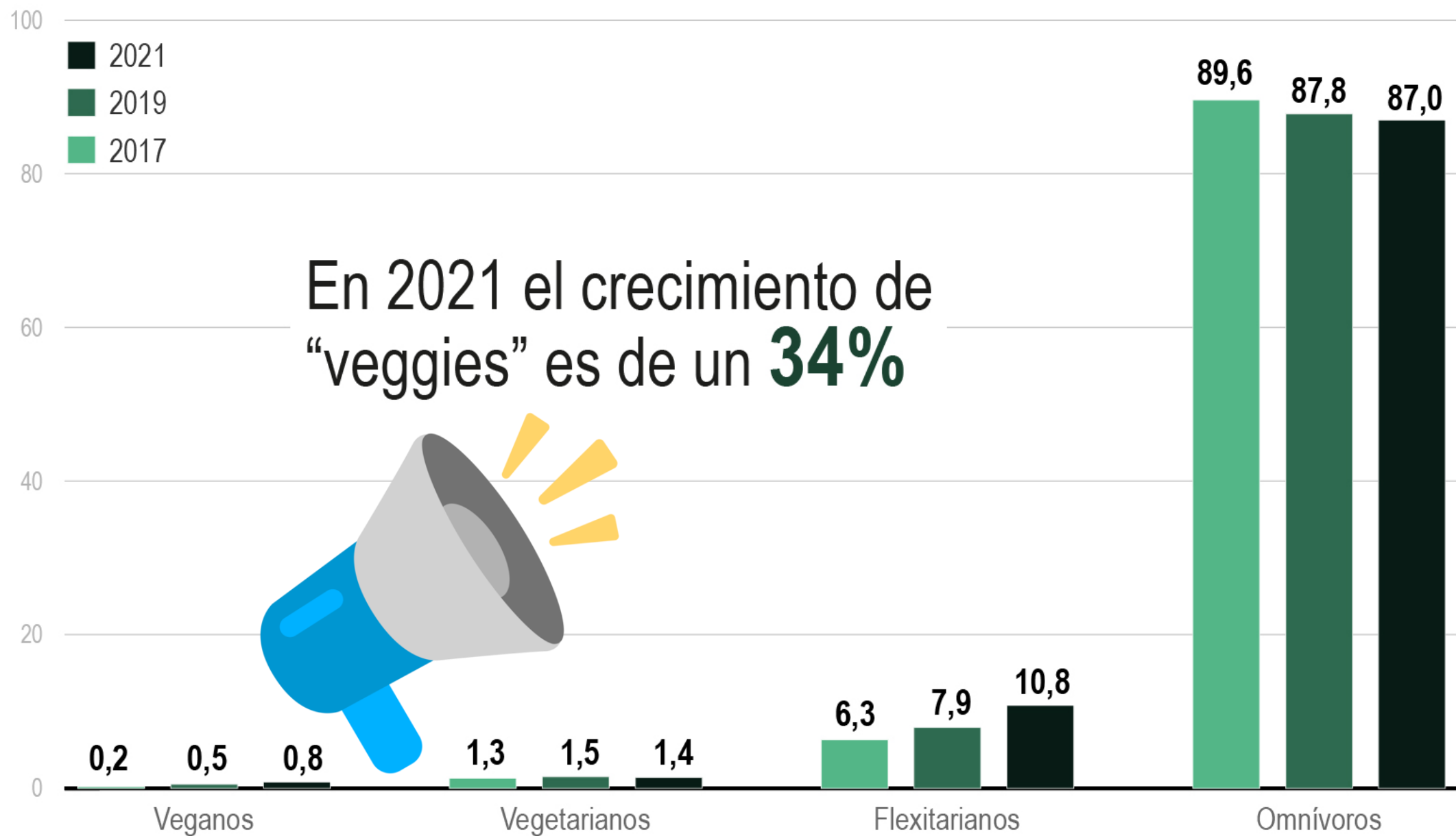
CONSUMO ALIMENTACIÓN

El número de veganos, vegetarianos y flexitarianos crece 65 % en 4 años en España

- El perfil del consumidor "veggie" no refleja diferencias por sexo y están representados "todos los rangos de edad", pero **hay más en el grupo más joven, de 18 a 34 años.**

Distribución por tipos de dieta en España

En %



1er restaurante con carne de laboratorio



CATEGORÍAS

Áreas de especialización en
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Financiación de la I+D+i

Fomento de la I+D en sector
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ARCHIVO

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Enero 2021

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SOCIAL



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13/01/2021

CULTUREDMEAT, el proyecto de I+D mejor valorado en todos los ámbitos de la convocatoria MISIONES de CDTI

El proyecto de I+D de carne cultivada que investigará los cáncicos del futuro destinados a la prevención de cáncer de colon y dislipemias - CULTUREDMEAT- nace bajo el paraguas de 8 entidades socias y 10 organismos de investigación, con el objetivo de conseguir un sector agroalimentario más sostenible y saludable

ADVANCED REVIEW



WILEY

Ethical consumerism: Veganism

Valentin Beck¹ | Bernd Ladwig² 

¹Department of Philosophy, Free University of Berlin, Berlin, Germany

²Department of Political Science, Free University of Berlin, Berlin, Germany

Correspondence

Bernd Ladwig, Department of Political Science, Free University of Berlin, Berlin, Germany.

Email: berndladwig@hotmail.com

Funding information

Alexander von Humboldt-Stiftung (Feodor Lynen Research Scholarship)

Edited by Anja Karnein, Domain Editor, and Mike Hulme, Editor-in-Chief

Abstract

In this article, we review an array of positions in the contemporary literature that concern the moral reasons for vegan consumerism. We situate veganism within the broader field of ethical consumerism, present a variety of motivations and justifications for veganism, and discuss criticisms of vegan consumerism. The arguments presented in the article ultimately pertain to the question of whether concerns for animals, human rights, or climate justice entail strong moral reasons to adopt a vegan lifestyle. Additionally, we address issues of particular relevance for political philosophy, such as whether organized vegan consumer campaigns are a politically legitimate means to strive for structural change. We hope to show that there are anthropocentric, as well as animal-centered, reasons that speak in favor of radically reformed human–animal relations, including diets that are at least predominantly plant-based.

This article is categorized under:

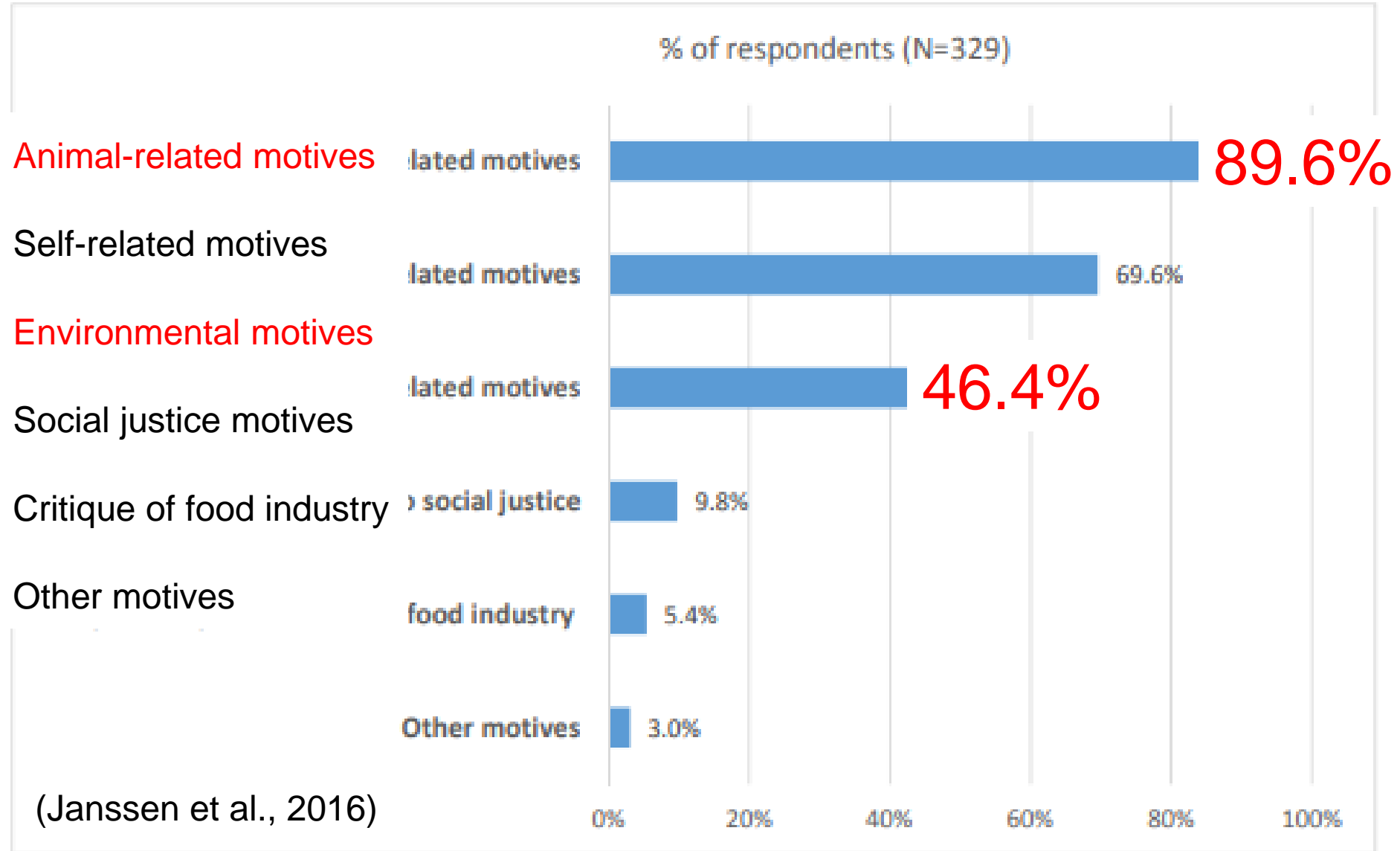
Climate, Nature, and Ethics > Ethics and Climate Change

KEYWORDS

animal ethics, climate ethics, climate justice, ethical consumption, veganism

- Human rights and climate justice
- Animal ethics

Motives of consumers following a vegan diet and their attitudes towards animal agriculture





Pecuária sustentável

- O consumidor do século XXI
- Animalistas e veganos
- **Problemas da pecuária: sustentabilidade**
- Diferentes sistemas pecuários
- Quantos animais podem ser alimentados a pasto?
- Como ser sustentável
- Pecuária ou rewilding?
- A pegada de carbono
- Concluindo



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Cátedra de Producción Ecológica
ECOVALIA - CLEMENTE MATA

PROBLEMAS DE PECUÁRIA do século XXI?

Para o consumidor ou para o agricultor?

- Qualidade e segurança alimentar
- Bem estar animal
- Conservação ambiental
- Eficácia de custos

**CONFIAR
DO
CONSUMIDOR**

SUSTENTABILIDADE





sustentabilidade

sustentabilidade

(sus·ten·ta·bi·li·da·de)

nome feminino

1. Qualidade ou condição do que é sustentável.
2. Modelo de sistema que tem condições para se manter ou conservar.

PT

BR



sustentável

sustentável

sustentável

(sus·ten·tá·vel)

adjectivo de dois géneros

1. Que se pode sustentar.
2. Que se pode defender.
3. Que tem condições para se manter ou conservar (ex.: *desenvolvimento sustentável*). = SUSTENTADO

Ganadería sostenible



ganaderia sostenible



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Pastoreo



Ganadería extensiva



Ganadería colombiana



Ganadería regenerativa



Industria ganadera



Sello



Producción ganadera



Ganadería bovina



Animal



Impacto ambiental >



BBVA
La ganadería sostenible ayuda a ...



Ruminants Blog
La ganadería sostenible es posible



Alianza Alimentaria
Qué tan sostenible es la ganadería ...



Ruminants Blog
La ganadería sostenible es posible



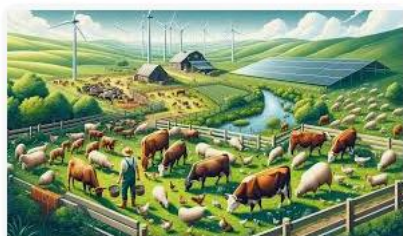
Ecoemprende
ganadería sostenible



Unión de Pequeños Agricultores y G...
Ganadería sostenible



INTEGRA
Qué es la ganadería sosten...



Reporte Asia
Ganadería sustentable: un desafío ...



EFEverde
Expertos latinoamericanos piden ...



BBVA
La ganadería sostenible ayuda a ...



Capsa Vida
sostenible conservación biodiversidad ...



Asociación Mundial de Ganadería Sostenible
Ganadería sostenible y cambio climátic...



Asociación Mundial de Ganadería Sostenible
Tendencias que marcarán el futuro de la...



Plataforma Tierra
Una ganadería cada día más sostenible



Gobierno de México
Agricultura y Desarrollo Rural ...



Ecologistas en Acción
Otra ganadería es posibl...



Barcelona Culinary Hub
Por qué apostar por la ganadería ...



Rodríguez Sacristán
La estrategia europea para una ...



Agronet
El sello de 'Ganadería sostenible ...



Darién Sostenible
Darién Sostenible



Sustentabilidade

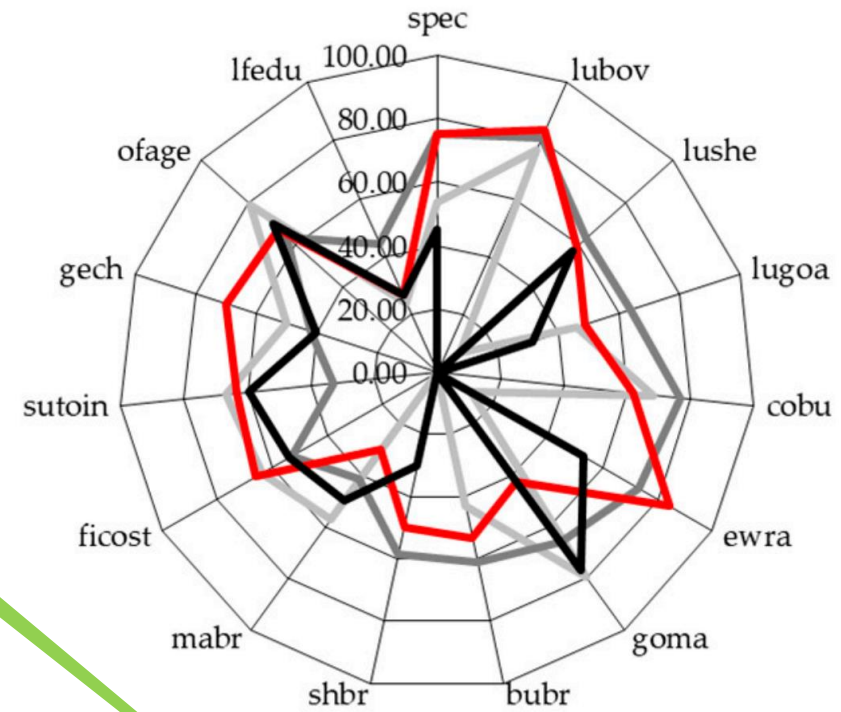
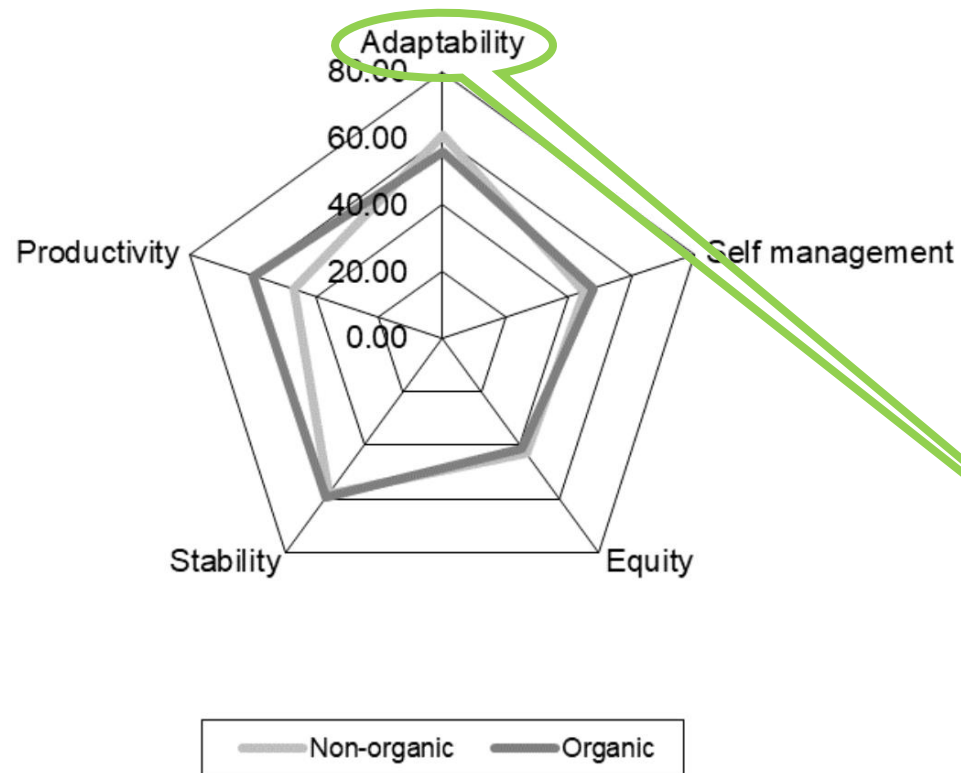
Integração do meio ambiente com o desenvolvimento, de economia com ecologia



Article

Assessment of the Sustainability of Extensive Livestock Farms on the Common Grasslands of the Natural Park Sierra de Grazalema

Cipriano Díaz-Gaona , Manuel Sánchez-Rodríguez and Vicente Rodríguez-Estévez * 



(a) Adaptability indexes

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- Concluindo













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Econômico

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Ambiental

| | | |
|--|---|---|
| <p>SOSTENIBILIDAD</p> |  |  |
|  |  |  |
|  |  |  |
|  | |  |



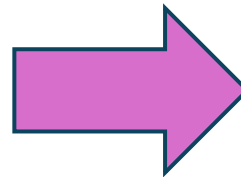
¿Qué es ganadería extensiva?

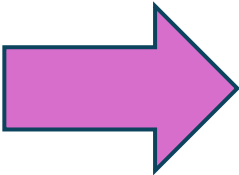


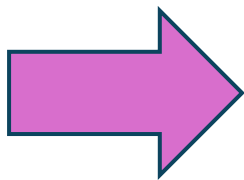
¿Qué es ganadería intensiva?



Falta de regulamentação → dificuldade de diferenciação



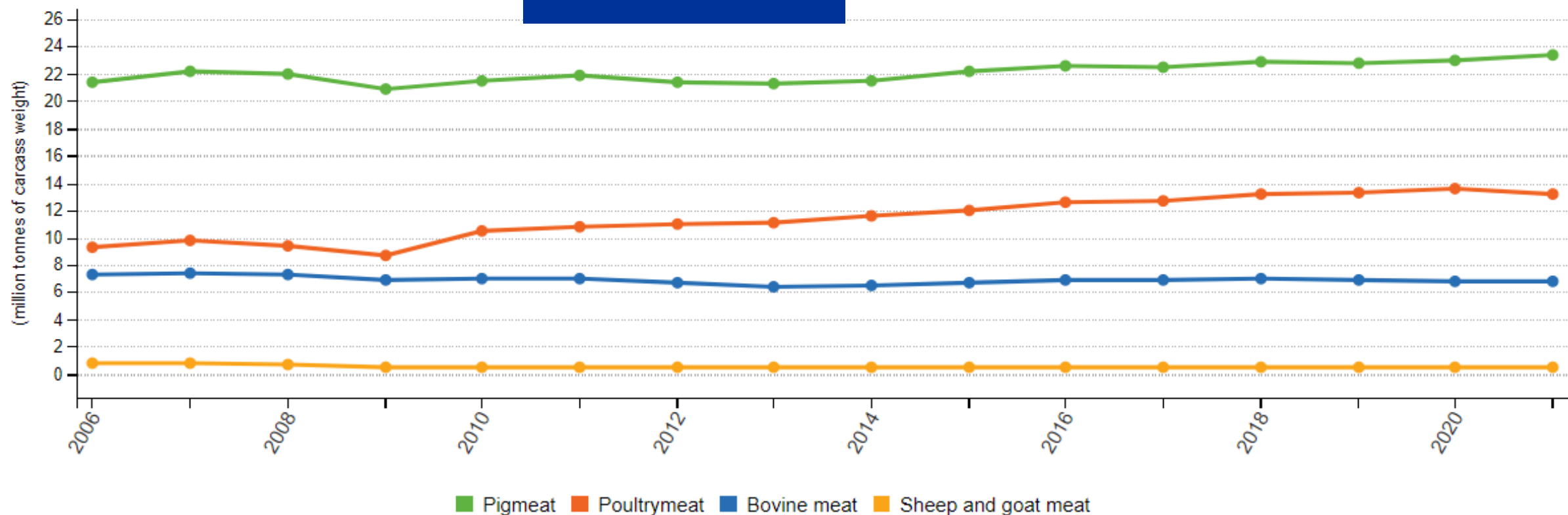




Meat production, EU, 2006-2021



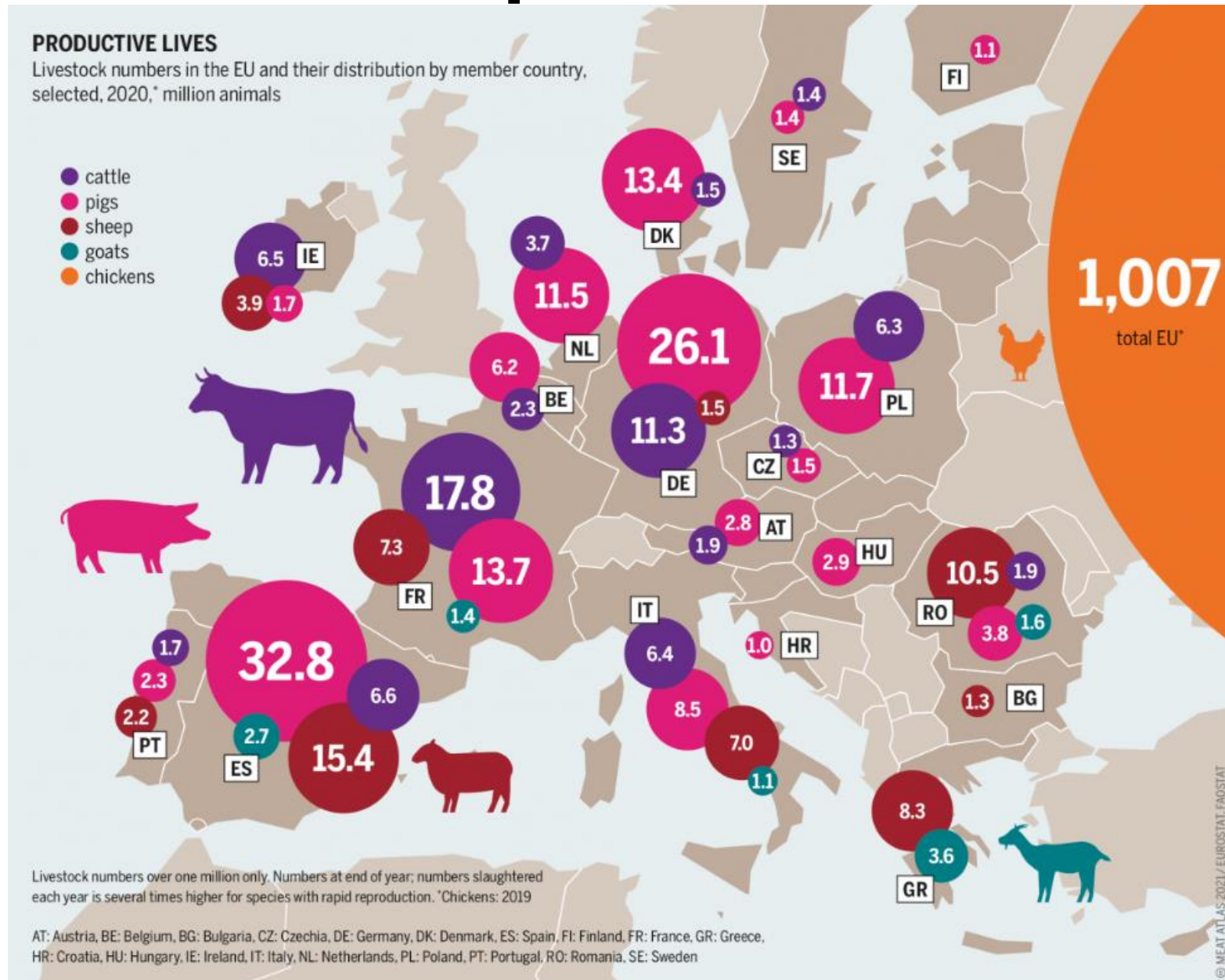
¿Intensivo? ¿Extensivo?



Note: estimates made for the purpose of this publication.

Source: Eurostat (online data codes: apro_mt_lscat, apro_mt_lspig, apro_mt_lssheep, apro_mt_lsgoat)

Sistemas pecuarios indiferenciados



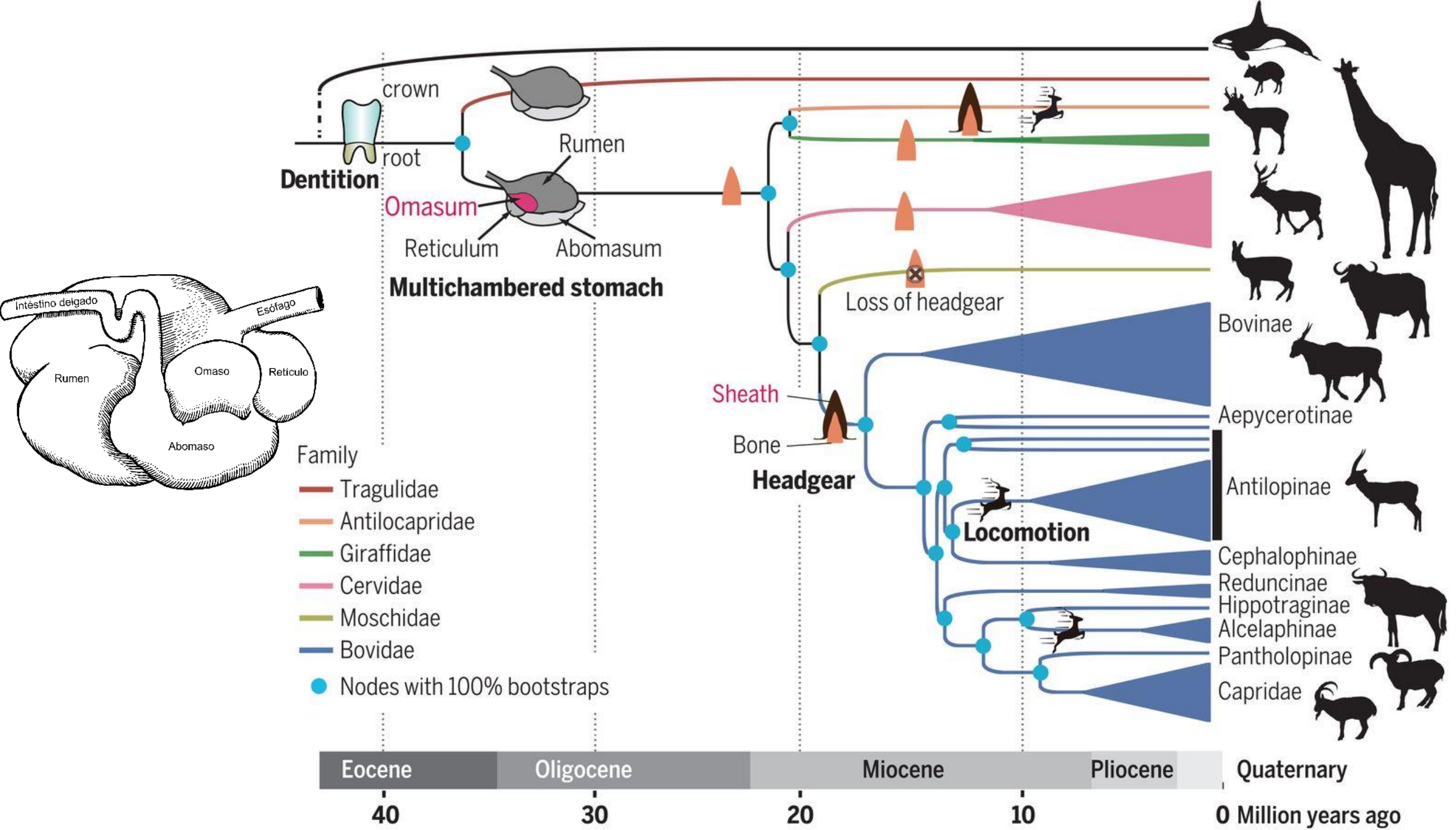
¿Intensivo?
¿Extensivo?

O que é e o que não é a pecuária extensiva?

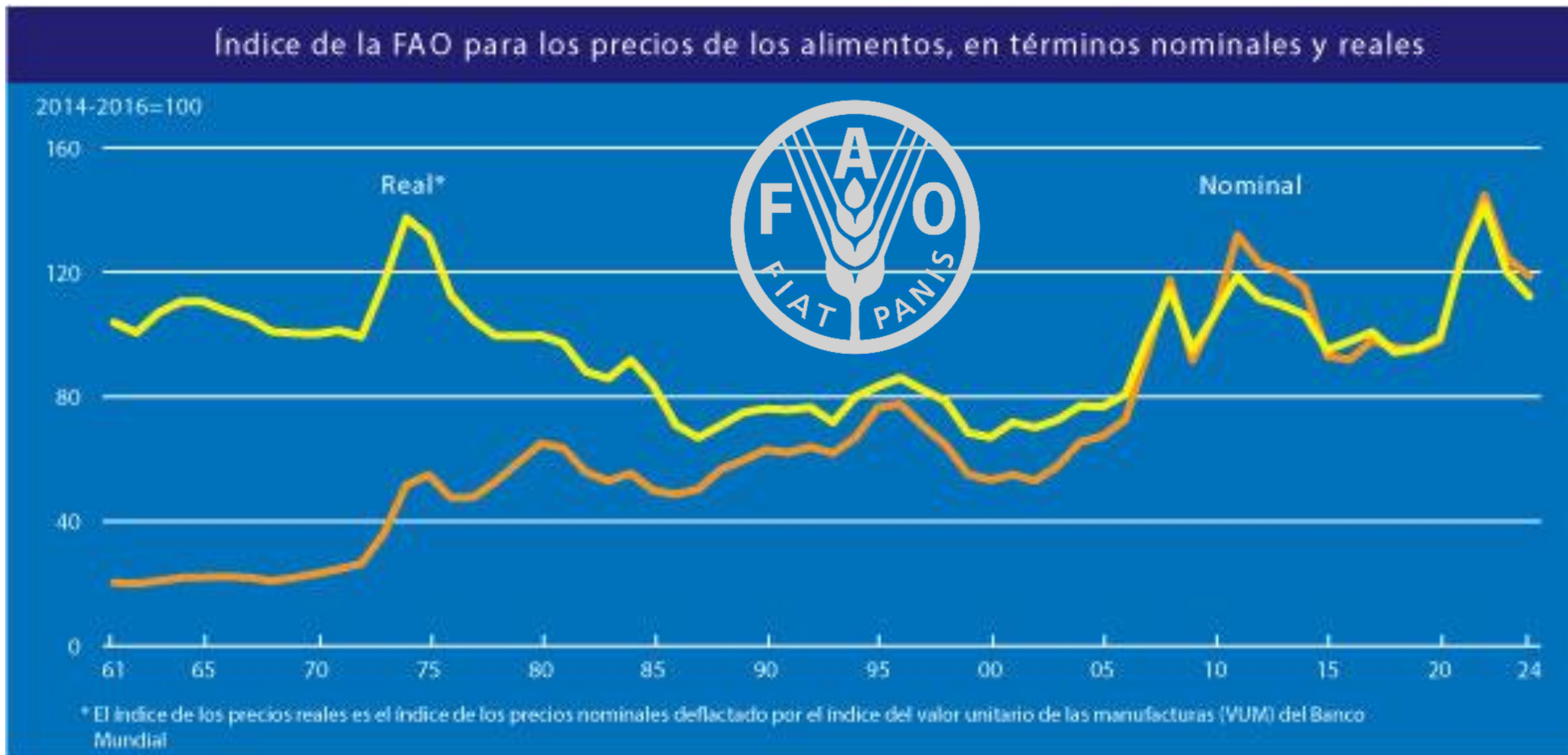


A “armadilha” de alimentação suplementar

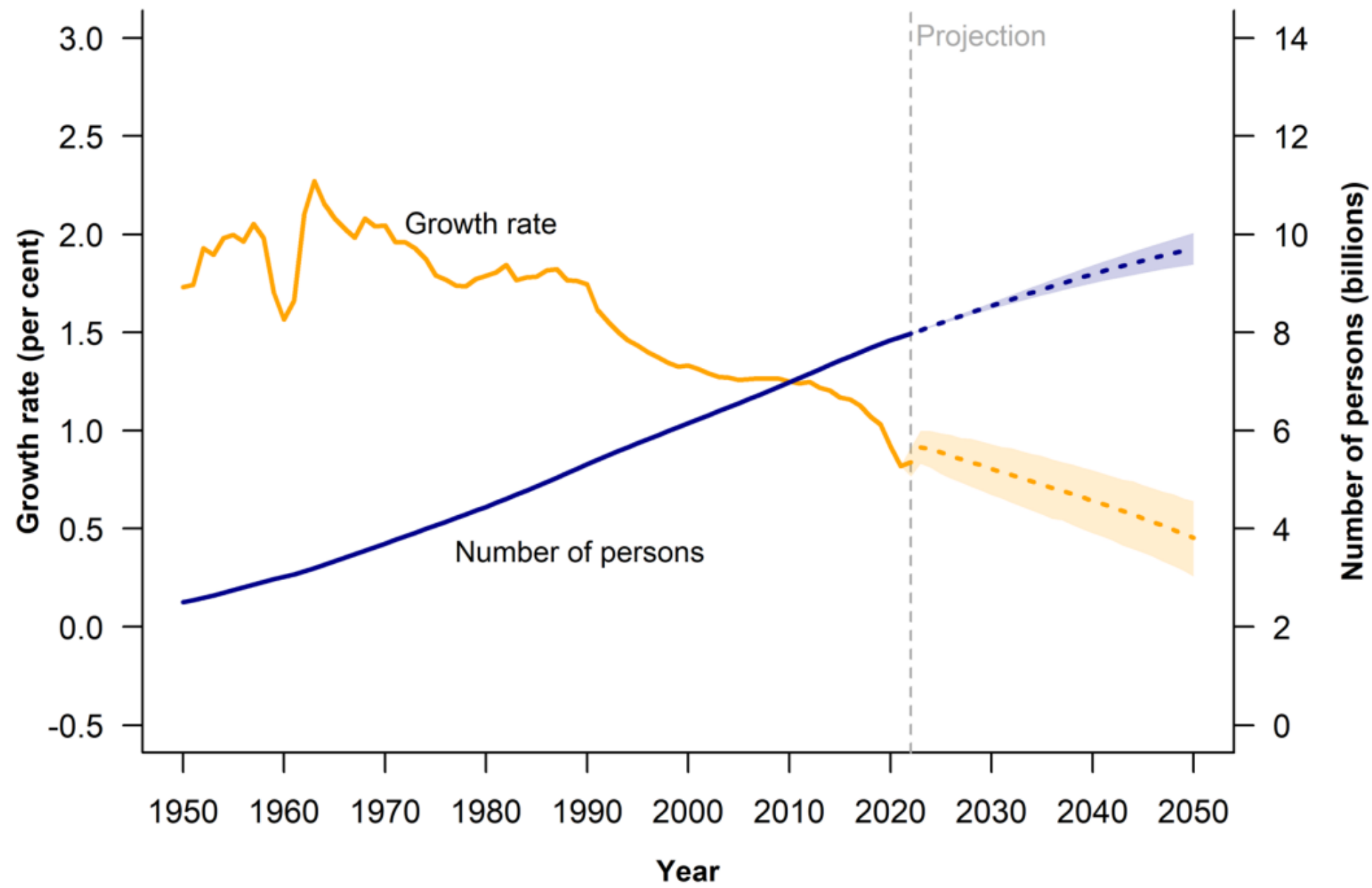




Índice de preços dos alimentos da FAO



Global population size and annual growth rate: estimates, 1950-2022, and medium scenario with 95 per cent prediction intervals, 2022-2050

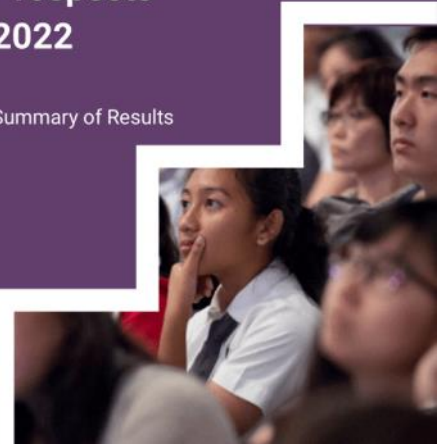



UNITED NATIONS

United Nations Department of Economic and Social Affairs

World Population Prospects 2022

Summary of Results





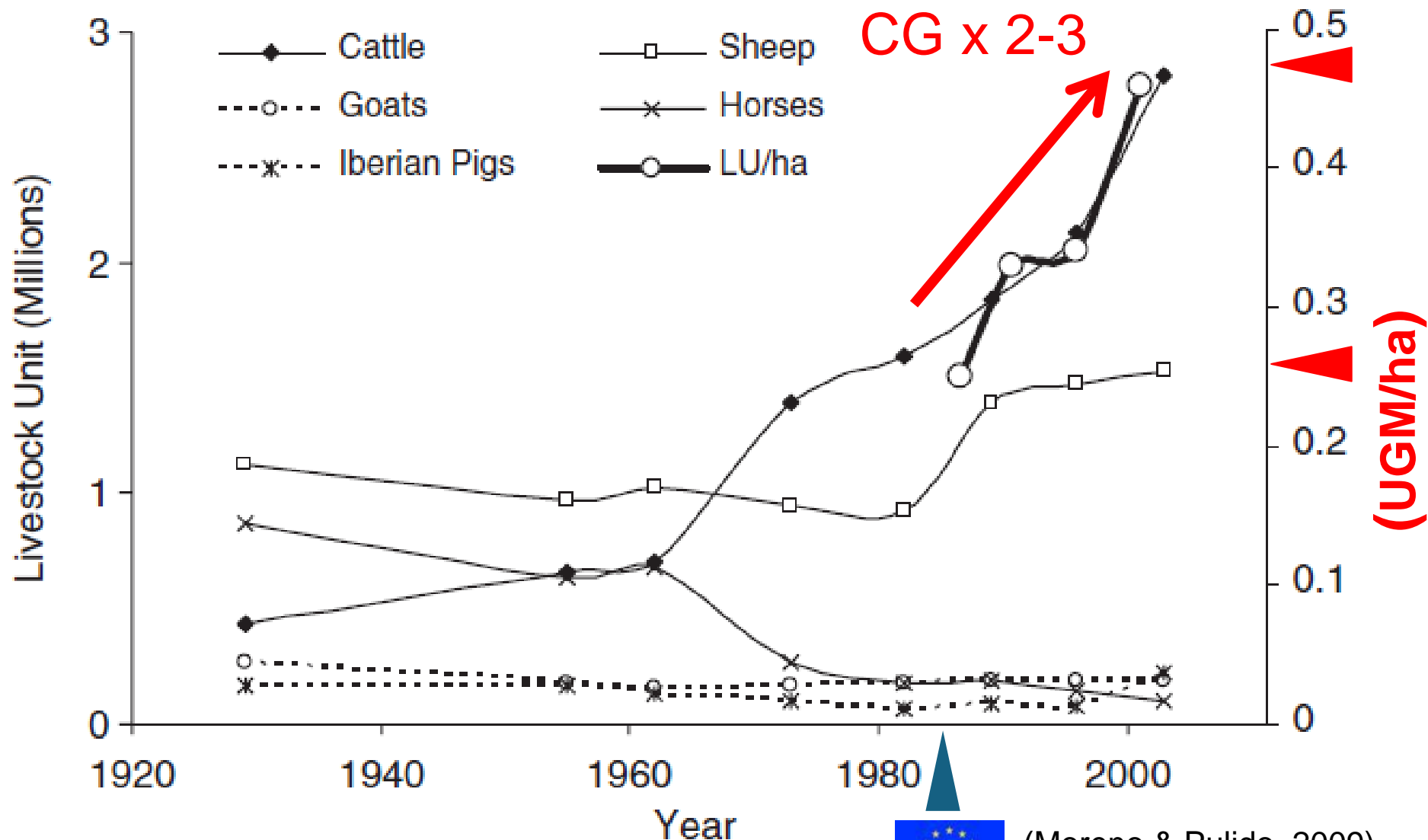
**37,5 millones de tn de piensos
en España en 2022**

**1^{er} país europeo
Top 10 mundial**

Alimentação suplementar para regular ou equilibrar,
mas não para substituir forragens



Evolución de la CG en la dehesa española



(Moreno & Pulido, 2009)



1ª Necessidade de definição jurídica

2º Necessidade de diferenciação no mercado

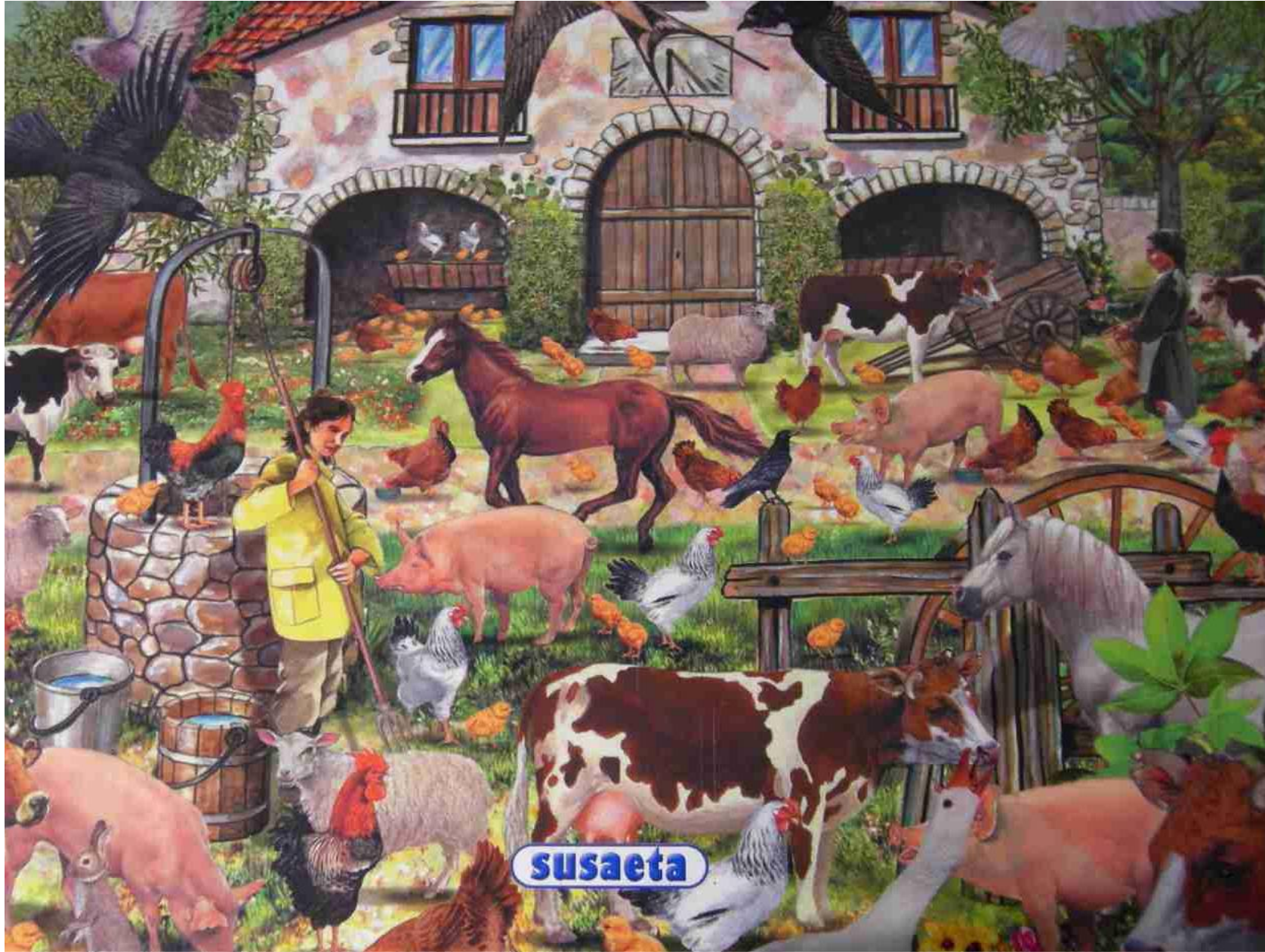


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Quantos animais podem ser alimentados a pasto?



Diretiva Nitratos da EU (**Diretiva 91/676/CEE**) estabelece que a quantidade de nitrogênio proveniente de esterco animal não deve exceder os **170 kg de nitrogênio por hectare por ano** nas zonas vulneráveis à contaminação por nitratos

31. 12. 91

Jornal Oficial das Comunidades Europeias

Nº L 375/1

II

(Actos cuja publicação não é uma condição da sua aplicabilidade)

CONSELHO

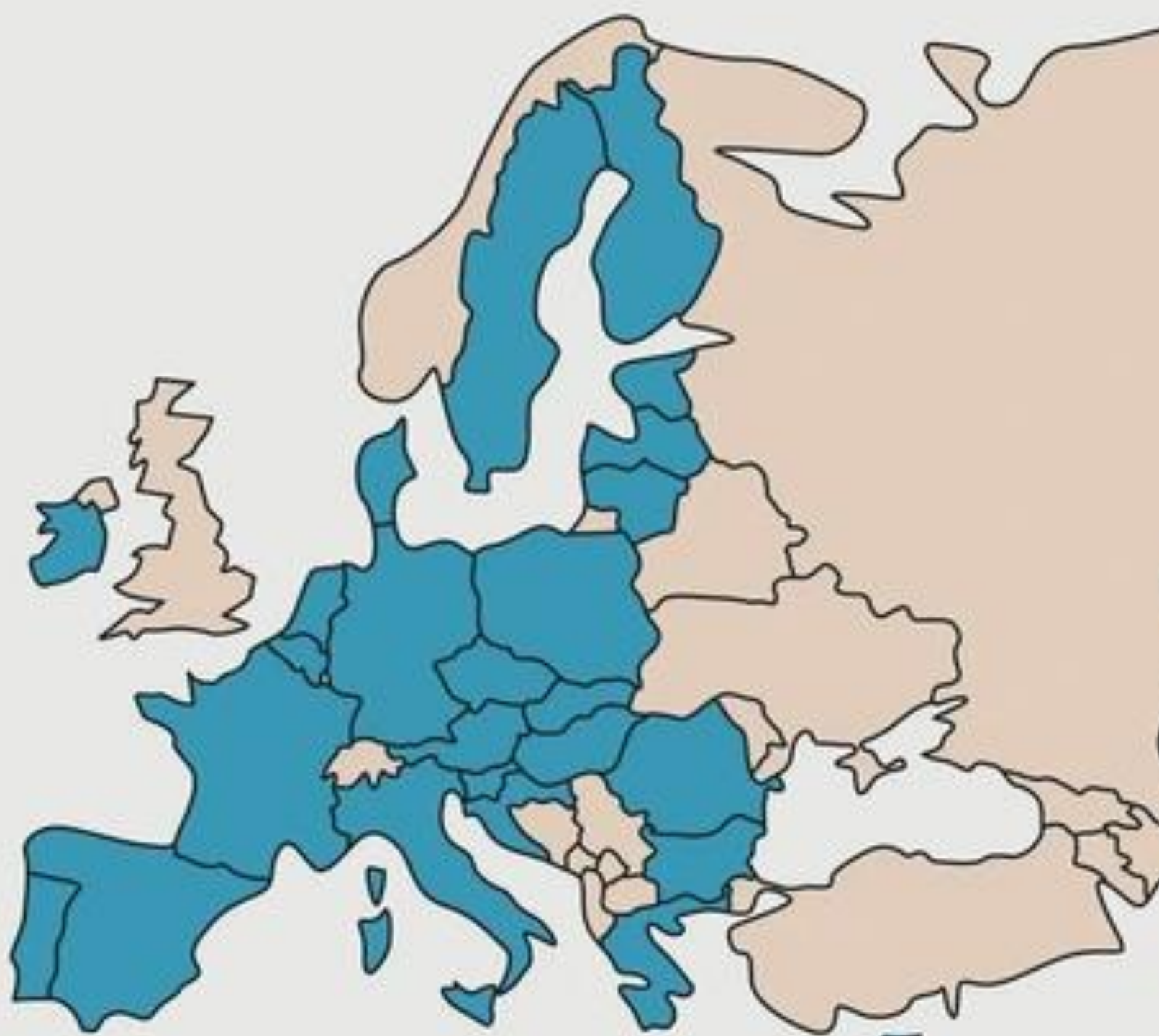
DIRECTIVA DO CONSELHO

de 12 de Dezembro de 1991

relativa à protecção das águas contra a poluição causada por nitratos de origem agrícola

(91/676/CEE)

EUROPEAN
UNION

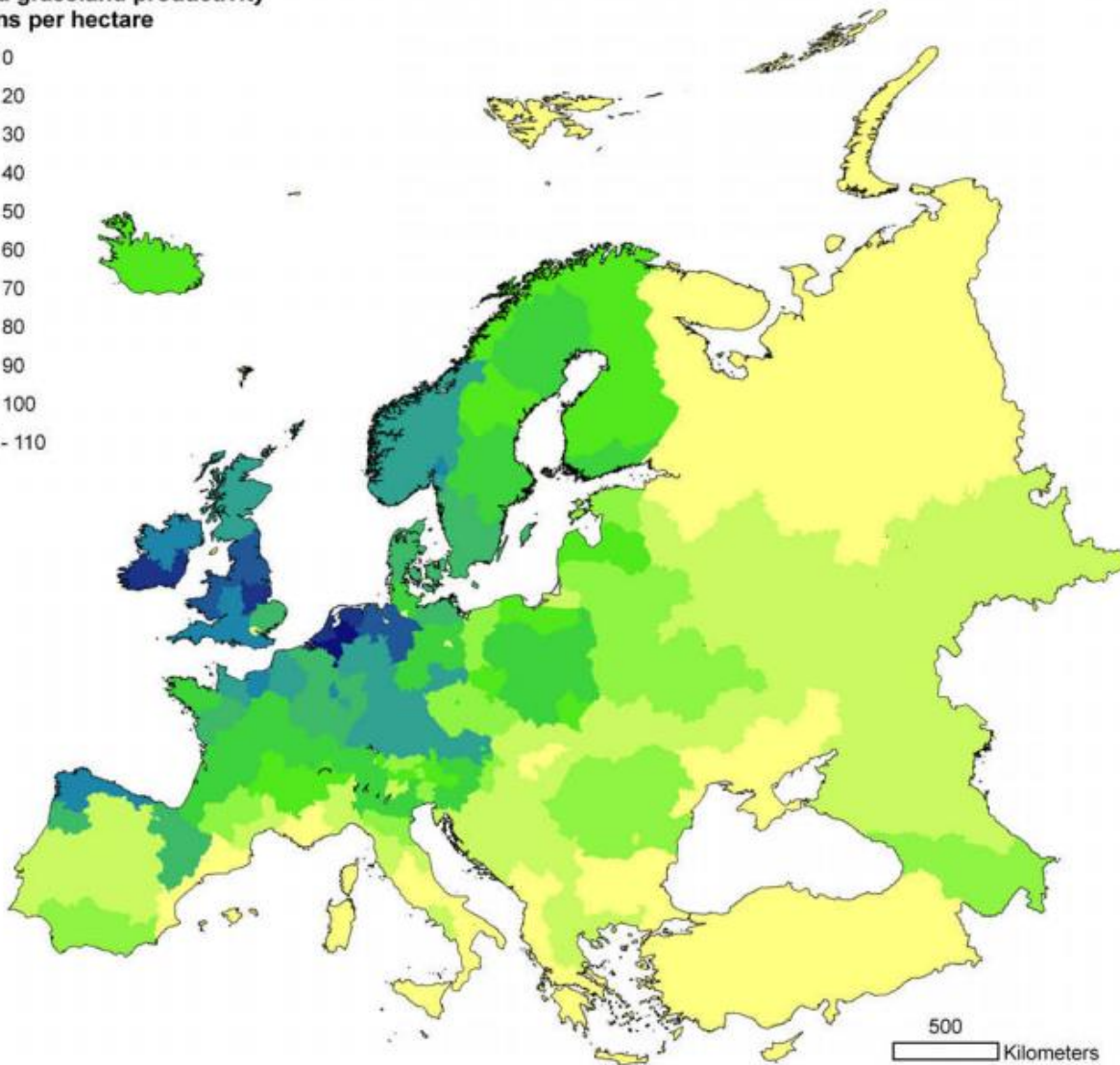


Unidades de Gado Maior (UGM)

$$\text{UGM/ha} = \frac{170 \text{ kg de nitrogênio/ha/ano}}{85 \text{ kg de nitrogênio/UGM/ano}} = 2 \text{ UGM/ha}$$



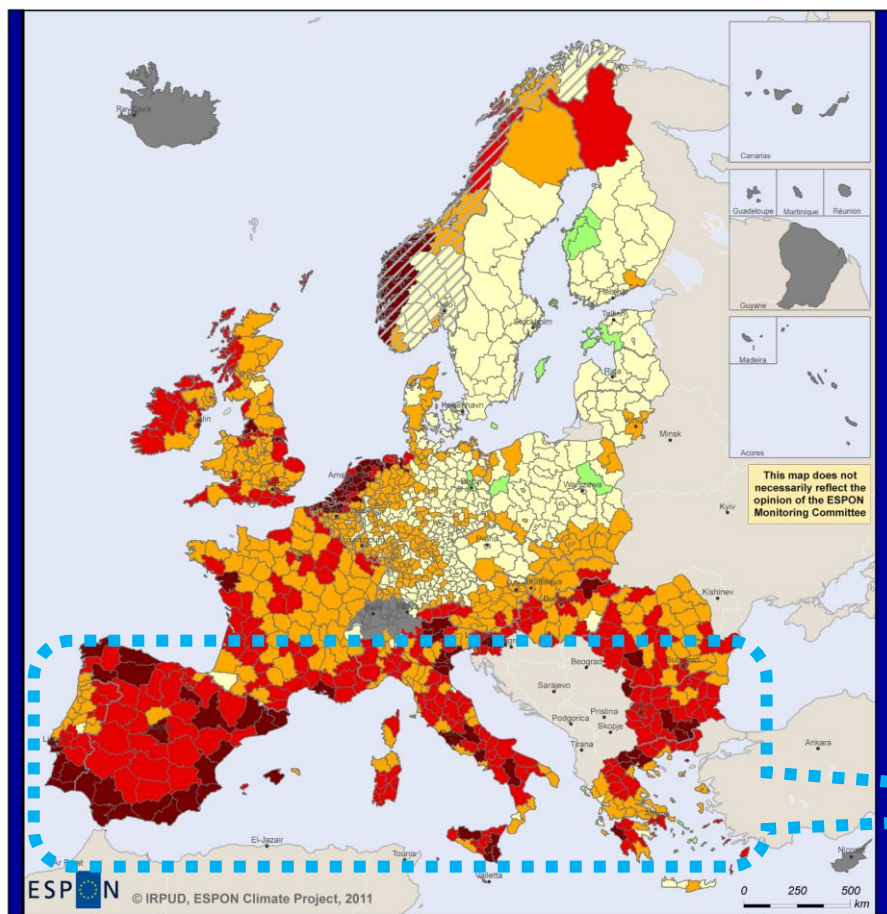
Estimated grassland productivity
in decitons per hectare



Produtividade das pastagens

(Smit et al., 2008)

Vulnerabilidade potencial às alterações climáticas



Aggregate potential impact of climate change

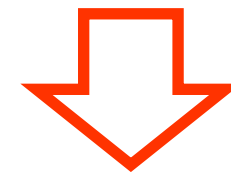
- highest negative impact (0.5 - 1.0)
- medium negative impact (0.3 - <0.5)
- low negative impact (0.1 - <0.3)
- no/marginal impact (>-0.1 - <0.1)
- low positive impact (-0.1 - >-0.27)
- no data*
- reduced data*

Weighted combination of physical (weight 0.19), environmental (0.31), social (0.16), economic (0.24) and cultural (0.1) potential impacts of climate change. Weights are based on a Delphi survey of the ESPON Monitoring Committee.

Impact calculated as combination of regional exposure to climatic changes and recent data on regional sensitivity. Climatic changes derived from comparison of 1961-1990 and 2071-2100 climate projections from the CCLM model for the IPCC SRES A1B scenario.

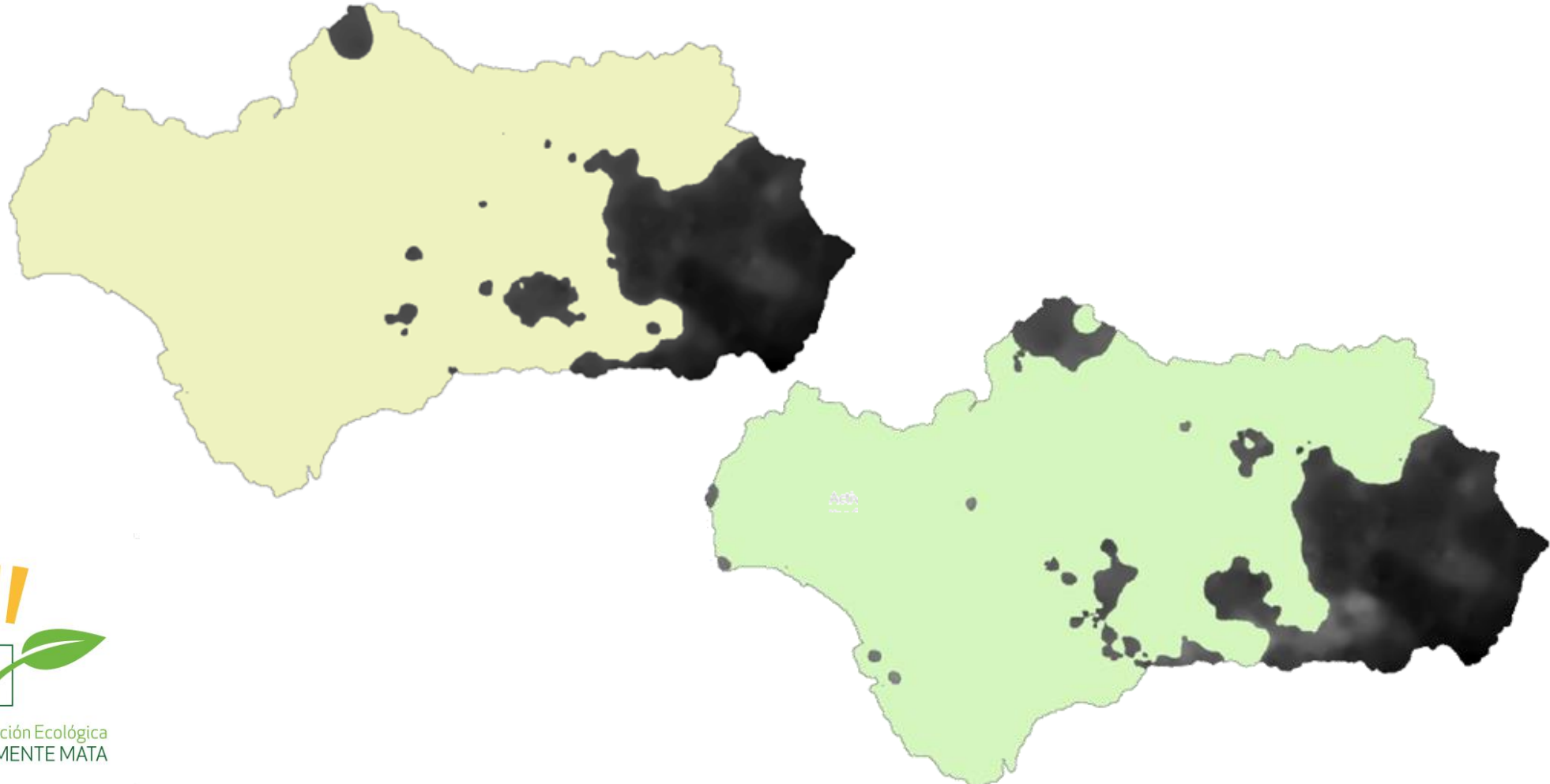
*For details on reduced or no data availability see Annex 9.

↓ precipitação + ↑ temperatura
= ↑ aridez



↓ produção de forragem

- Superficie <400mm en el periodo 1999 a 2009 1.765.425 ha
- Superficie <400mm en el periodo 2012 a 2021 2.198.600 ha
- +433175 ha más áridas → **+24,5%**





Pecuária sustentável

- O consumidor do século XXI
- Animalistas e veganos
- Problemas da pecuária: sustentabilidade
- Diferentes sistemas pecuários
- Quantos animais podem ser alimentados a pasto?
- **Como ser sustentável**
- Pecuária ou rewilding?
- A pegada de carbono
- Concluindo



O CRESCIMENTO TEM LIMITE:

Desenvolvimento sustentável =

Desenvolvimento que atende às necessidades do presente sem limitar o potencial para atender às necessidades futuras (Comisión Mundial del Medio Ambiente y el Desarrollo – ONU, 1987)



Sustentabilidade ambiental

Pecuaria intensiva

- Uso eficiente de recursos: alimentação e energia
- Manejo adequado de excretas



Pecuaria extensiva

- Balanço da carga pecuária e produção de forragem



BENEFICIOS DE LA GANADERÍA EXTENSIVA

¿En qué nos fijamos?



#GanaderiaQueCuida

#TuEliges



1

Ofrece alimentos de calidad.



2

Favorece el bienestar animal.



3

Apuesta por la sostenibilidad y crea biodiversidad.



4

Fija población rural.



5

Lucha contra el cambio climático.



6

Previene incendios forestales.



7

Aporta identidad territorial.



8

Fomenta la economía local.



9

Es patrimonio cultural europeo.

www.ganaderiaconfuturo.liveadapt.eu



O crescimento tem limite quando os recursos são finitos



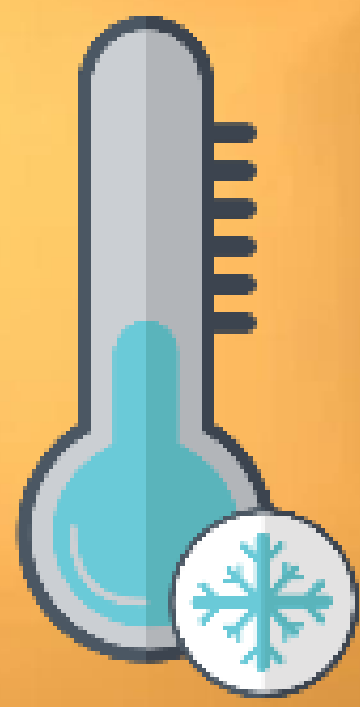
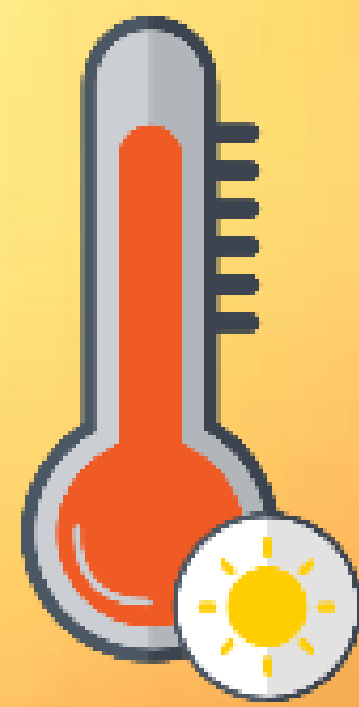
Tão simples quanto isto: não há crescimento infinito com recursos finitos... não importa quanta técnica coloquemos nisso.



Ar livre \neq extensão

Negócios ao ar livre = incerteza





Récords registrados
9 a 17 de julio de 2022

● récord máx y mín

● récord máxima

● récord mínima

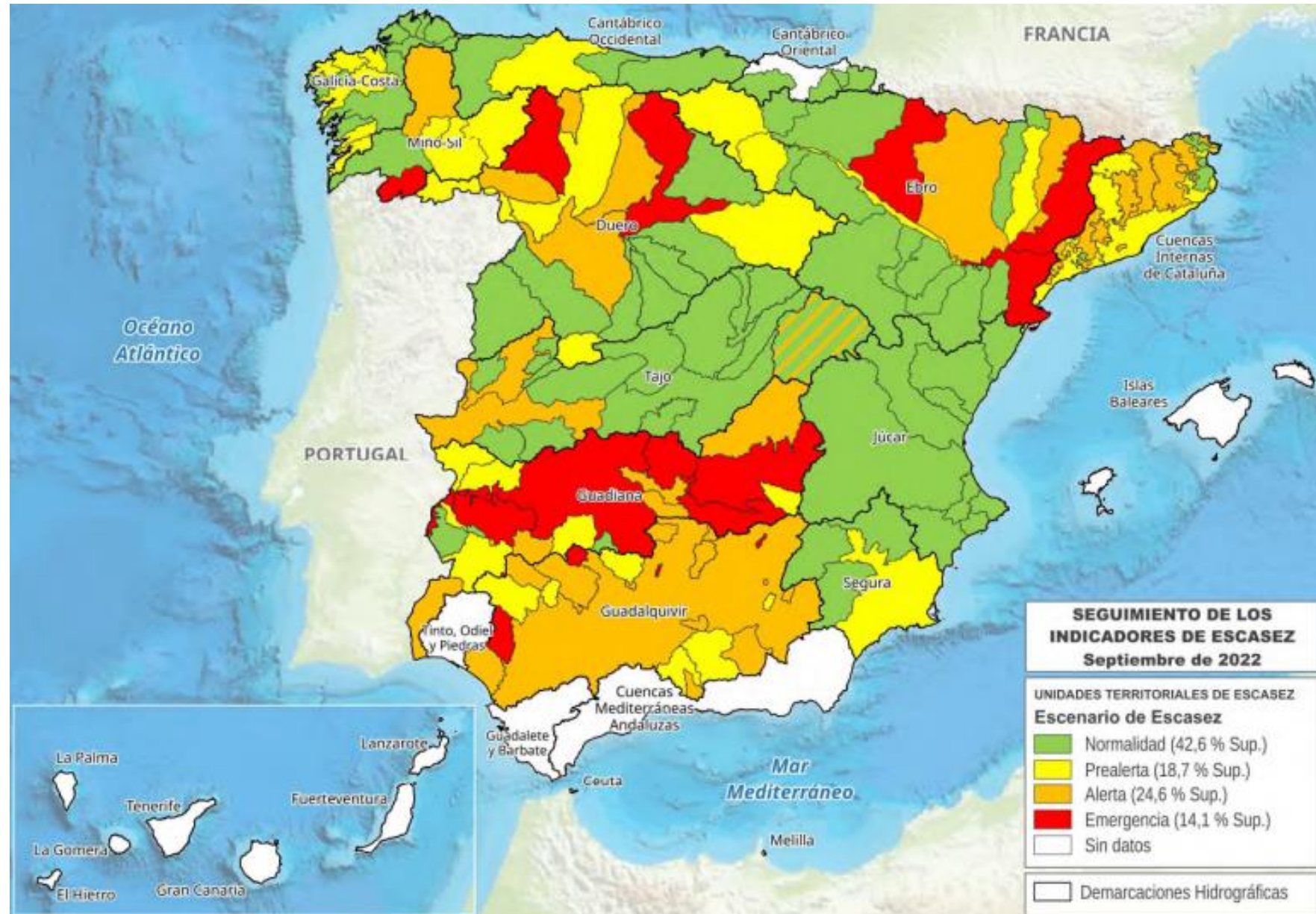
rtve





Escasez Coyuntural. Agosto 2022

(Fuente: Subdirección General de Planificación Hidrológica. Dirección General del Agua)

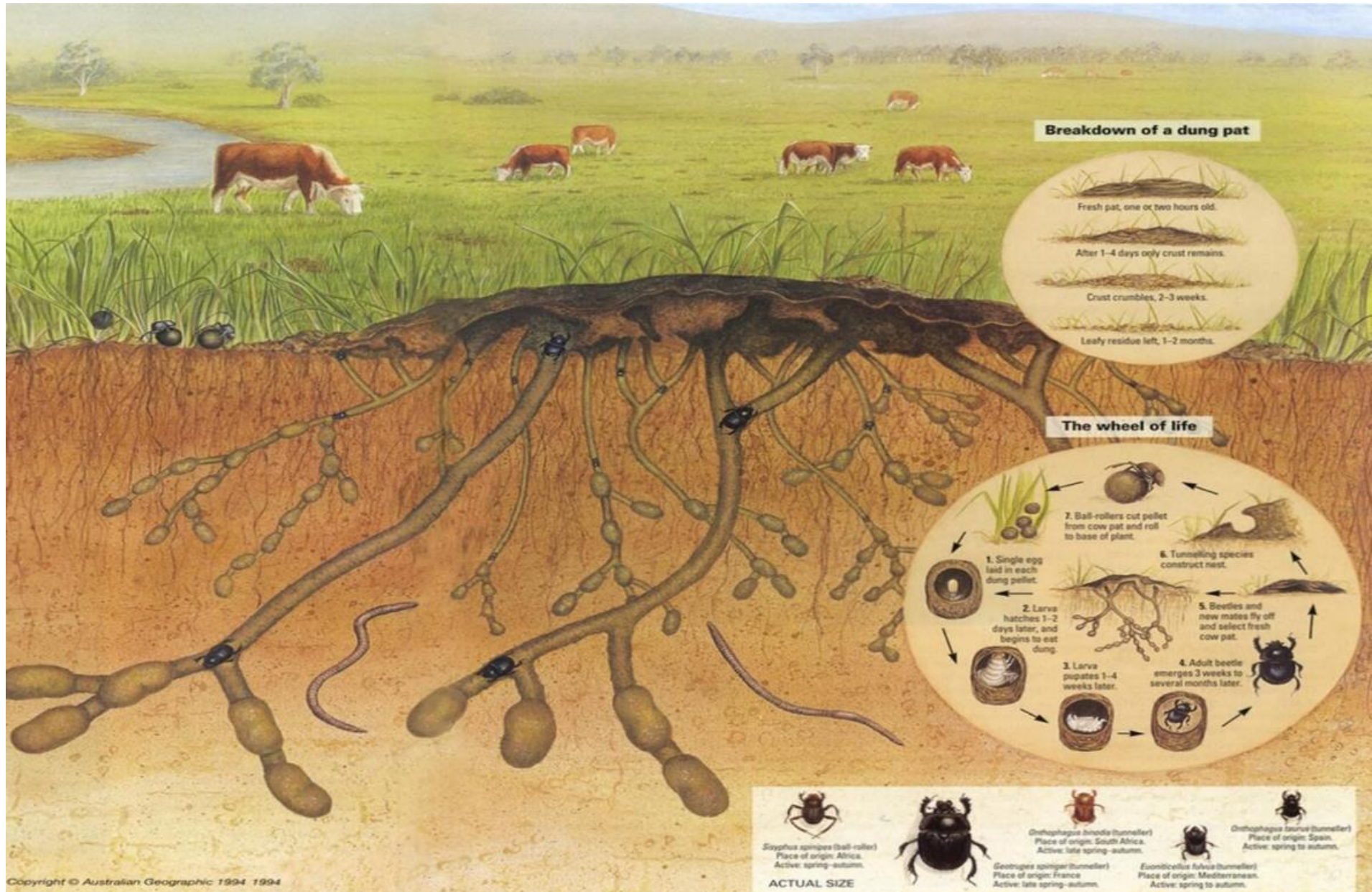


Calcular e adaptar as cargas de gado: seja EXTENSO

- Carga de gado + quantidade de forragem
- Carga instantânea de gado + tempo de residência + tempo de recuperação
- Organizar pastoreio



Promover ativamente o equilíbrio do ecossistema

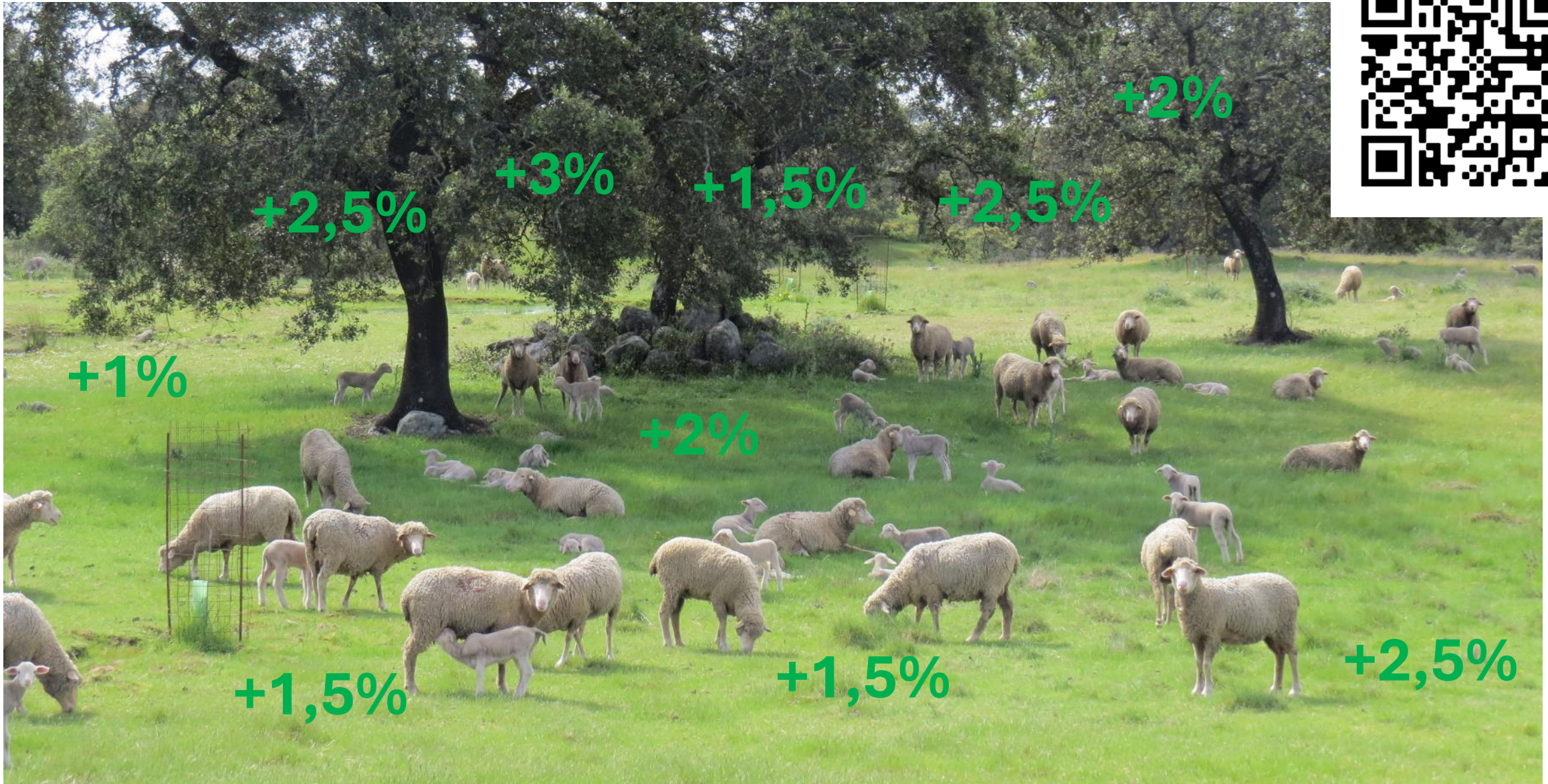






SER MÁS EXTENSIVOS QUE NUNCA:

buenas prácticas



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Rewilding Spain





19/6/2022 Incendios fuera de control



JCDecaux

APAGAR EL FUEGO ES HEROICO,
EVITARLO TAMBIÉN



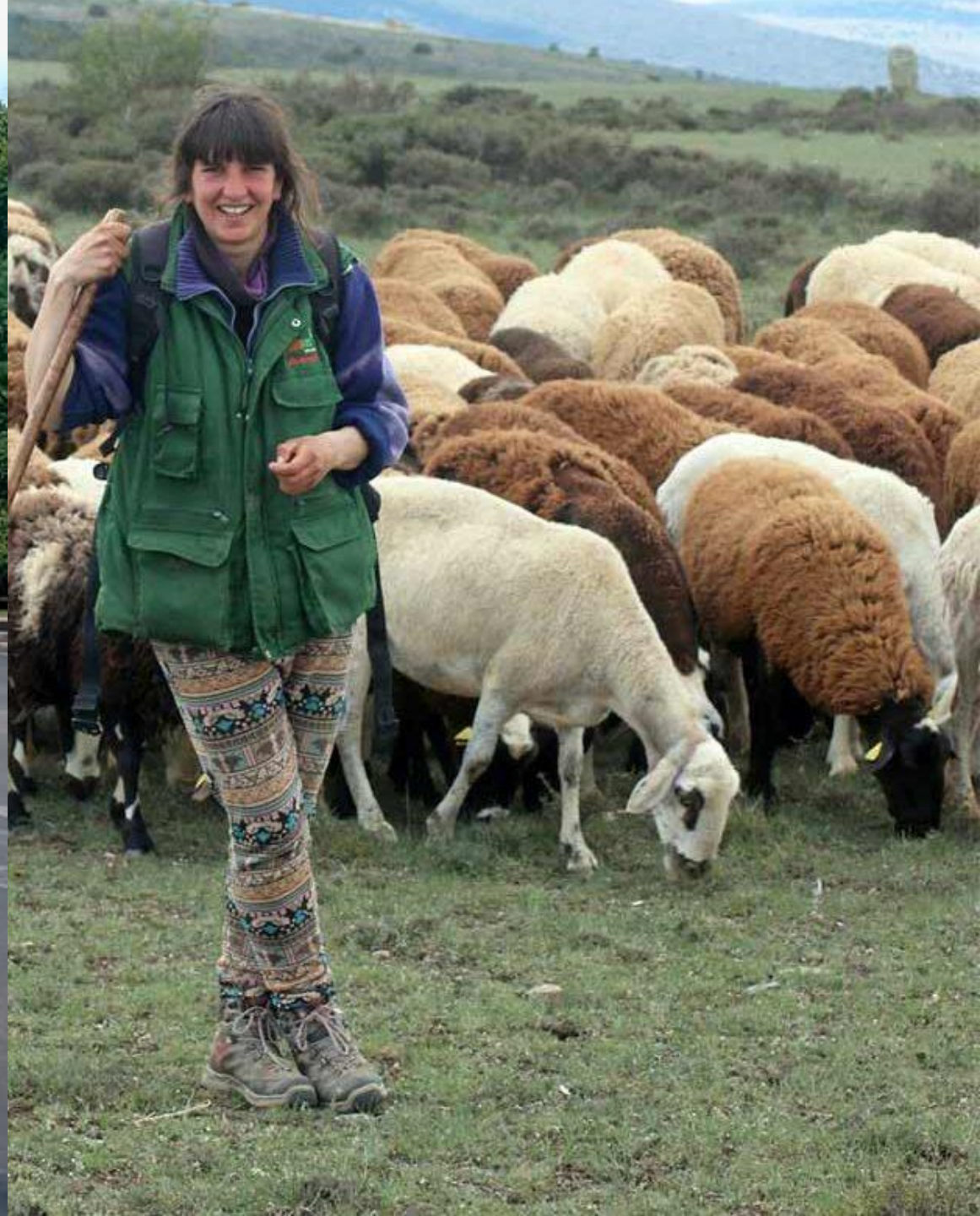
STOP
FUEGOS



AYUNTAMIENTO DE CÓRDOBA







Pecuária sustentável

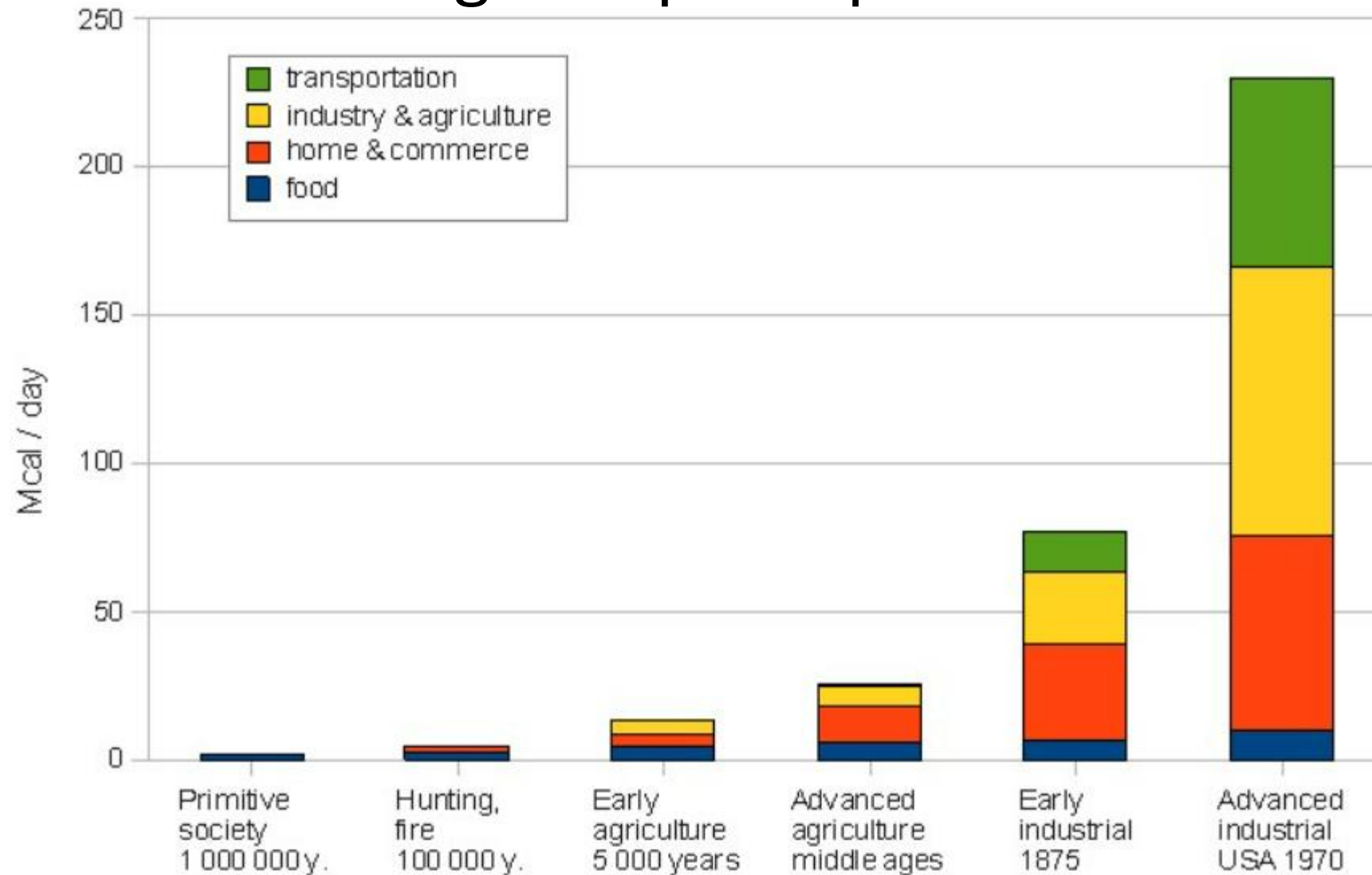
- O consumidor do século XXI
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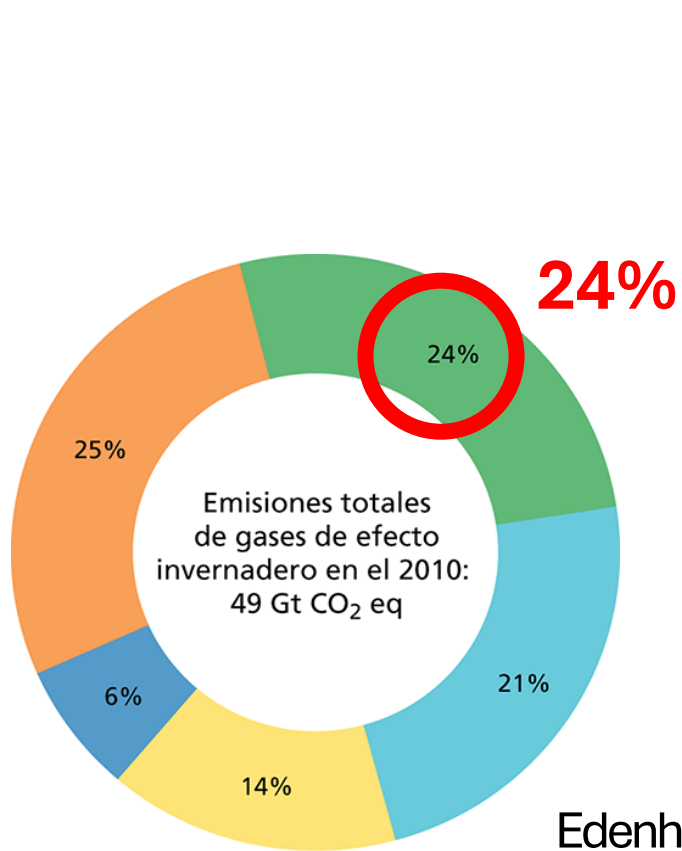


Consumo energético per cápita en la historia



(*) <http://www.wou.edu/las/physci/GS361/electricity%20generation/HistoricalPerspectives.htm>

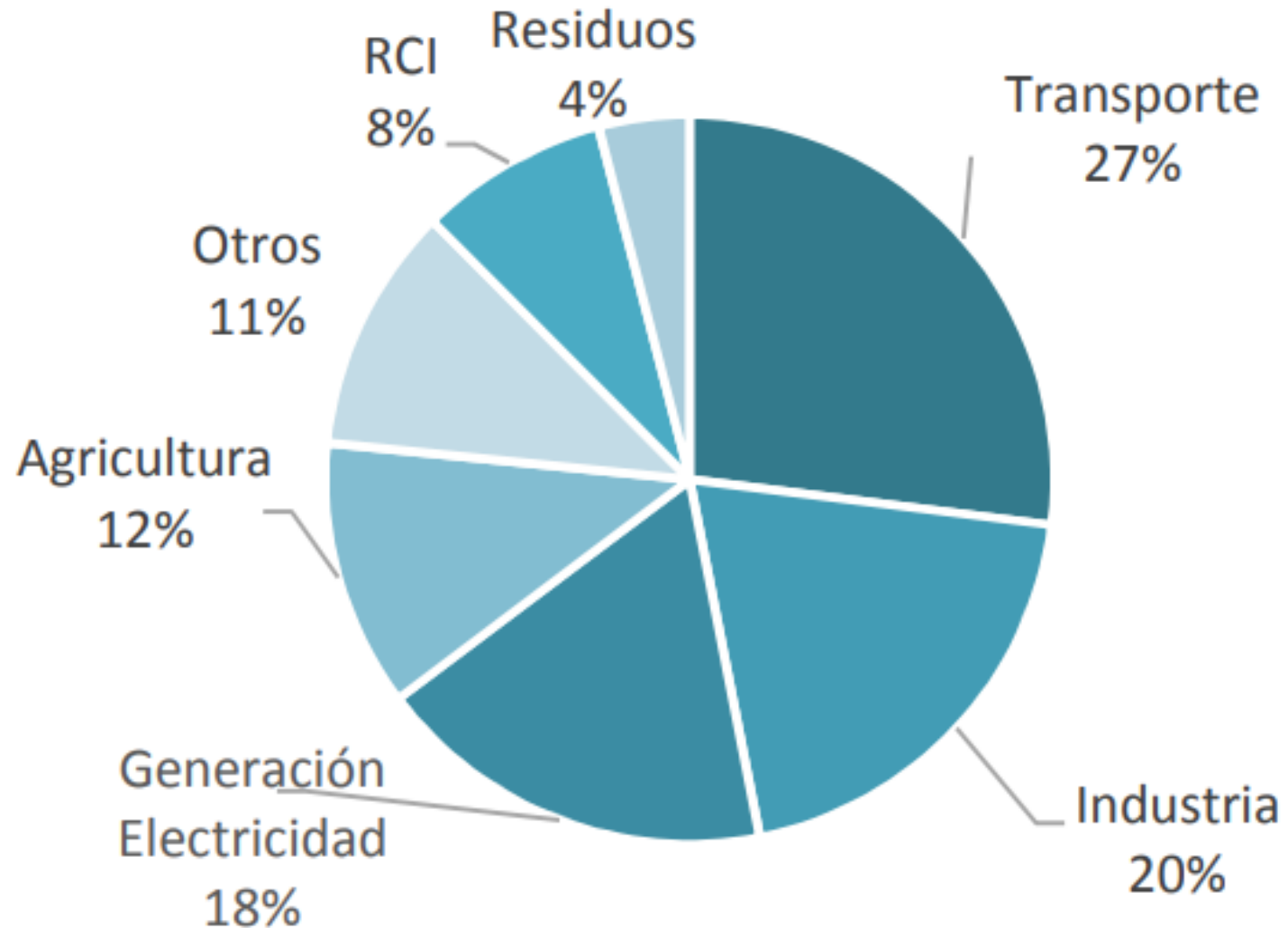
Reparto de GEI a nivel mundial: producciones agrarias



■ Energía eléctrica y térmica ■ Agricultura
■ Industria ■ Transporte ■ Edificios



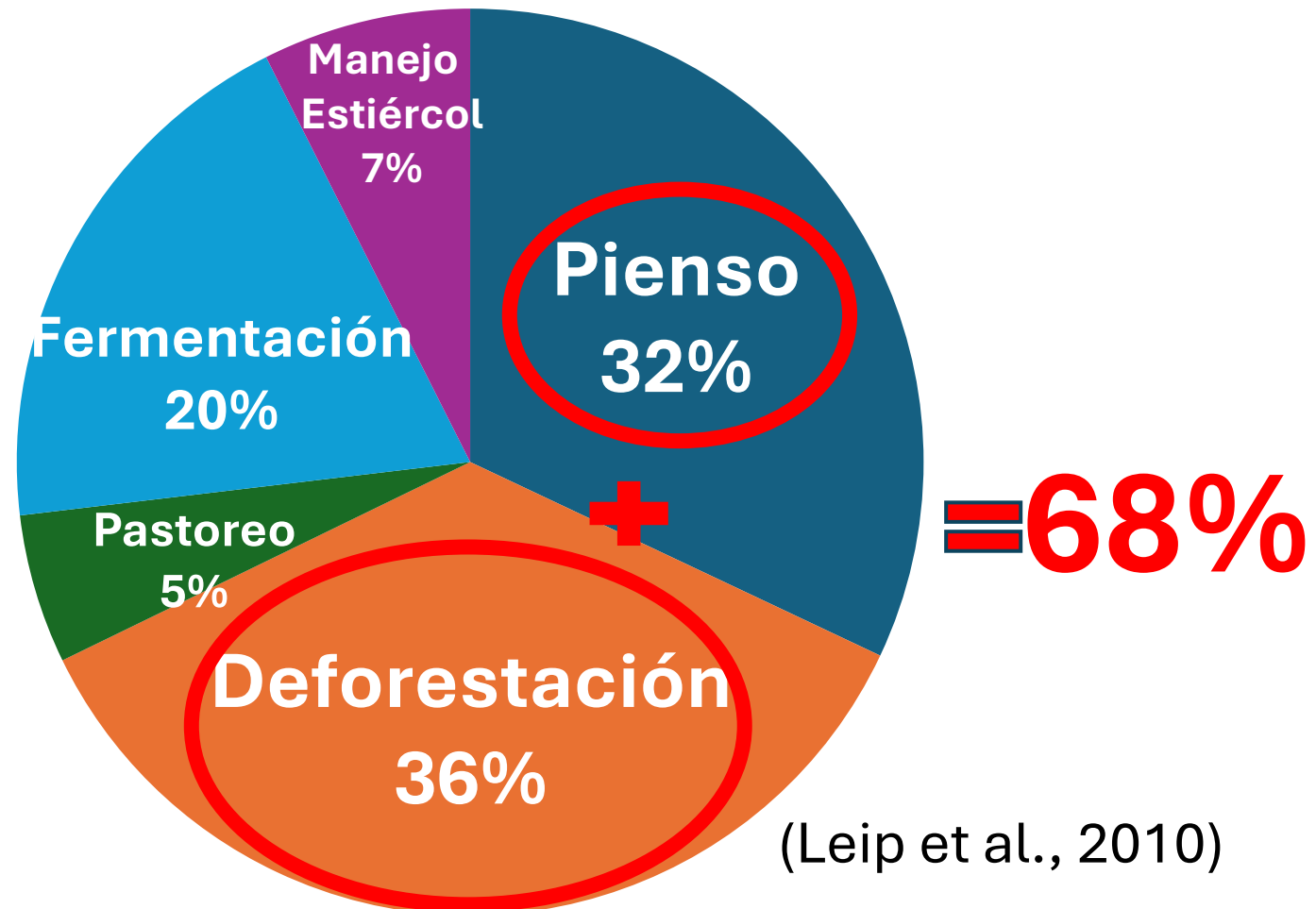
Distribución de emisiones brutas de GEI por sector en España (MITECO, 2020)



ANÁLISIS DE CICLO DE VIDA

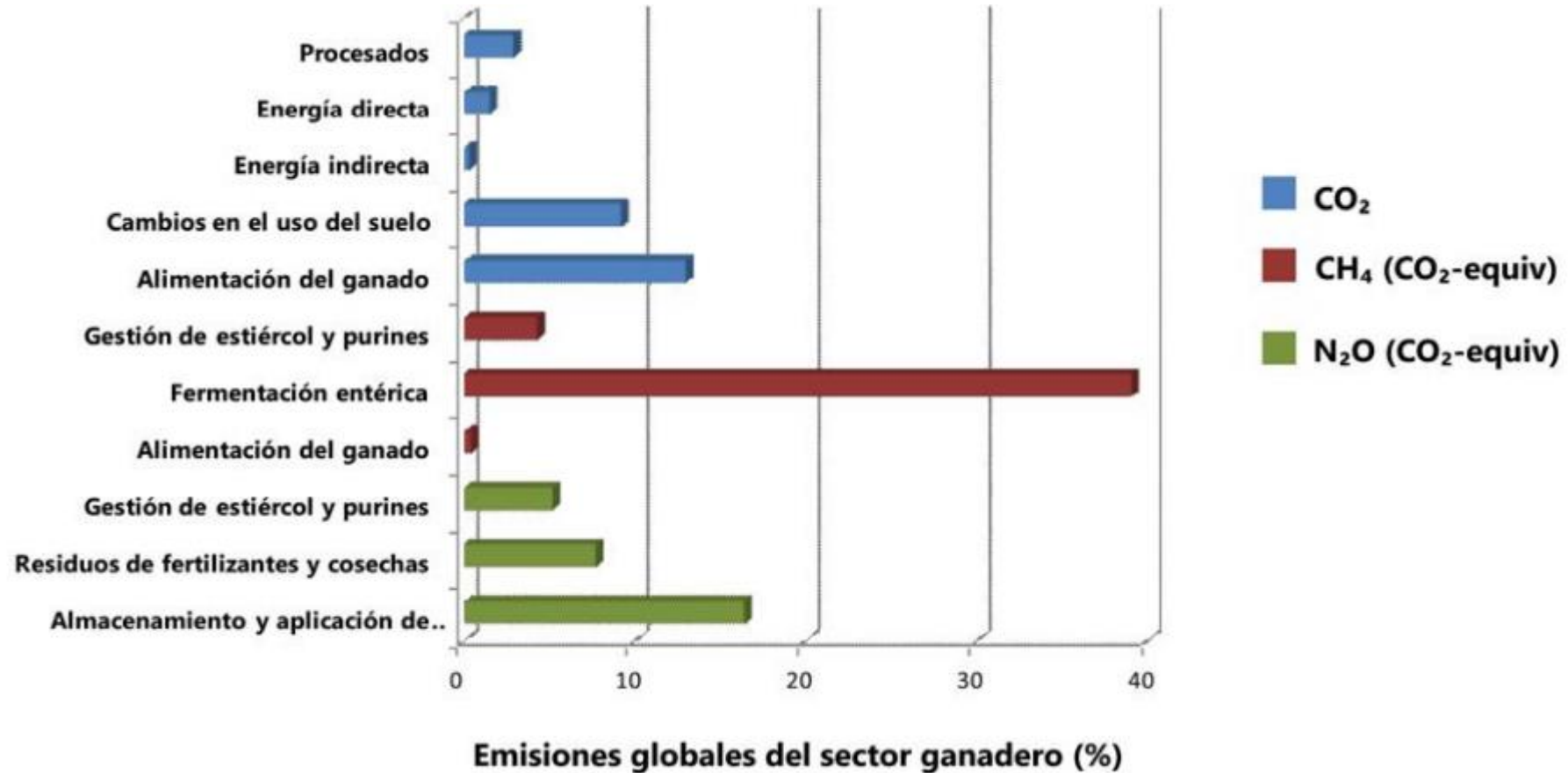


Origen de las emisiones de GEI de la ganadería mundial según metodología ACV

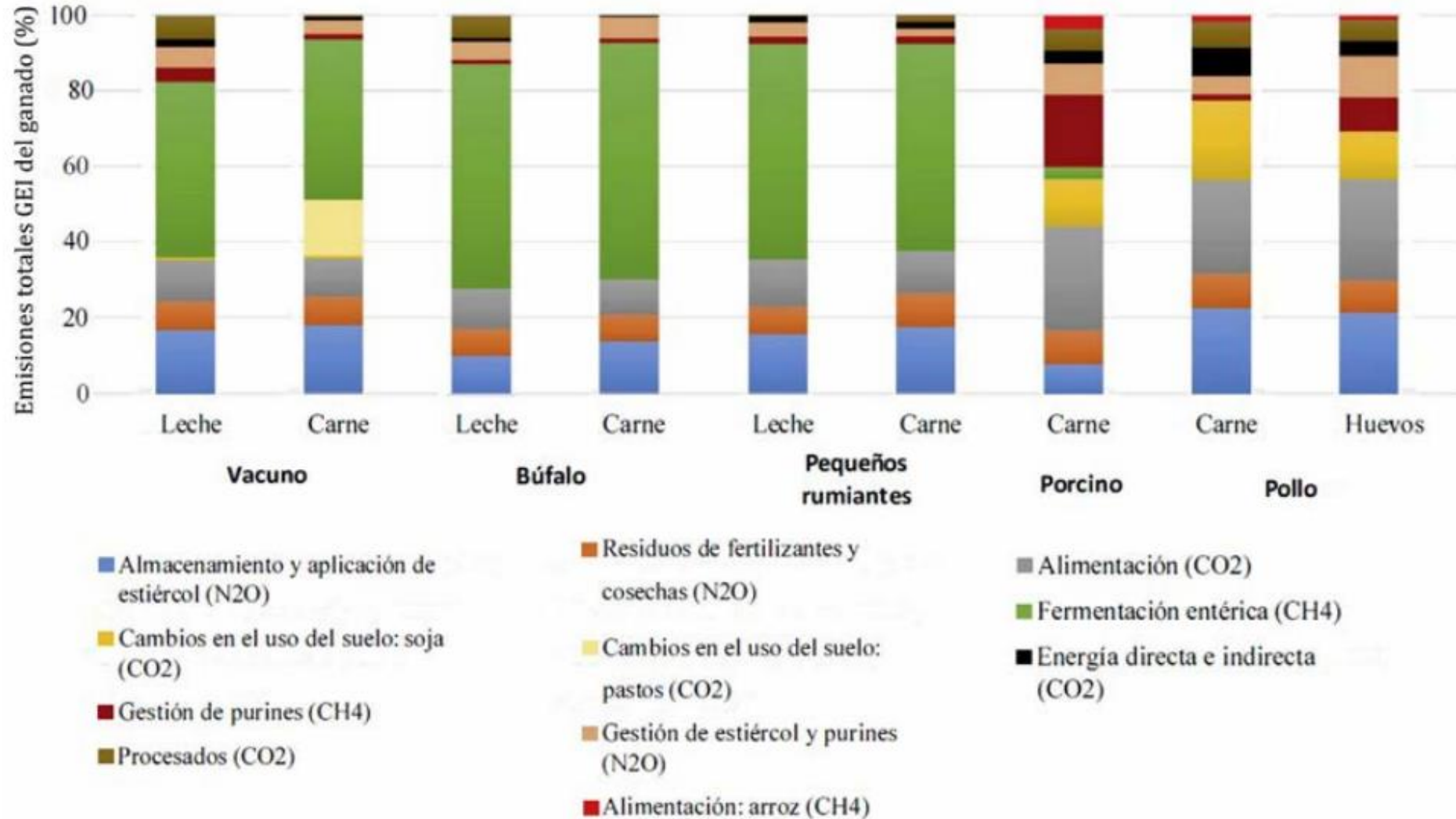


Emisiones globales del sector ganadero.

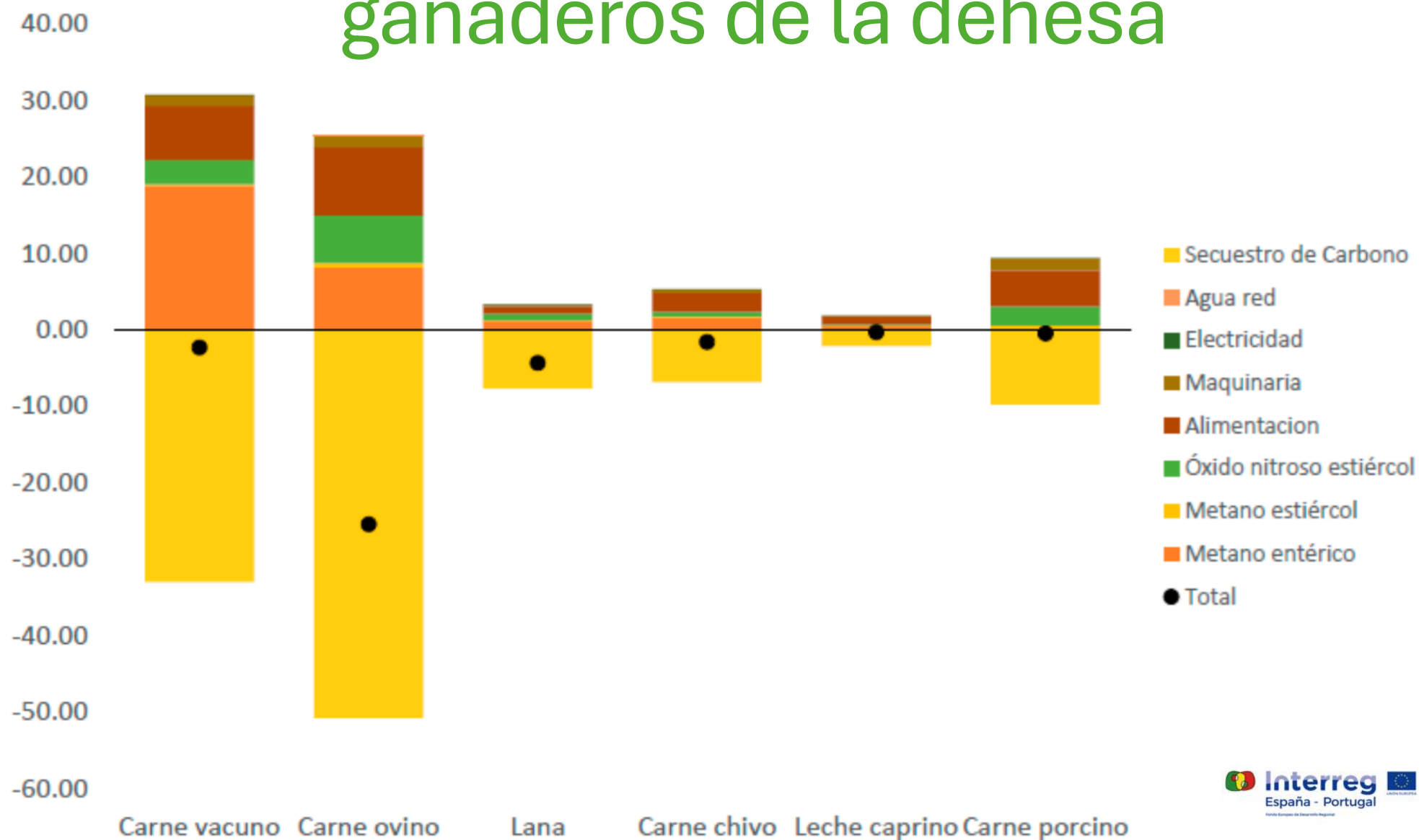
Adaptado de Rojas-Downing et al. (2017)

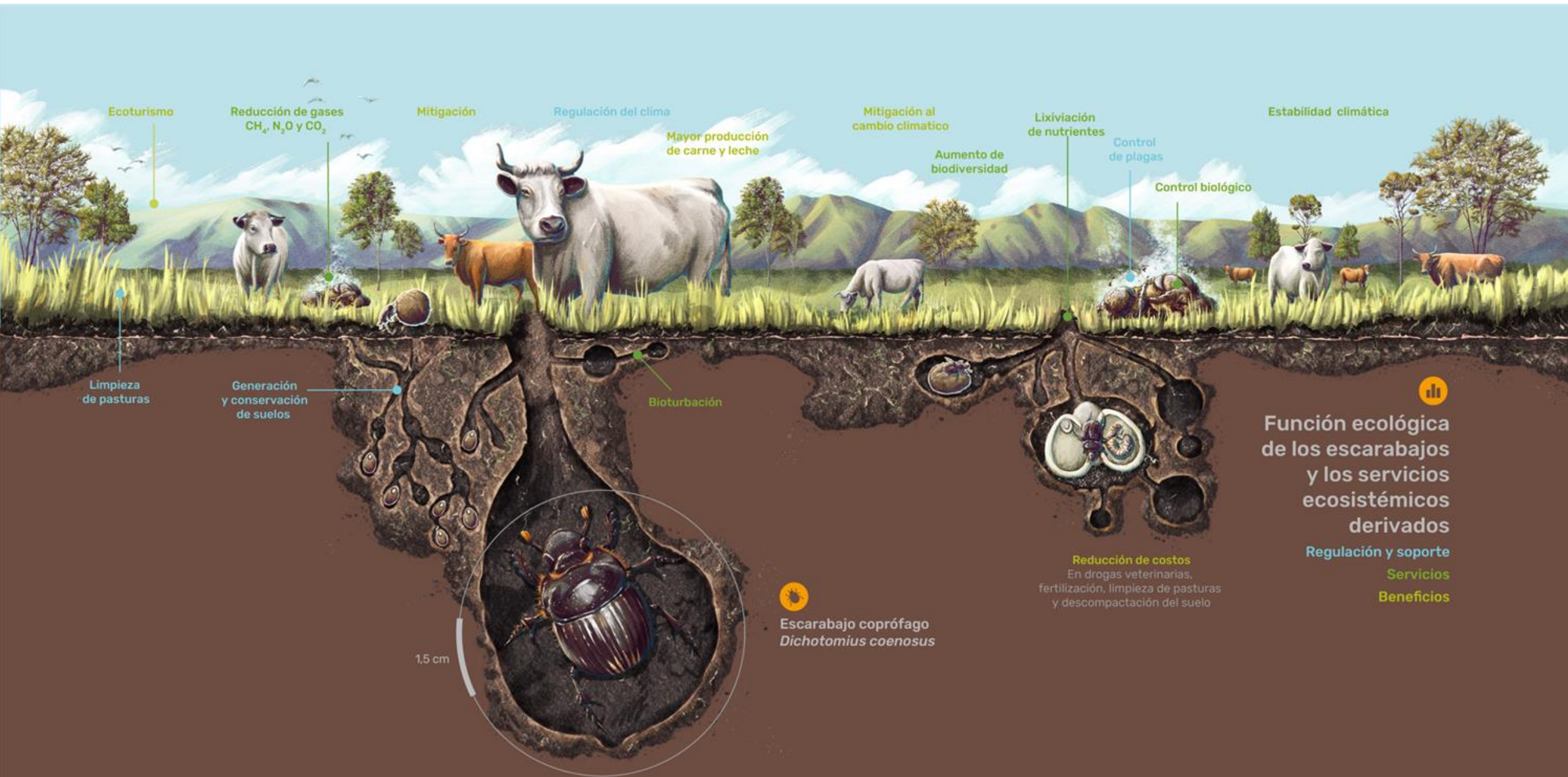


Diferentes emisiones según especies y producto. Adaptado de De Rojas Downing et al. (2017)



Huella de Carbono de los productos ganaderos de la dehesa





Ecoturismo

Reducción de gases
 CH_4 , N_2O y CO_2

Mitigación

Regulación del clima

Mayor producción
de carne y leche

Mitigación al
cambio climático

Aumento de
biodiversidad

Lixiviación
de nutrientes

Control
de plagas

Control biológico

Estabilidad climática

Limpieza
de pasturas

Generación
y conservación
de suelos


Bioturbación

1,5 cm



Escarabajo coprófago
Dichotomius coenosus

Reducción de costos
En drogas veterinarias,
fertilización, limpieza de pasturas
y descompactación del suelo


Función ecológica
de los escarabajos
y los servicios
ecosistémicos
derivados

Regulación y soporte

Servicios

Beneficios



ELSEVIER

Contents lists available at ScienceDirect

Journal of Cleaner Production

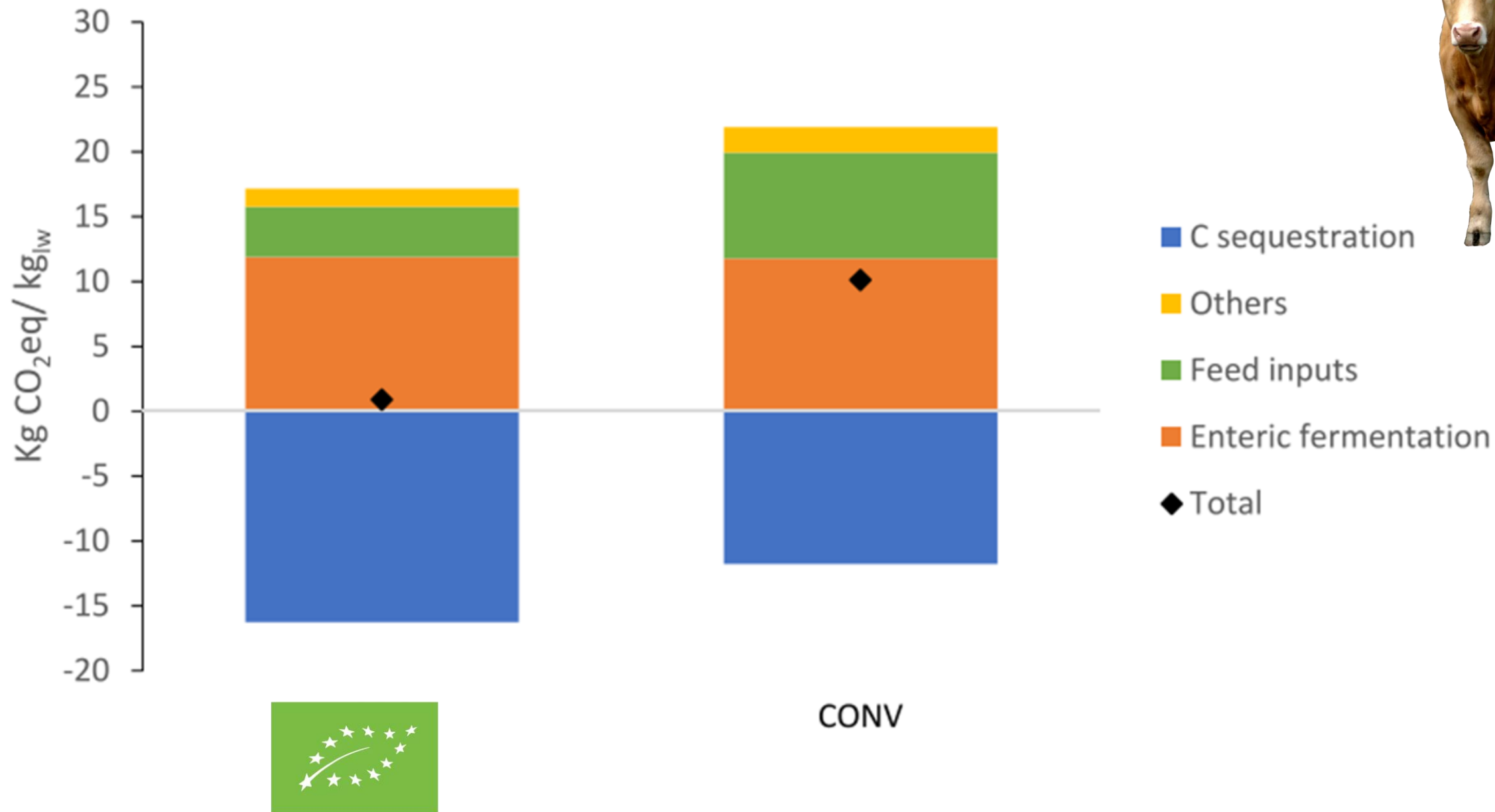
journal homepage: www.elsevier.com/locate/jclepro



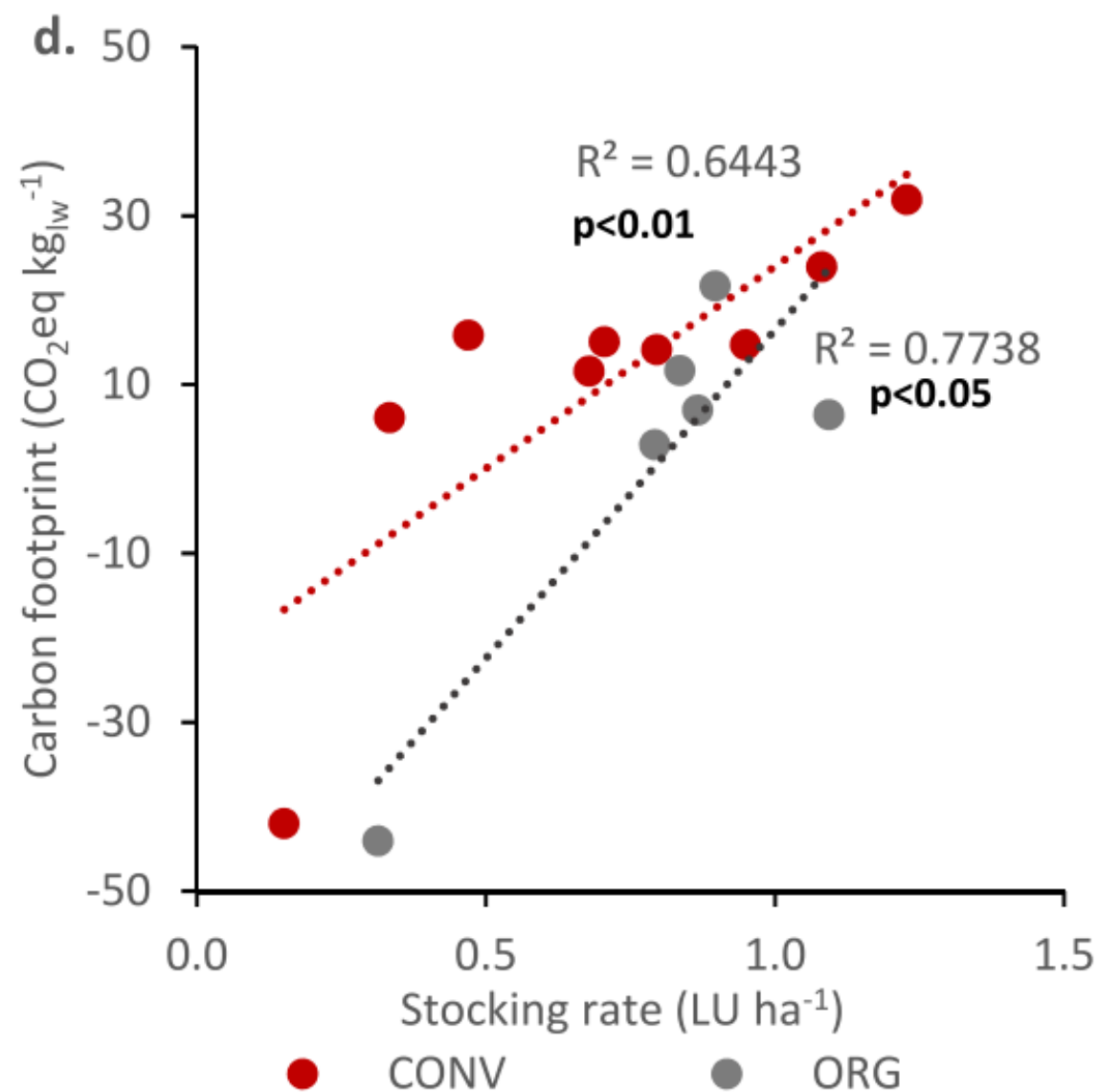
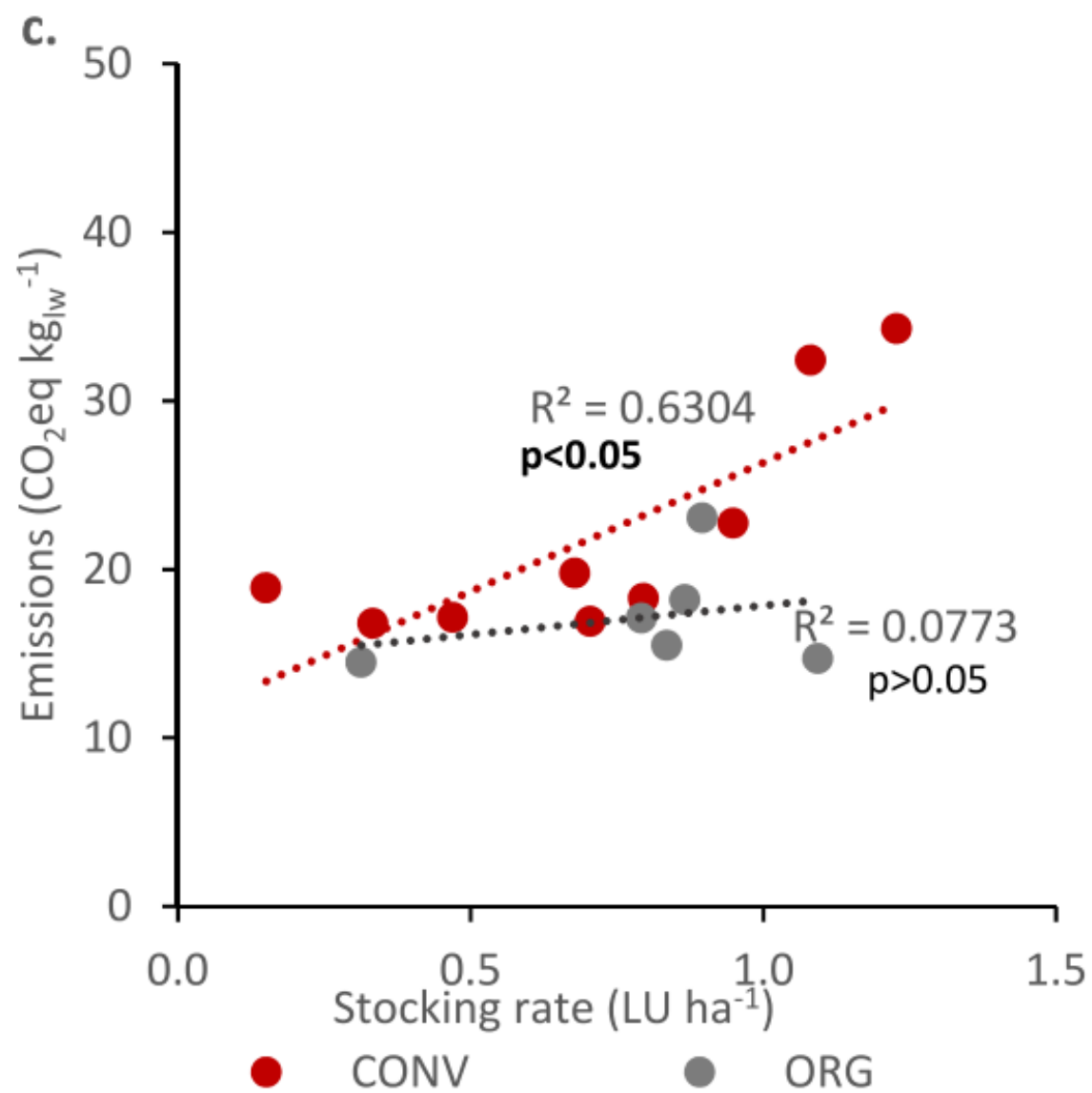
Carbon sequestration offsets a large share of GHG emissions in dehesa cattle production

Carolina Reyes-Palomo^a, Eduardo Aguilera^b, Mireia Llorente^c, Cipriano Díaz-Gaona^a, Gerardo Moreno^c, Vicente Rodríguez-Estévez^{a,*}





CONV

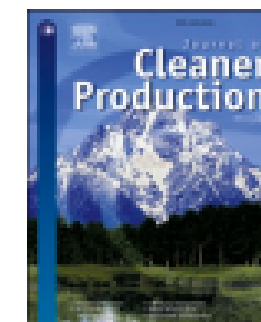




Contents lists available at ScienceDirect

Journal of Cleaner Production

journal homepage: www.elsevier.com/locate/jclepro



Free-range acorn feeding results in negative carbon footprint of Iberian pig production in the dehesa agro-forestry system

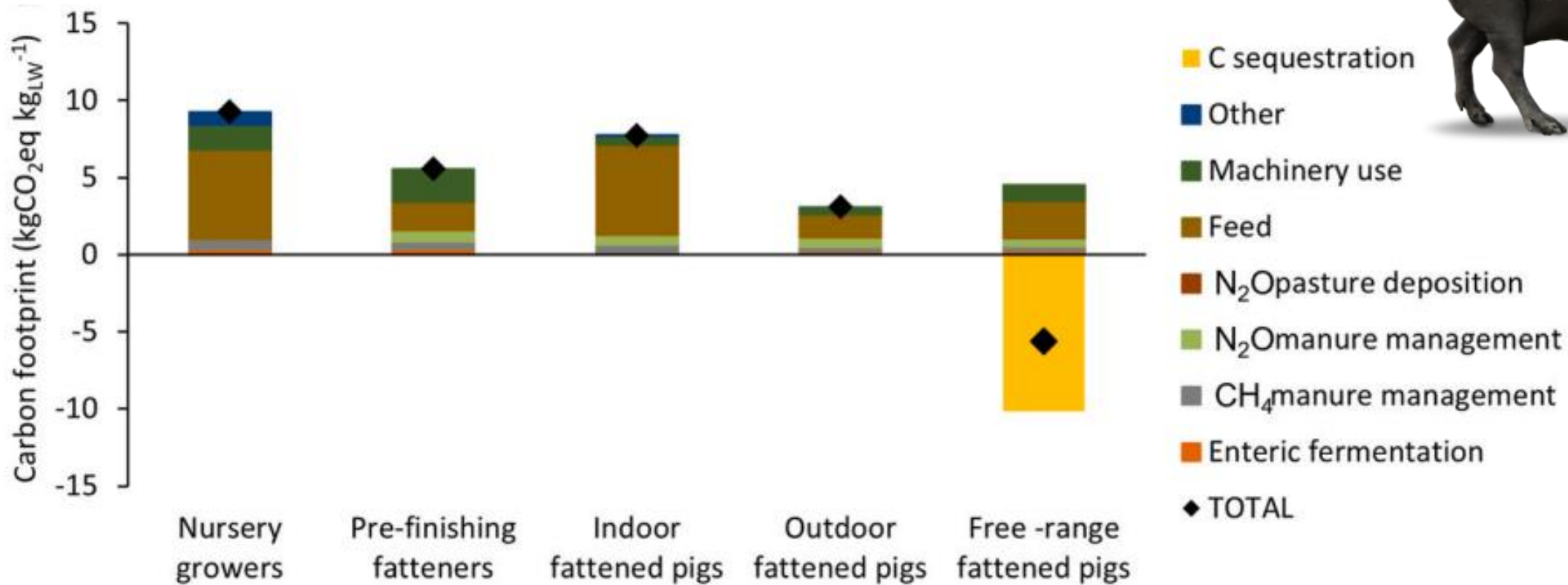
Carolina Reyes-Palomo^a, Eduardo Aguilera^b, Mireia Llorente^c, Cipriano Díaz-Gaona^a,
Gerardo Moreno^c, Vicente Rodríguez-Estévez^{a,*}

^a Department of Animal Production, UIC Zoonoses and Emerging Diseases (ENZOEM), Faculty of Veterinary Medicine, International Agrifood Campus of Excellence (ceiA3), University of Córdoba, 14071, Córdoba, Spain

^b CEIGRAM-ETSIAAB, Technical University of Madrid, 28040, Madrid, Spain

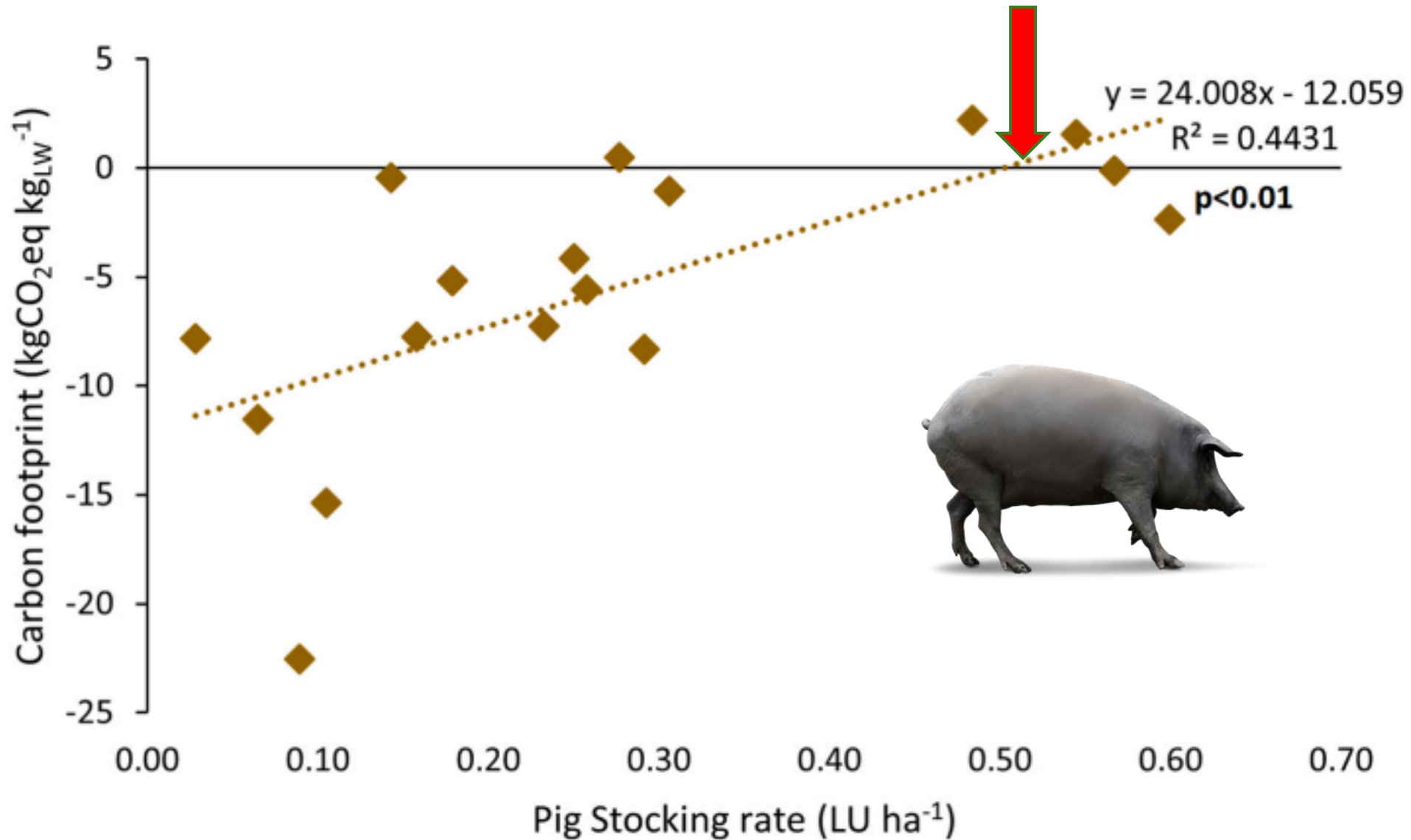
^c INDEHESA, Forestry School, University of Extremadura, 10600, Plasencia, Spain





↑
- 5.6 ± 6.5 kg CO₂eq
≈ -900 kg CO₂eq/14@

3,1 cerdos cebo /ha



- Cordero lechal (20-40 días) = canales de 5-6 kg
 - Cordero ternasco (60-90 días) = canales de 10-12 kg
- 11 kg x -40,19 kg CO₂ eq = **-442,09 kg CO₂ eq**



Interreg
España - Portugal
Fondo Europeo de Desarrollo Regional



PRODEHESA
MONTADO



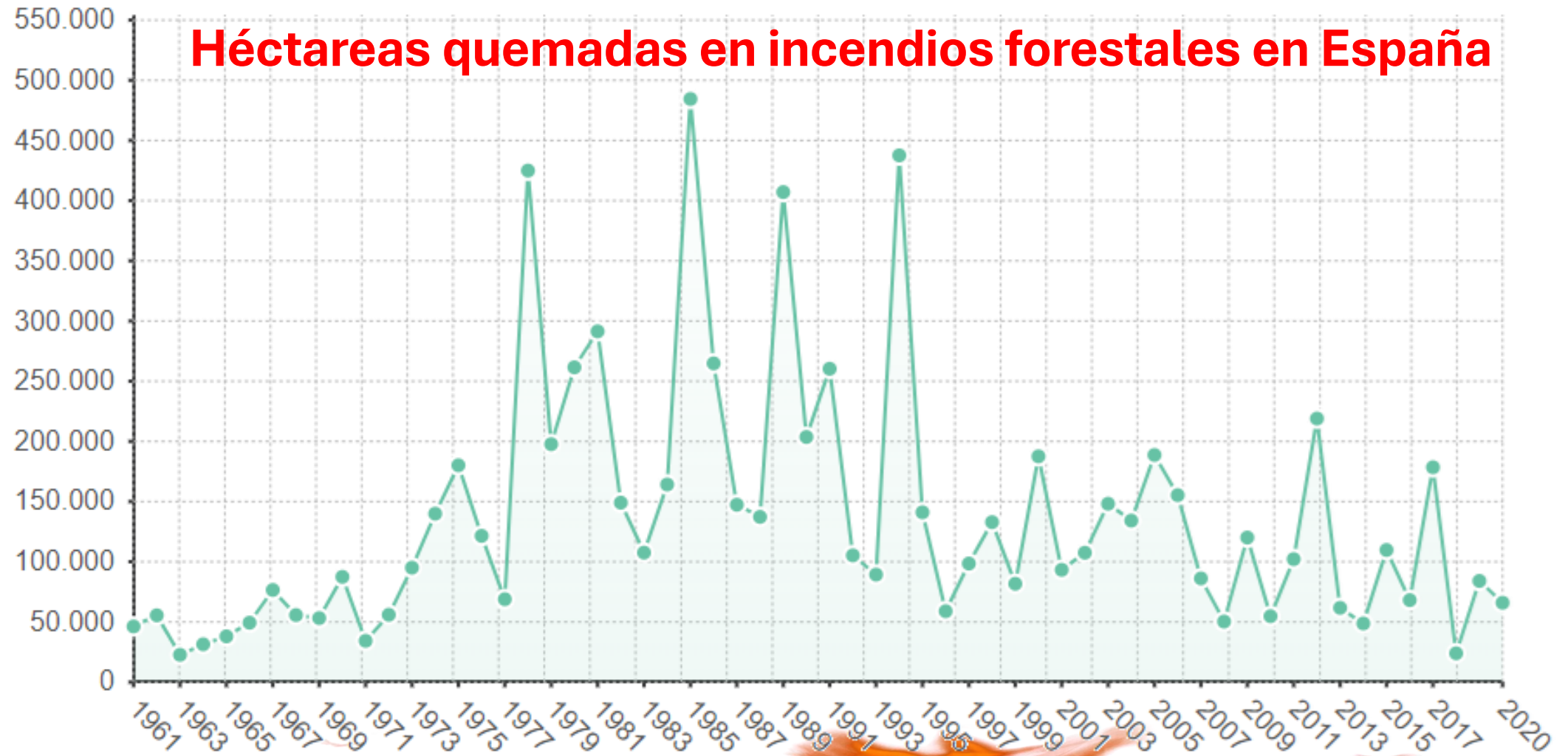
- Cordero lechal (20-40 días) = canales de 5-6 kg
- Cordero ternasco (60-90 días) = canales de 10-12 kg
- 11 kg x -40,19 kg CO₂ eq = -442,09 kg CO₂ eq



1 ha de bosque mediterráneo quemada libera 30
Tm CO₂ eq = 67,69 canales de 11 kg

ha (Unidades)

Héctareas quemadas en incendios forestales en España

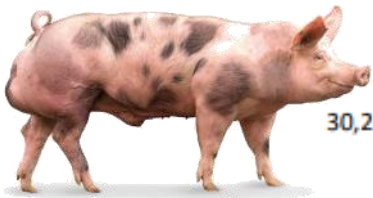
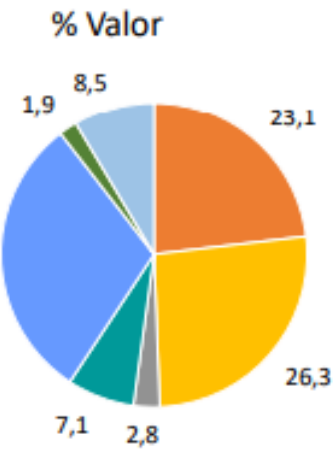


■ Hectáreas quemadas

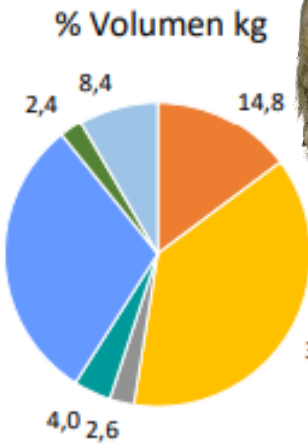
Fuente: Ministerio de Agricultura y Pesca, Alimentación y Medio Ambiente, www.epdata.es

Importancia de los tipos de carne fresca sobre el total de carne fresca

2020



30.2



14.8



37.7

% Evolución 2020 vs 2019

| | Valor | Volumen |
|---------------------|--------|---------|
| CARNE FRESCA | 12,9 % | 10,7 % |
| CARNE VACUNO | 12,5 % | 10,6 % |
| CARNE POLLO | 12,0 % | 10,6 % |
| CARNE CONEJO | 6,2 % | 3,1 % |
| CARNE OVINO/CAPRINO | 10,3 % | 7,7 % |
| CARNE CERDO | 17,3 % | 13,7 % |
| CARNE DESPOJOS | -0,1 % | -2,4 % |
| OTRAS CARNES FRESCA | 10,1 % | 9,7 % |

En volumen, el 37,7 % de los kilos de carne fresca consumida en el hogar corresponde a la carne fresca de pollo, el 30,2 % se corresponde con la carne fresca de cerdo, y el 14,8 % son de carne fresca de vacuno.

36,2 kg carne fresca/persona y año
(2020)
→ 1,45 kg carne de cordero y/o chivo



¿Quienes no han comido carne de cordero nunca?
6 de 59 (=10,2%)



Como eles nos farão comprar o que precisamos?



Necesidad de diferenciación



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1º Necesidad de definición legal

2º Ser extensivos

3º Necesidad de diferenciación: **mercados**

4ª Enseñar lo que se hace. didáctica





A pecuária extensiva deve ser elevada a uma **segunda dimensão**, além do fato produtivo, ao cobrir demandas da sociedade ao atuar como ferramenta de conservação da paisagem, do meio ambiente, lutando contra o fogo e contra as mudanças climáticas.





Only 2% of TikTok Diet and Nutrition Trends Are Accurate: 5 Things to Know

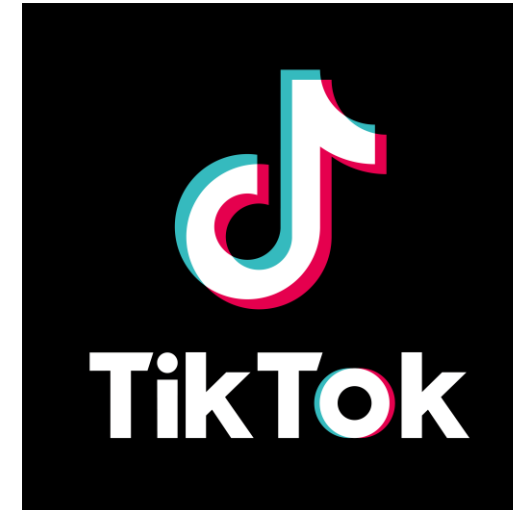


Written by [Beth Ann Mayer](#)
on April 25, 2024 —
[Fact checked by Jennifer Chesak, MSJ](#)



New research finds that over 50% of Millennial and Gen-Z TikTok users are influenced by diet and nutrition trends on the platform, yet only 2% of nutrition content on the app is accurate. mixetto/Getty Images

- A new survey found that 57% of Millennial and Gen-Z TikTok users reported being influenced by or frequently adopting nutrition trends they learned about on the platform.
- However, only about 2% are accurate compared to public health and nutrition guidelines.



QUAL A MELHOR BEBIDA PROTEICA?

PIRACANJUBA

+MU

YOPRO

DUX





Contents lists available at ScienceDirect

Clinical Nutrition

journal homepage: <http://www.elsevier.com/locate/clnu>

Original article

Intake and adequacy of the vegan diet. A systematic review of the evidence

Dimitra Rafailia Bakaloudi ^a, Afton Halloran ^{b, c}, Holly L. Rippin ^b,
 Artemis Christina Oikonomidou ^a, Theodoros I. Dardavesis ^a, Julianne Williams ^b,
 Kremlin Wickramasinghe ^b, Joao Breda ^b, Michail Chourdakis ^{a, *}

^a Laboratory of Hygiene, Social & Preventive Medicine and Medical Statistics, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Greece

^b WHO European Office for the Prevention and Control of NCDs, WHO Regional Office for Europe, Moscow, Russian Federation

^c Department of Nutrition, Exercise and Sports, Faculty of Science, University of Copenhagen, Denmark

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WHO

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Health impact

ABSTRACT

Background: Vegan diets, where animal- and all their by-products are excluded from the diet, have gained popularity, especially in the last decade. However, the evaluation of this type of diet has not been well addressed in the scientific literature. This study aimed to investigate the adequacy of vegan diets in European populations and of their macro- and micronutrient intakes compared to World Health Organization recommendations.

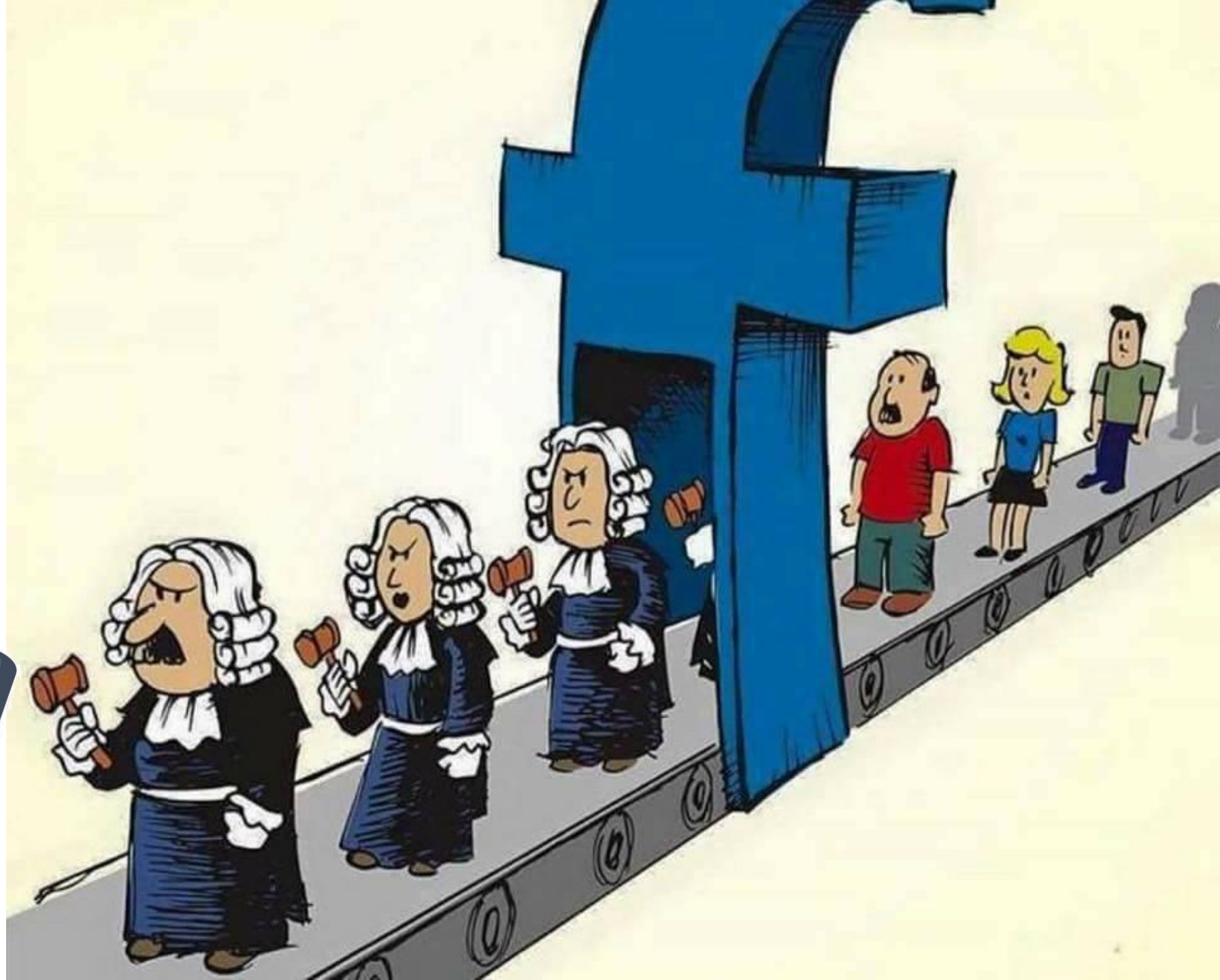
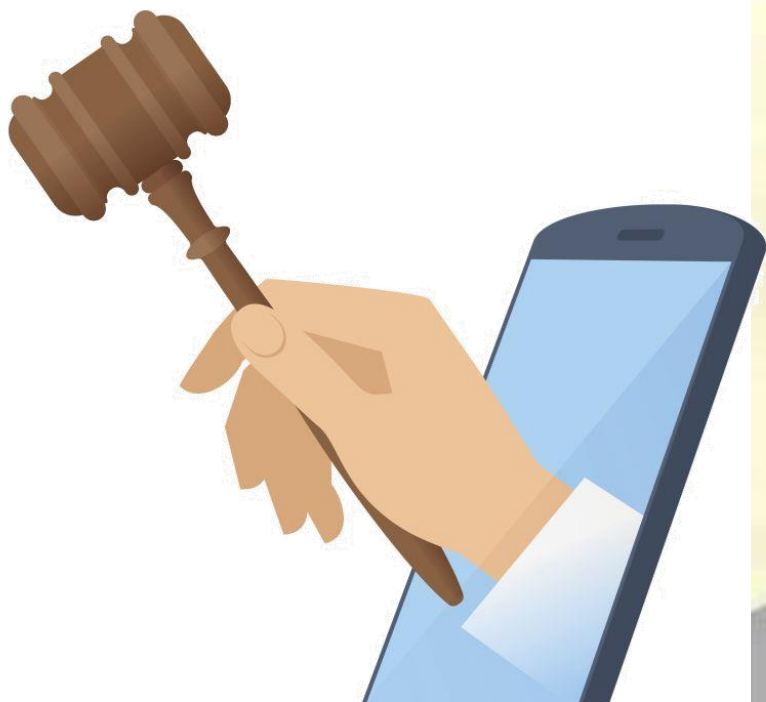
Methods: A systematic search in PubMed, Web of Science, IBSS, Cochrane library and Google Scholar was conducted and 48 studies (12 cohorts and 36 cross-sectional) were included.

Results: Regarding macronutrients, vegan diets are lower in protein intake compared with all other diet types. Veganism is also associated with low intake of vitamins B₂, Niacin (B₃), B₁₂, D, iodine, zinc, calcium, potassium, selenium. Vitamin B₁₂ intake among vegans is significantly lower (0.24–0.49 µg, recommendations are 2.4 µg) and calcium intake in the majority of vegans was below recommendations (750 mg/d). No significant differences in fat intake were observed. Vegan diets are not related to deficiencies in vitamins A, B₁, B₆, C, E, iron, phosphorus, magnesium, copper and folate and have a low glycemic load.

Conclusions: Following a vegan diet may result in deficiencies in micronutrients (vitamin B₁₂, zinc, calcium and selenium) which should not be disregarded. However, low micro- and macronutrient intakes are not always associated with health impairments. Individuals who consume a vegan diet should be aware of the risk of potential dietary deficiencies.

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vegan diets are lower in protein intake compared with all other diet types. Veganism is also associated with low intake of vitamins B₂, Niacin (B₃), B₁₂, D, iodine, zinc, calcium, potassium, selenium. Vitamin B₁₂ intake among vegans is significantly lower (0.24–0.49 µg, recommendations are 2.4 µg) and calcium intake in the majority of vegans was below recommendations (750 mg/d).



Trabalhe na comunicação

Nunca conseguiram comunicar adequadamente o que é feito, como é feito e o que significa para a sociedade e para a saúde.



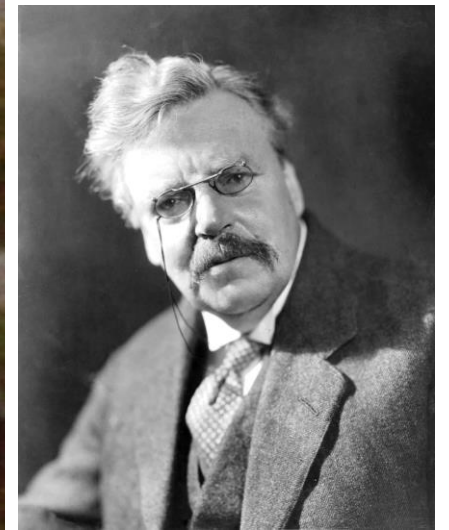
COMUNICAR

Todas as idades + todas as origens



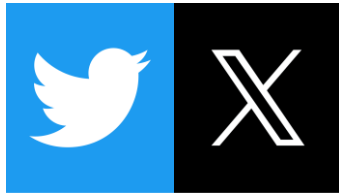


"Cada época é salva por um pequeno punhado de homens que têm a coragem de não serem atuais." - Chesterton



Obrigado

vrestevez@uco.es



@VRguezEstevez



v.rodriguezestevez

