

The EAT Lancet Publication: Implications for Nutrition Health and Planet

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Why and who?

- Address absence of scientific targets for achieving healthy diets from sustainable food systems limiting large scale coordinated efforts to transform the global food system.
- The Commission: 19 Commissioners and 18 co-authors from 16 countries and areas of specialization (human health, agriculture, political sciences, and environmental sustainability)
- Develop global scientific targets informed by the best evidence available for healthy diets and sustainable food production.
- Define a safe operating space for food systems that address nutrition, health and a sustainable planetary system.
- Ensure meeting Sustainable Development Goals (SDGs) and Paris Climate Agreement.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31788-4/fulltext#](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/fulltext#)

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).

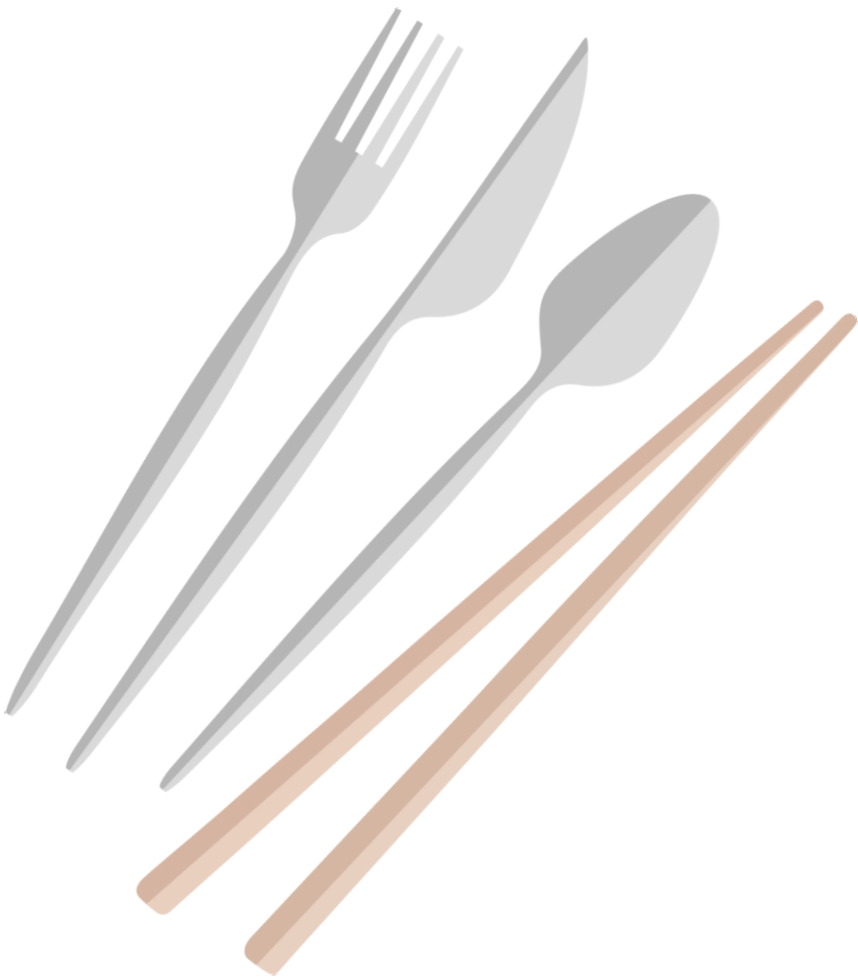
Define planetary boundaries for 6 key environmental systems and processes (GHG, cropland use, water use, nitrogen and phosphorus application, extinction rate).










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.

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

Healthy Diets

2500 kcal/day



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

Healthy Diets

2500 kcal/day



Current Intakes vs Planetary Health Diet

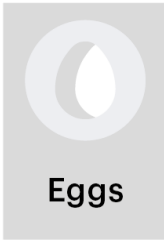
Limited intake



Red meat



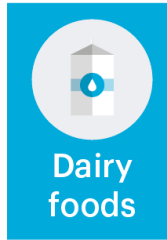
Starchy vegetables



Eggs



Poultry



Dairy foods

Optional foods

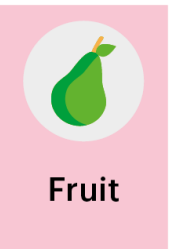
Emphasized foods



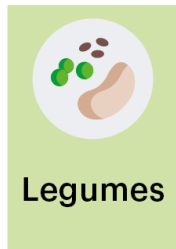
Fish



Vegetables



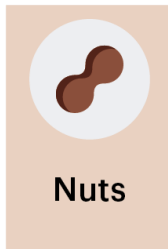
Fruit



Legumes

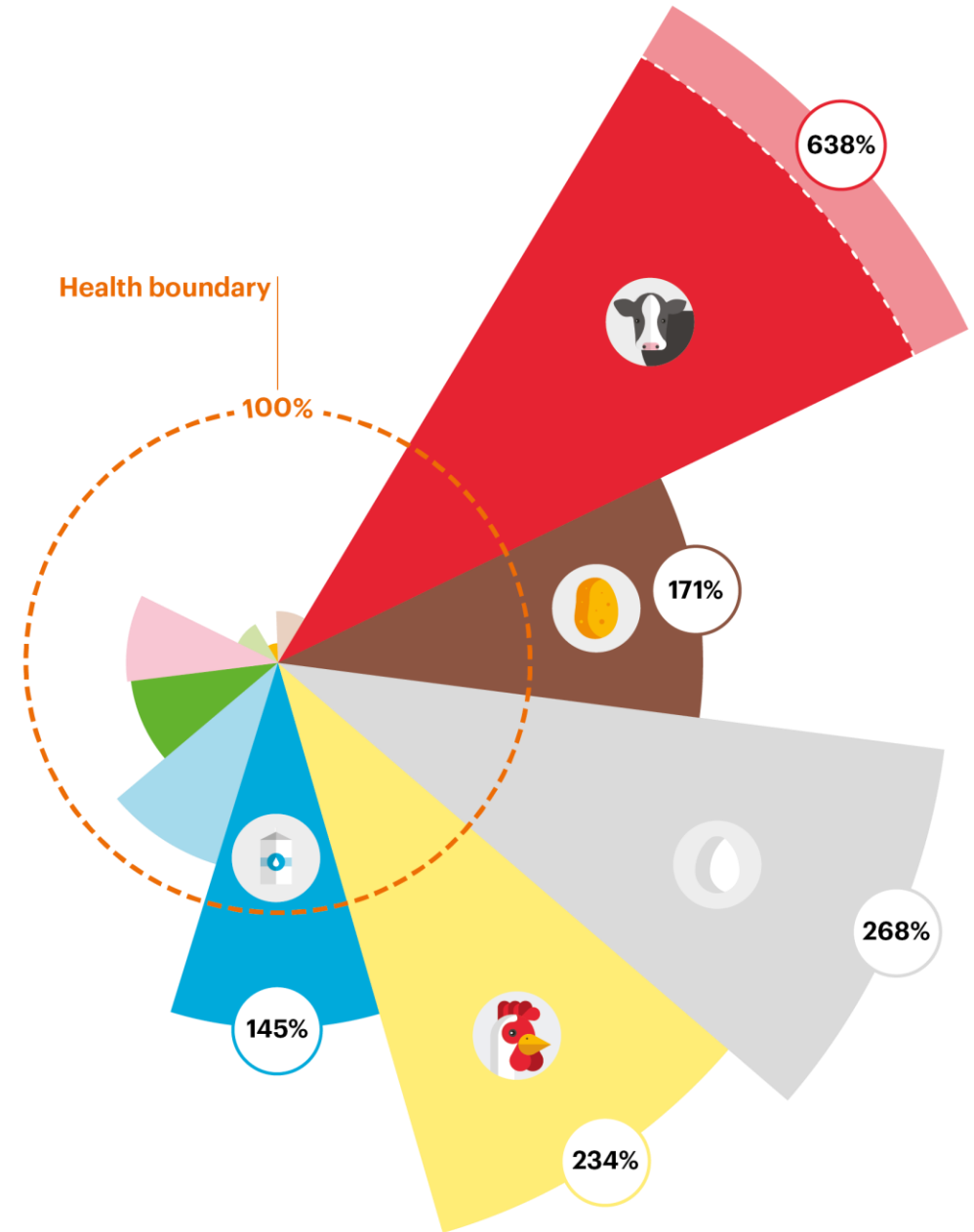


Whole grains



Nuts

North America



Current Intakes vs Planetary Health Diet

Limited intake



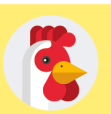
Red meat



Starchy vegetables



Eggs



Poultry



Dairy foods

Optional foods

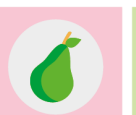
Emphasized foods



Fish



Vegetables



Fruit



Legumes

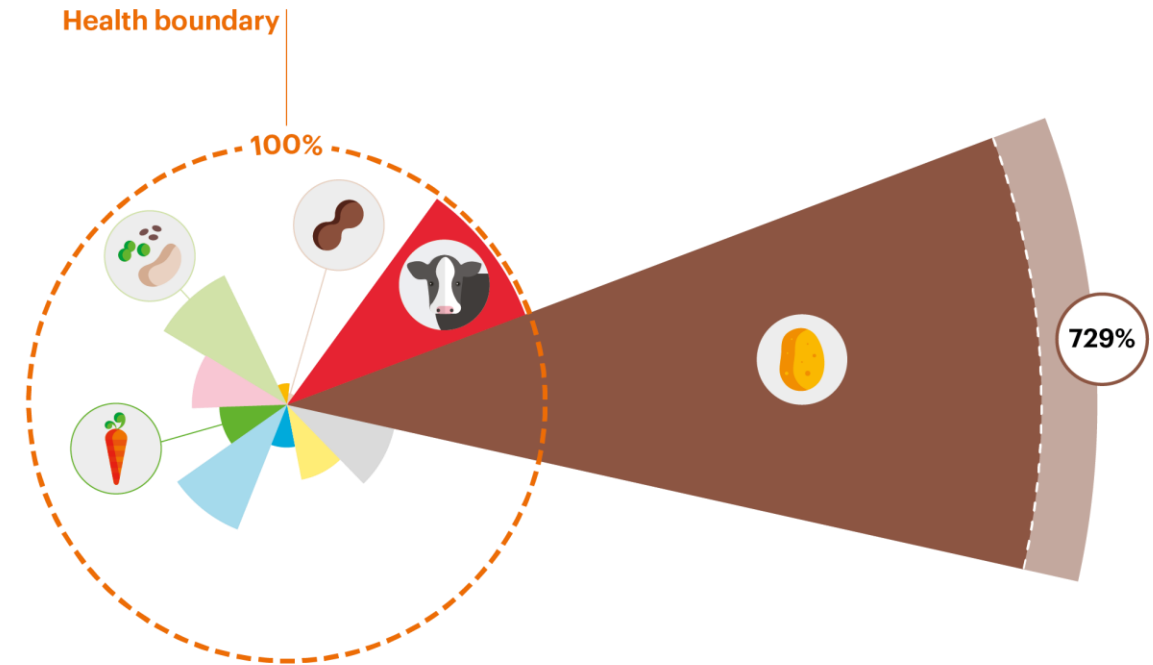


Whole grains



Nuts

Sub-Saharan Africa



Current Intakes vs Planetary Health Diet

Limited intake



Red meat



Starchy vegetables



Eggs



Poultry



Dairy foods

Optional foods

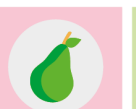
Emphasized foods



Fish



Vegetables



Fruit



Legumes

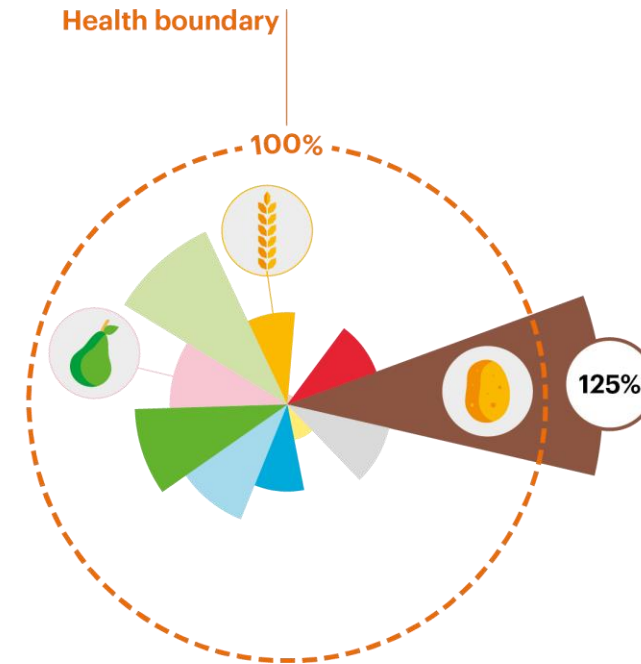


Whole grains



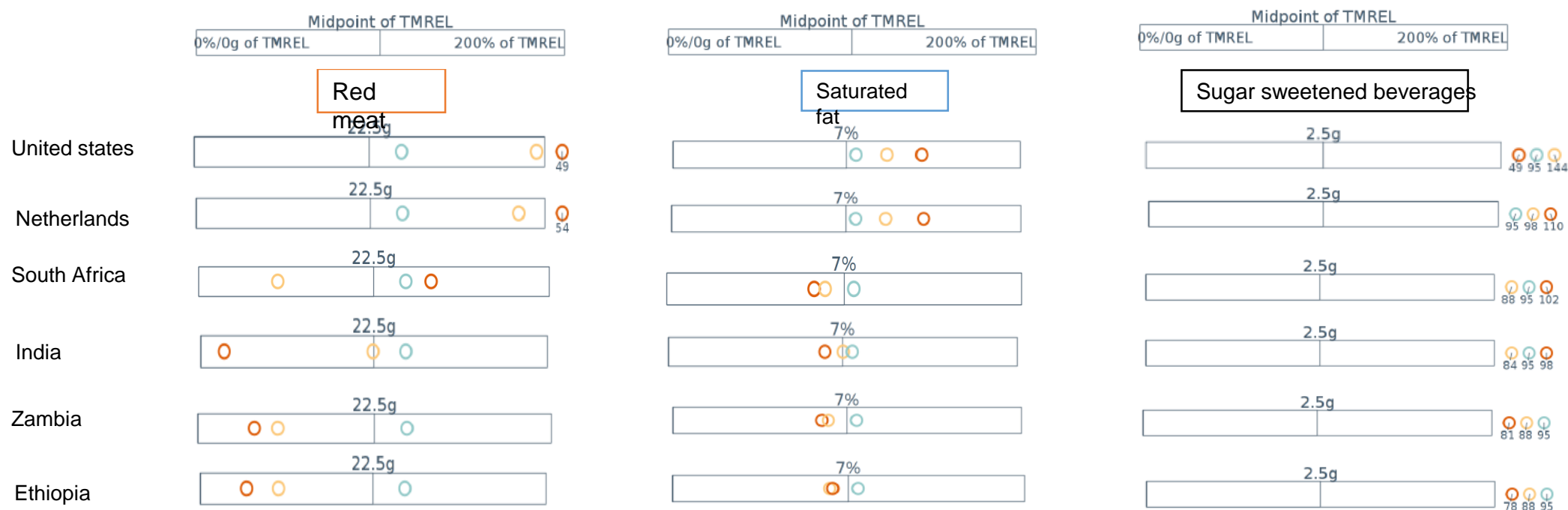
Nuts

South Asia



Too little or too much

Different patterns of consumption of food groups and components



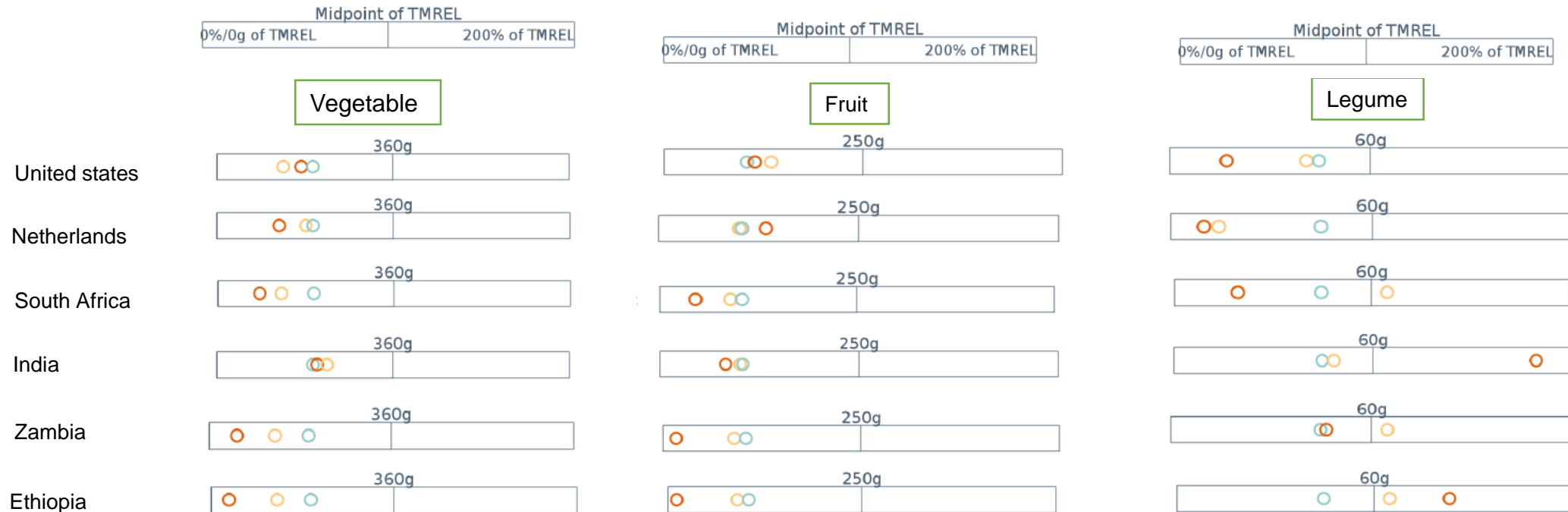
Source: adopted from global nutrition report, WHO, 2018

- Average consumption of the respective country
- Regional average consumption
- Global average for every food group

TMREL= Theoretical minimum risk exposure level

Too little or doing better

Different patterns of consumption of food groups



Source: adopted from global nutrition report, WHO, 2018

- = Average consumption of the respective countries
- = Regional average consumption
- = Global average for every food group

TMREL= Theoretical minimum risk exposure level

Food production a major contributor to climate and environmental change

- Food production one of the largest drivers of global environmental change by contributing to climate change, biodiversity loss, freshwater use, interference with the global nitrogen and phosphorus cycles, and land-system change.
- Yet food production depends on continued functioning of biophysical systems and processes and a stable Earth System.
- There is need for us to operate within a safe planetary boundary to avoid Earth System failure.
- Diets therefore link nutrition, human health and environmental sustainability

Acknowledgment

- Professor Jessica Fanzo EAT Commissioner for sharing Eat Commission slides
- The EAT Lancet Commission for ground braking work that is helping us the-think our efforts
- The Global Nutrition Report 2018 for the relevant report on consumption patterns that has contributed to this presentation

Achieving Planetary Health Diets

Actions	Description
Dietary shift Planetary health diet	Planetary health diet – as earlier described
Halve waste Reduced food loss and waste	Food losses and waste reduced by half, in line with SDG target 12.3.
PROD Improved production practices Standard level of ambition	Closing yield gaps to about 75%; rebalancing N and P application; improving water management; implementation of agricultural mitigation options; and land is expanded first into secondary habitat and then to intact forests to minimize impacts on biodiversity.
PROD+ Improved production practices High level of ambition	Closing yield gaps to 90%; a 30% increase in N use efficiency and 50% recycling rates of P; phase-out of first-generation biofuels; implementation of available bottom-up options for mitigating GHG emissions; and optimizing land-use across regions to minimize impacts on biodiversity.



RESEARCH
PROGRAM ON
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