

The EAT-Lancet Commission on  
Healthy Diets From  
Sustainable Food Systems

# Food Planet Health

# The scale of the challenge



**2 billion** people lack key micronutrients like iron and vitamin A



**155 million** children are stunted



**52 million** children are wasted



**2 billion** adults are overweight or obese



**41 million** children are overweight



**88%** of countries face a serious burden of either two or three forms of malnutrition



**And the world is off track to meet all global nutrition targets**

# EAT-Lancet Commission Approach

**Define a healthy reference diet** using the best available evidence (controlled feeding studies, long-term cohort studies, randomized trials).

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**Define planetary boundaries** for 6 key environmental systems and processes (GHG, cropland use, water use, nitrogen and phosphorus application, extinction rate).

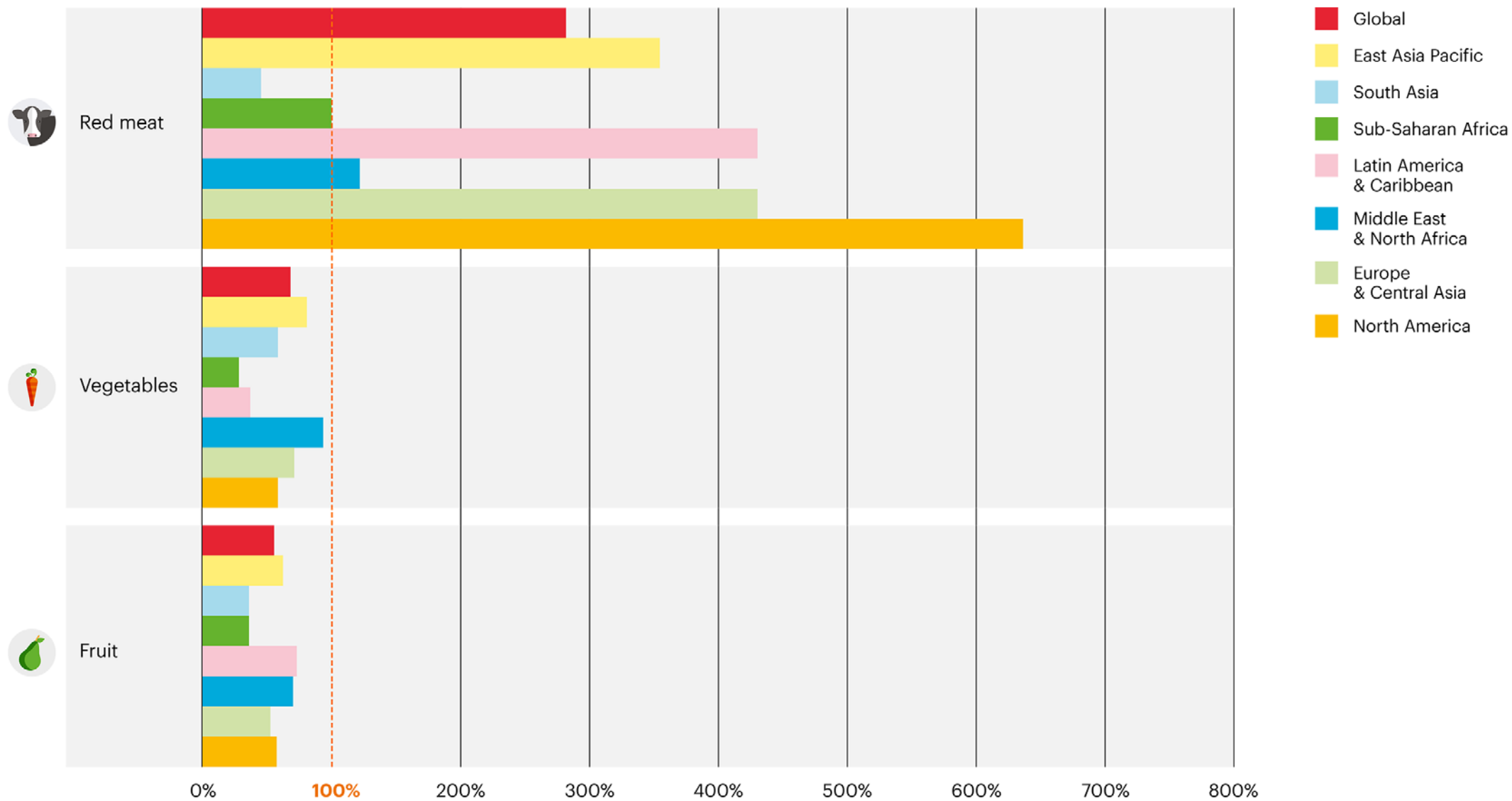
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**Apply a global food systems modeling framework** to analyze what combinations of readily implementable measures are needed to stay within food production boundaries while still delivering healthy diets by 2050.

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**Outline Strategies** to achieve the changes needed to meet the goal of healthy diets from sustainable food systems for all by 2050.

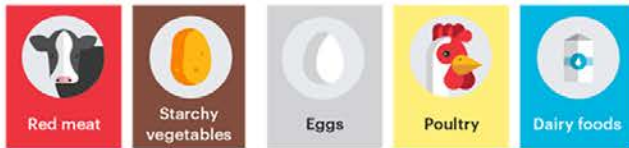
# Current Diets vs Planetary Health Diet



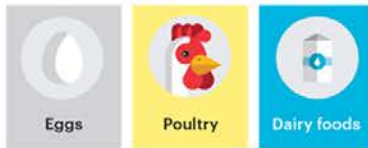
# Current Diets vs Planetary Health Diet

## Global

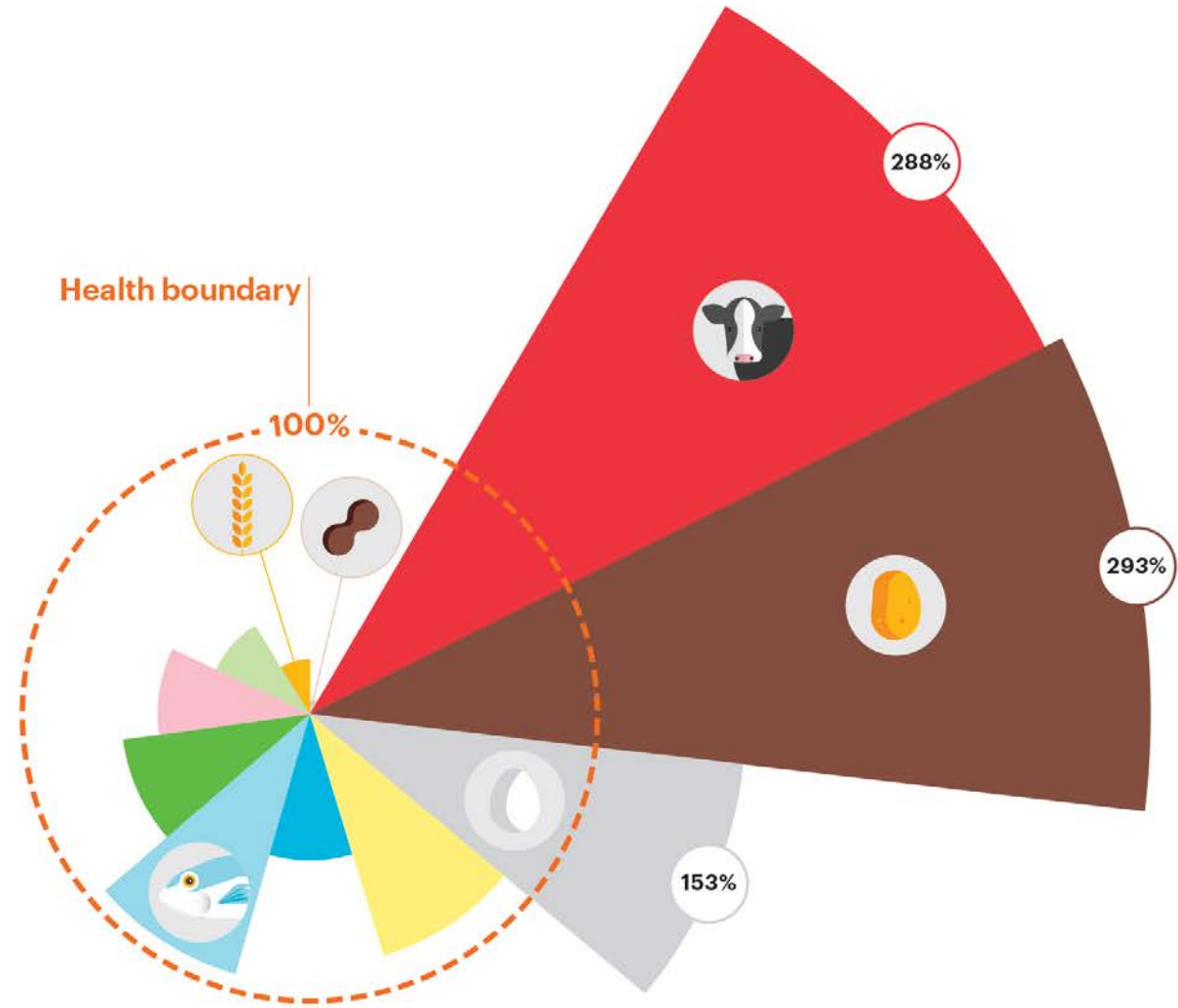
Limited intake



Optional foods

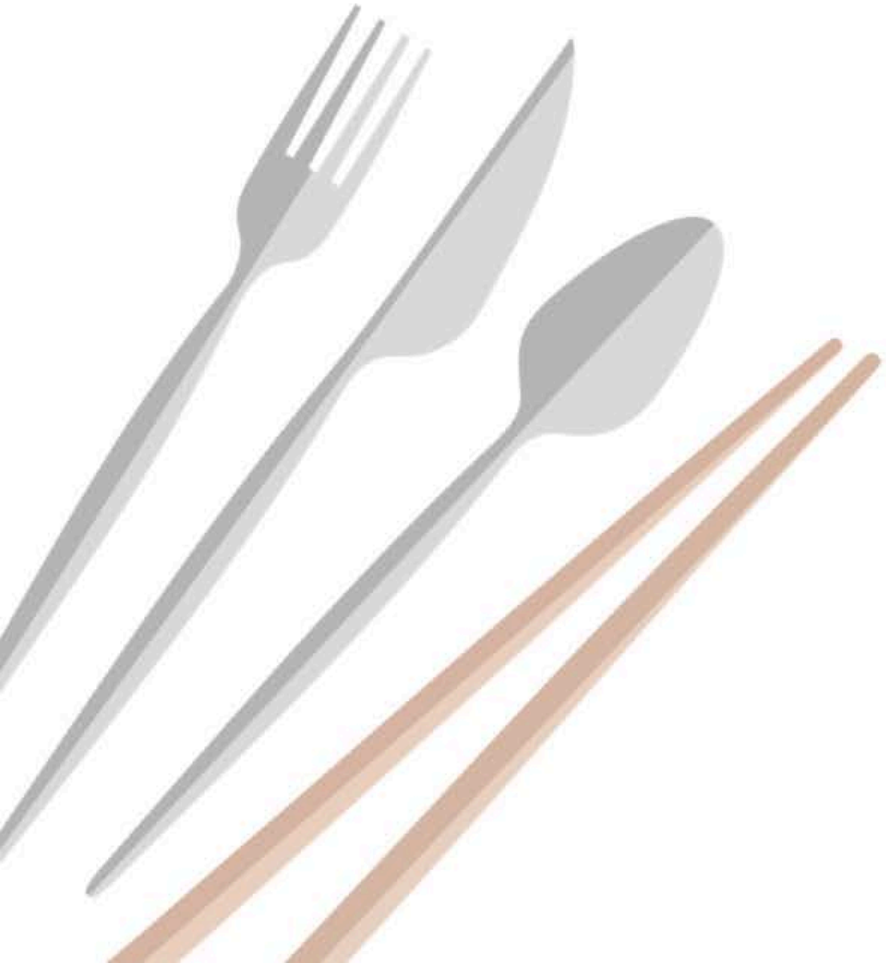











Emphasized foods



# Target 1 – Healthy Diets

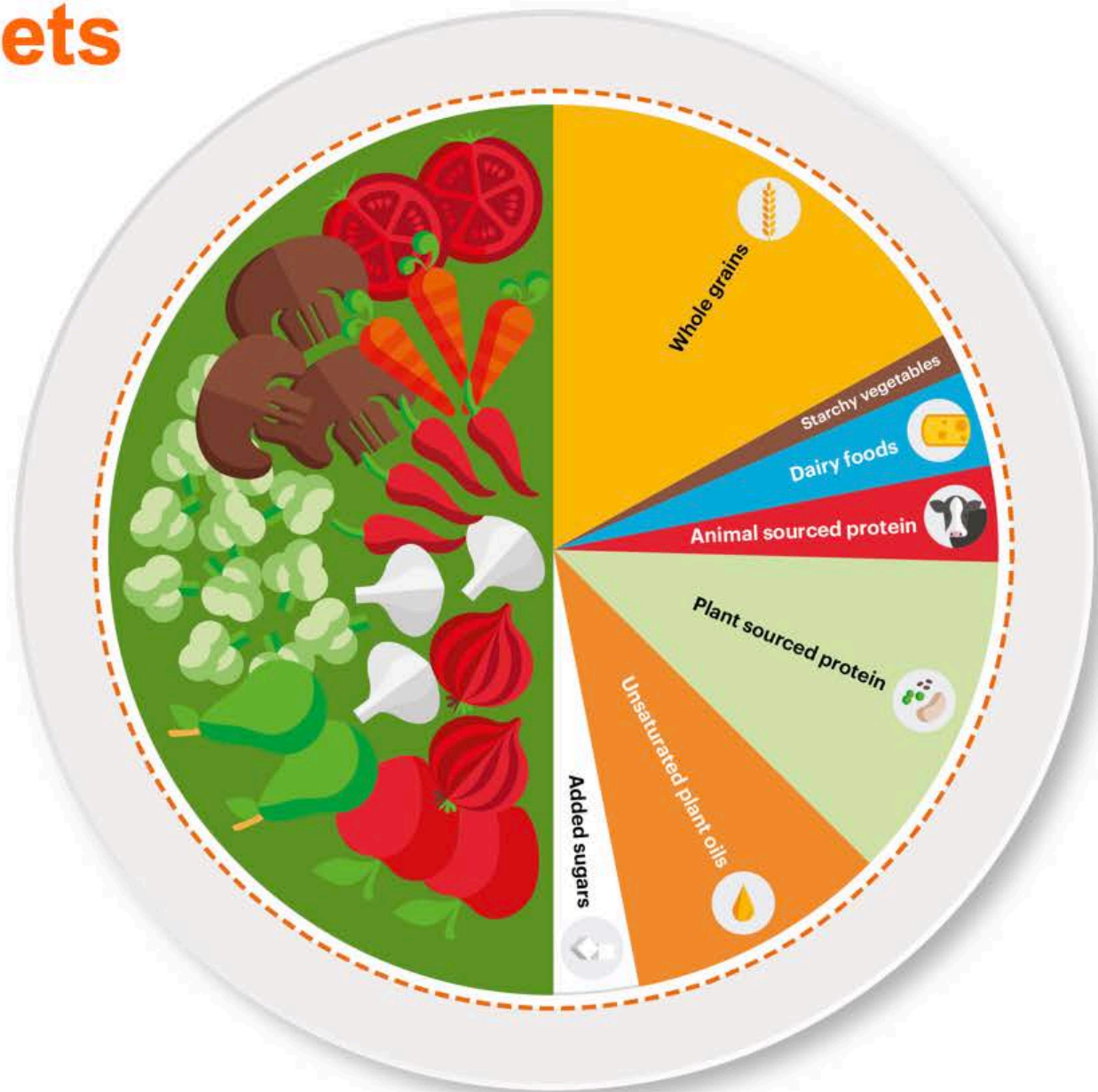
2500 kcal/day



	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day	
 Whole grains <b>Rice, wheat, corn and other</b>	<b>232</b>	<b>811</b>	
 Tubers or starchy vegetables <b>Potatoes and cassava</b>	<b>50</b> (0–100)	<b>39</b>	
 Vegetables <b>All vegetables</b>	<b>300</b> (200–600)	<b>78</b>	
 Fruits <b>All fruits</b>	<b>200</b> (100–300)	<b>126</b>	
 Dairy foods <b>Whole milk or equivalents</b>	<b>250</b> (0–500)	<b>153</b>	
 Protein sources	<b>Beef, lamb and pork</b>	<b>14</b> (0–28)	<b>30</b>
	<b>Chicken and other poultry</b>	<b>29</b> (0–58)	<b>62</b>
	<b>Eggs</b>	<b>13</b> (0–25)	<b>19</b>
	<b>Fish</b>	<b>28</b> (0–100)	<b>40</b>
	<b>Legumes</b>	<b>75</b> (0–100)	<b>284</b>
 Nuts	<b>Nuts</b>	<b>50</b> (0–75)	<b>291</b>
	Added fats		
	<b>Unsaturated oils</b>	<b>40</b> (20–80)	<b>354</b>
	<b>Saturated oils</b>	<b>11.8</b> (0–11.8)	<b>96</b>
	Added sugars		
	<b>All sugars</b>	<b>31</b> (0–31)	<b>120</b>

# Target 1 – Healthy Diets

2500 kcal/day



# Substantial Health Benefits

**Approach 1**  
Comparative Risk

**19%**

or

**11.1 million**  
adult deaths per year

**Approach 2**  
Global Burden of Disease

**22.4%**

or

**10.8 million**  
adult deaths per year

**Approach 3**  
Empirical Disease Risk

**23.6%**

or

**11.6 million**  
adult deaths per year



**Dietary changes from current diets to healthy diets are likely to substantially benefit human health, averting about 11.0 million premature deaths per year, a reduction of about 20%.**

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**Feeding 10 billion people a healthy diet within safe planetary boundaries is possible and will improve the health and well being of millions of people and allow us to pass onto our children a viable planet.**



[eatforum.org](http://eatforum.org)  
[#foodcanfixit](https://twitter.com/foodcanfixit)

