**Appendix 2: The second survey: alternatives’ evaluation.** 

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**Date: \_\_\_\_\_\_\_\_\_\_\_ Survey Number: \_\_\_\_\_\_\_\_\_\_\_**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Specialty: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SURVEY ON THE EVALUATION OF DIETETIC PATTERNS USING A MULTIPLE CRITERIA APPROACH**

*Good morning/afternoon. In collaboration with the CITIZEN EARTH CHAIR of the Polytechnic University of Valencia and the Mediterranean Agronomic Institute of Zaragoza, we continue with the project on the integration of sustainability in an evaluation of multiple criteria of urban dietary patterns. After a first individually conducted survey, we are now beginning Phase 2 where we evaluated the different alternatives or sustainable dietary patterns. In this workshop, after presenting the first results of the survey, we will propose some dynamics so that, individually and in groups, different diets can be evaluated according to criteria associated with sustainability (ecological footprint, health, and socioeconomic aspects) following the same way than the first criteria survey and evaluation sub-criteria.*

*Achieving a classification of the different alternatives in collaboration with expert actors in the sector will allow us to establish a baseline sufficiently grounded so that decision makers can promote the most appropriate dietary pattern in our environment based on the principle of sustainability.*

*Thanks for your help.*

**Block 1: Evaluating alternatives in terms of their environmental impact**

1. **On a scale of 1 to 9, compare which dietary pattern is more environmentally friendly in terms of the amount of carbon footprint.**

|  |
| --- |
| **Where: (Mark with an X)** |
| "1" equally respectful of the environment | **“FLEX”** Flexitarian Dietary Pattern |
| "3" slightly more environmentally friendly | **“MDP”** Mediterranean Dietary Pattern |
| “5” is much more environmentally friendly | **“VEG”** VeganDietary Pattern |
| "7" much more environmentally friendly | **“PESC”** PescatarianDietary Pattern |
| "9" the most environmentally friendly |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| + | …. | = | …. | + |
|  | 9 | 7 | 5 | 3 | 1 | 3 | 5 | 7 | 9 |  |
| **FLEX** |  |  |  |  |  |  |  |  |  | **MDP** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **PESC** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **VEG** |
| **MDP** |  |  |  |  |  |  |  |  |  | **PESC** |
| **MDP** |  |  |  |  |  |  |  |  |  | **VEG** |
| **PESC** |  |  |  |  |  |  |  |  |  | **VEG** |

1. **On a scale of 1 to 9, compare which dietary pattern is more environmentally friendly in terms of the amount of water footprint.**

|  |
| --- |
| **Where: (Mark with an X)** |
| "1" equally respectful of the environment. | **“FLEX”** Flexitarian Dietary Pattern |
| "3" slightly more environmentally friendly | **“MDP”** Mediterranean Dietary Pattern |
| “5” is much more environmentally friendly | **“VEG”** VeganDietary Pattern |
| "7" much more environmentally friendly | **“PESC”** PescatarianDietary Pattern |
| "9" the most environmentally friendly |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| + | …. | = | …. | + |
|  | 9 | 7 | 5 | 3 | 1 | 3 | 5 | 7 | 9 |  |
| **FLEX** |  |  |  |  |  |  |  |  |  | **MDP** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **PESC** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **VEG** |
| **MDP** |  |  |  |  |  |  |  |  |  | **PESC** |
| **MDP** |  |  |  |  |  |  |  |  |  | **VEG** |
| **PESC** |  |  |  |  |  |  |  |  |  | **VEG** |

**Block 2: Evaluating alternatives in terms of their health value.**

1. **On a scale of 1 to 9, compare which dietary pattern is healthier.**

|  |
| --- |
| **Where: (Mark with an X)** |
| “1” equal health value | **“FLEX”** Flexitarian Dietary Pattern |
| “3” slightly healthier | **“MDP”** Mediterranean Dietary Pattern |
| “5” quite healthier | **“VEG”** VeganDietary Pattern |
| “7” much more healthier | **“PESC”** PescatarianDietary Pattern |
| “9” the healthiest |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| + | …. | = | …. | + |
|  | 9 | 7 | 5 | 3 | 1 | 3 | 5 | 7 | 9 |  |
| **FLEX** |  |  |  |  |  |  |  |  |  | **MDP** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **PESC** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **VEG** |
| **MDP** |  |  |  |  |  |  |  |  |  | **PESC** |
| **MDP** |  |  |  |  |  |  |  |  |  | **VEG** |
| **PESC** |  |  |  |  |  |  |  |  |  | **VEG** |

**Block 3: Evaluating alternatives in terms of their socioeconomic aspects.**

1. **On a scale from 1 to 9, compare which diet alternative is most suitable for consumers in the metropolitan area of Valencia.**

|  |
| --- |
| **Where: (Mark with an X)** |
| “1” equally suitable | **“FLEX”** Flexitarian Dietary Pattern |
| “3” slightly more suitable | **“MDP”** Mediterranean Dietary Pattern |
| “5” very suitable | **“VEG”** VeganDietary Pattern |
| “7” much more suitable | **“PESC”** PescatarianDietary Pattern |
| “9” most suitable  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| + | …. | = | …. | + |
|  | 9 | 7 | 5 | 3 | 1 | 3 | 5 | 7 | 9 |  |
| **FLEX** |  |  |  |  |  |  |  |  |  | **MDP** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **PESC** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **VEG** |
| **MDP** |  |  |  |  |  |  |  |  |  | **PESC** |
| **MDP** |  |  |  |  |  |  |  |  |  | **VEG** |
| **PESC** |  |  |  |  |  |  |  |  |  | **VEG** |

1. **On a scale from 1 to 9, compare which diet alternative is most suitable for producers in rural areas of our territory.**

|  |
| --- |
| **Where: (Mark with an X)** |
| “1” equally suitable | **“FLEX”** Flexitarian Dietary Pattern |
| “3” slightly more suitable | **“MDP”** Mediterranean Dietary Pattern |
| “5” very suitable | **“VEG”** VeganDietary Pattern |
| “7” much more suitable | **“PESC”** PescatarianDietary Pattern |
| “9” most suitable  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| + | …. | = | …. | + |
|  | 9 | 7 | 5 | 3 | 1 | 3 | 5 | 7 | 9 |  |
| **FLEX** |  |  |  |  |  |  |  |  |  | **MDP** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **PESC** |
| **FLEX** |  |  |  |  |  |  |  |  |  | **VEG** |
| **MDP** |  |  |  |  |  |  |  |  |  | **PESC** |
| **MDP** |  |  |  |  |  |  |  |  |  | **VEG** |
| **PESC** |  |  |  |  |  |  |  |  |  | **VEG** |