

# OMNIVORE'S DELIGHT DIET CHALLENGE OUTLINE

## Background

Food Solutions New England has created a bold food vision that projects New England farms and fisheries providing at least 50% of the food needed to feed ourselves by 2060. There are many things that need to happen to do this but one of the key things is that we New Englanders need to shift our diet to one tailored to crops that New England is best able to produce given our soils and climate.

## What

The New England Food Vision outlines the Omnivore's Delight Diet, the one we would evolve toward to support this vision. This diet includes fewer refined carbohydrates, reduced (and healthier) fats, less red meat, current levels of dairy and egg consumption, more fish, more whole grains, and more fruits and vegetables than the typical diet people consume today.

### Caloric Intake % Comparison

	<i>Current</i>	<i>Omnivores</i>
Veggies	4%	7%
Fruit (cool climate)	1%	4%
Fruit (warm climate)	1%	5%
Whole Grains	3%	11%
Refined Grains	18%	15%
Protein-rich plants	3%	7%
Meat, fish, eggs	23%	15%
Dairy	10%	9%
Added fats	19%	12%
Discretionary Calories	18%	15%

For more details download **A New England Food Vision** (see pp. 12–14):

[http://www.foodsolutionsne.org/sites/default/files/LowResNEFV\\_0.pdf](http://www.foodsolutionsne.org/sites/default/files/LowResNEFV_0.pdf)

*The sample diet will need to be adjusted to the individual's diet requirements, such as number of calories needed per day, food restrictions, etc.*

## Why

The NERT Collective Food Inquiry posits that promoting the Omnivore's Delight Diet Challenge can not only help to raise awareness of the existence of the New England Food Vision but will also give valuable feedback about the experience and challenges of such a diet change.

## Who

The Omnivore's Delight Diet Challenge will be piloted for a week by a self-selected group of individuals who have participated in the NERT Collective Food Inquiry. Upon completion of that pilot, the participants will review the experience, lessons learned, recommendations for introducing the challenge to the broader NERT network and perhaps more widely within their own communities.

## How & When

Pilot participants will follow the Omnivore's Delight Diet for at least one week, preferably from Thursday, Sept 15 through Wednesday Sept 21 and will make observations about their experience on the Slack Food Channel, FB Group and/or the Zoom Teleconference on Sept 29.

While following the Omnivore's Delight diet guidelines, we also ask that you note the origin of the food. Is it a local source (100? miles), Regional source (NE), Were you able to access local/regional in-season food? Was the diet affordable? How big a change was this from your usual eating habits?