



Affordability of the EAT–Lancet reference diet

a global analysis

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Diets, Affordability and Policy in Ethiopia: From Evidence to Action

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EAT-Lancet reference diet



	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

How much does it cost and is it affordable to everyone?



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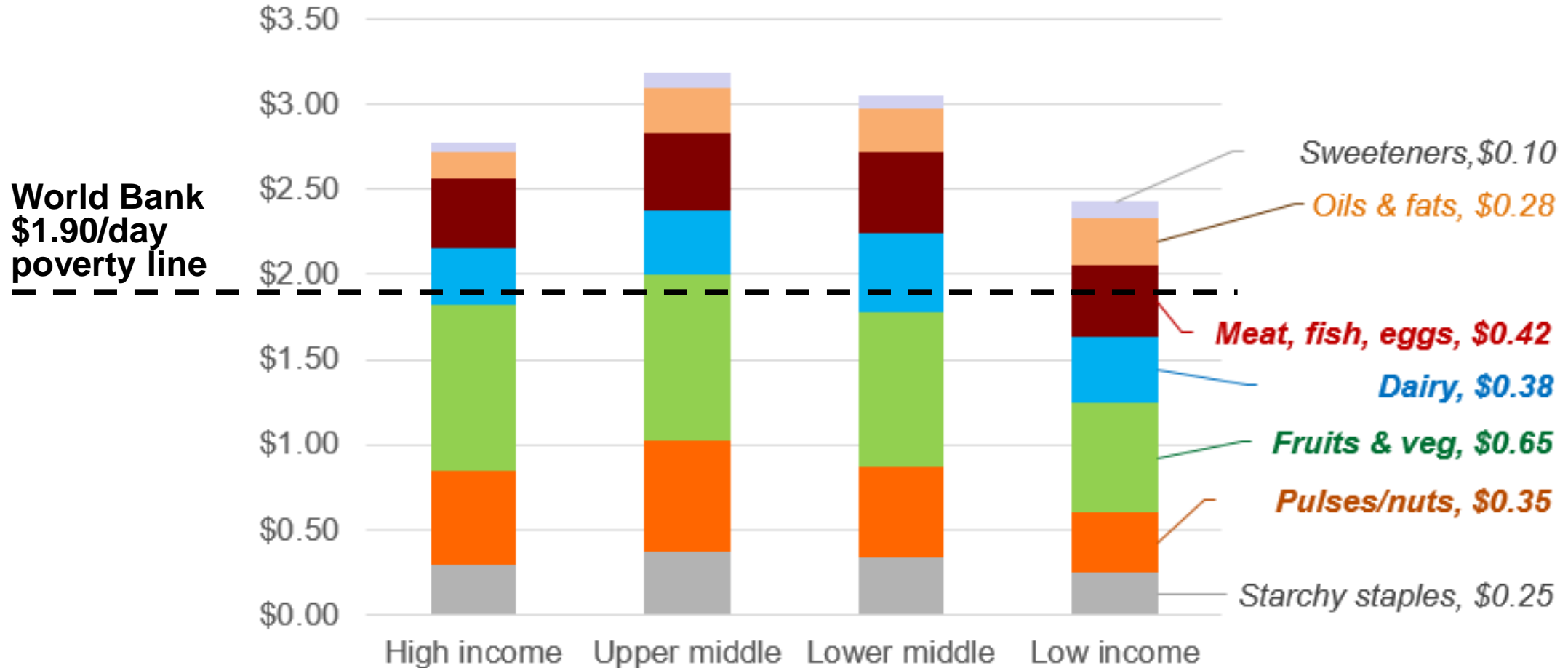
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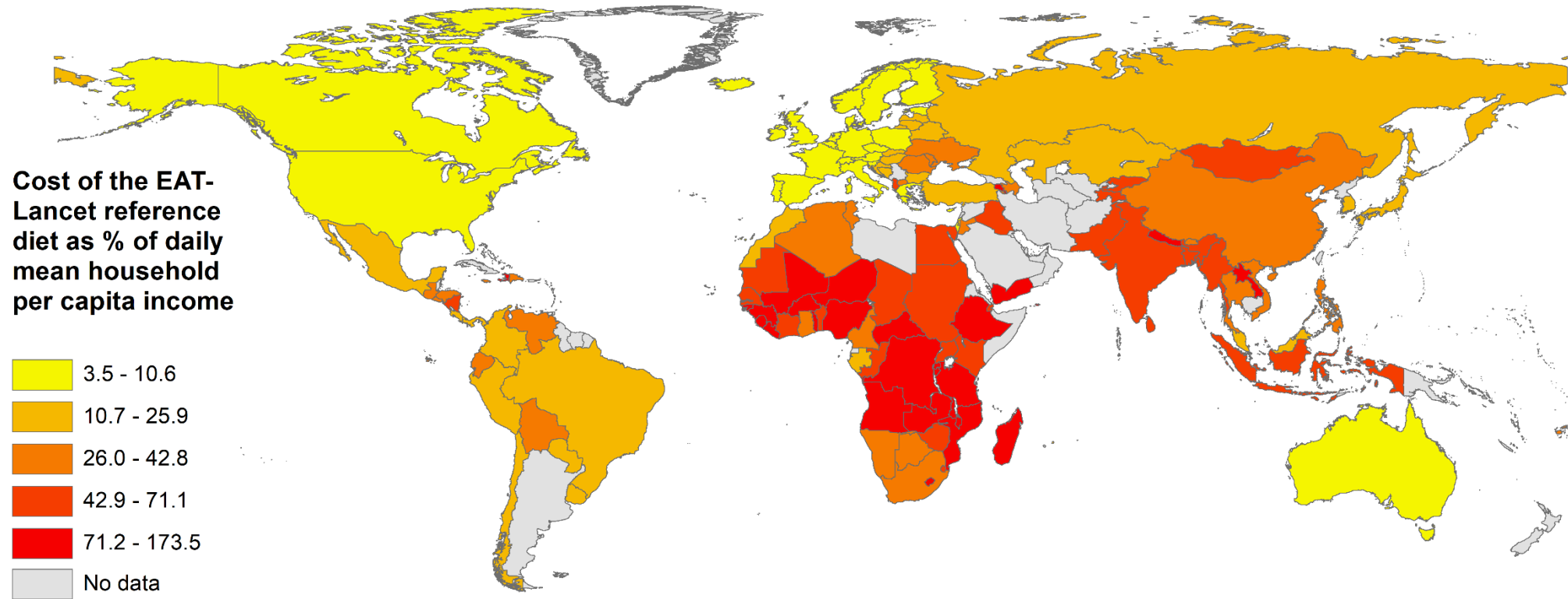
International Comparison Program (ICP) data on food prices

- 2011 retail prices of standardized food products collected by national statistical agencies and coordinated by the World Bank
- In total we have 744 items food items in 159 countries, representing 95% of the world's population
- Steps:
 1. Matched these items to the EAT-Lancet food groups
 2. Calculated the price per calorie of each item
 3. Selected the cheapest item within each EAT-Lancet food group
 4. Calculated the total **least** cost of the EAT-Lancet reference diet in each country.
 5. Compared this cost to household incomes (source: World Bank)

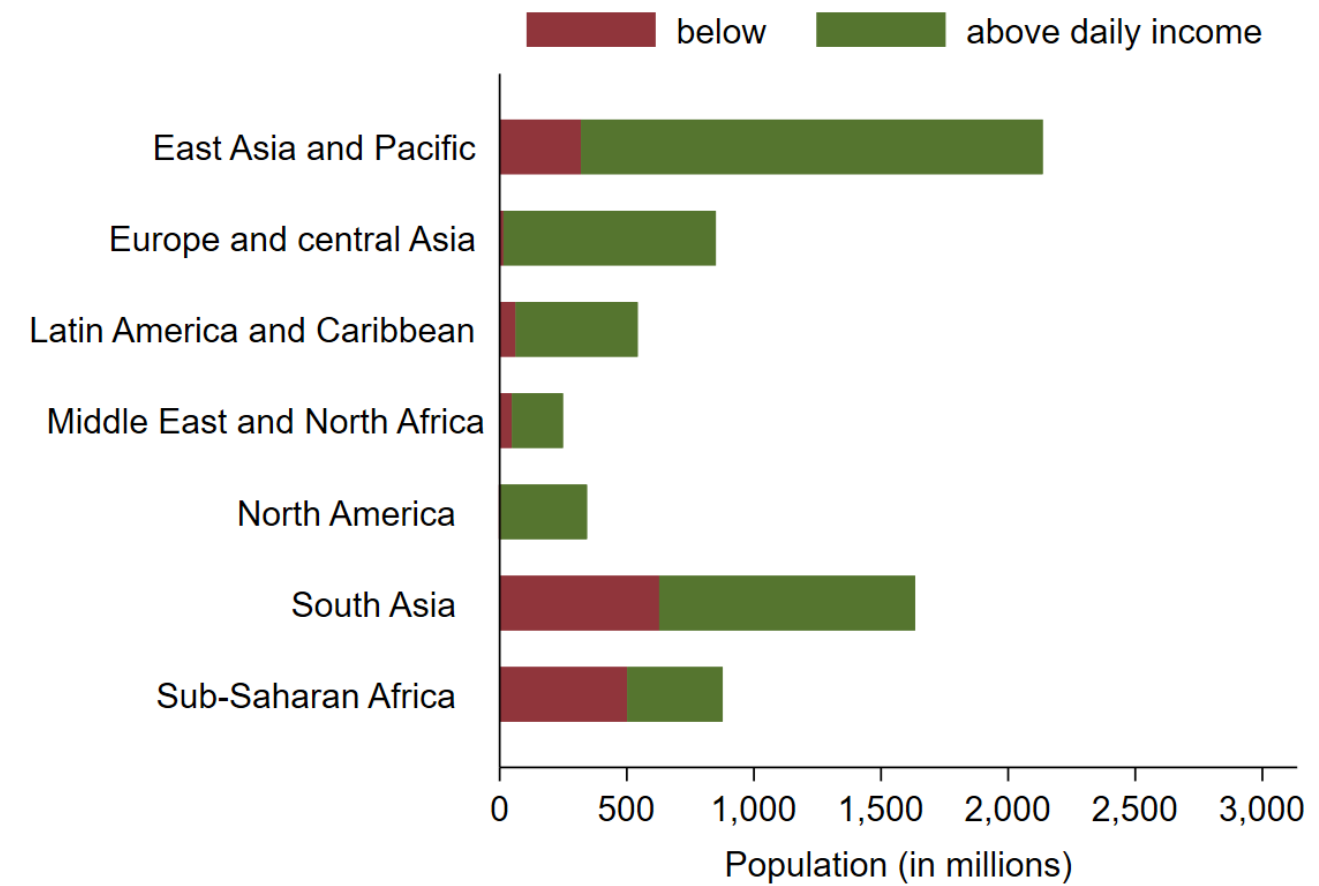
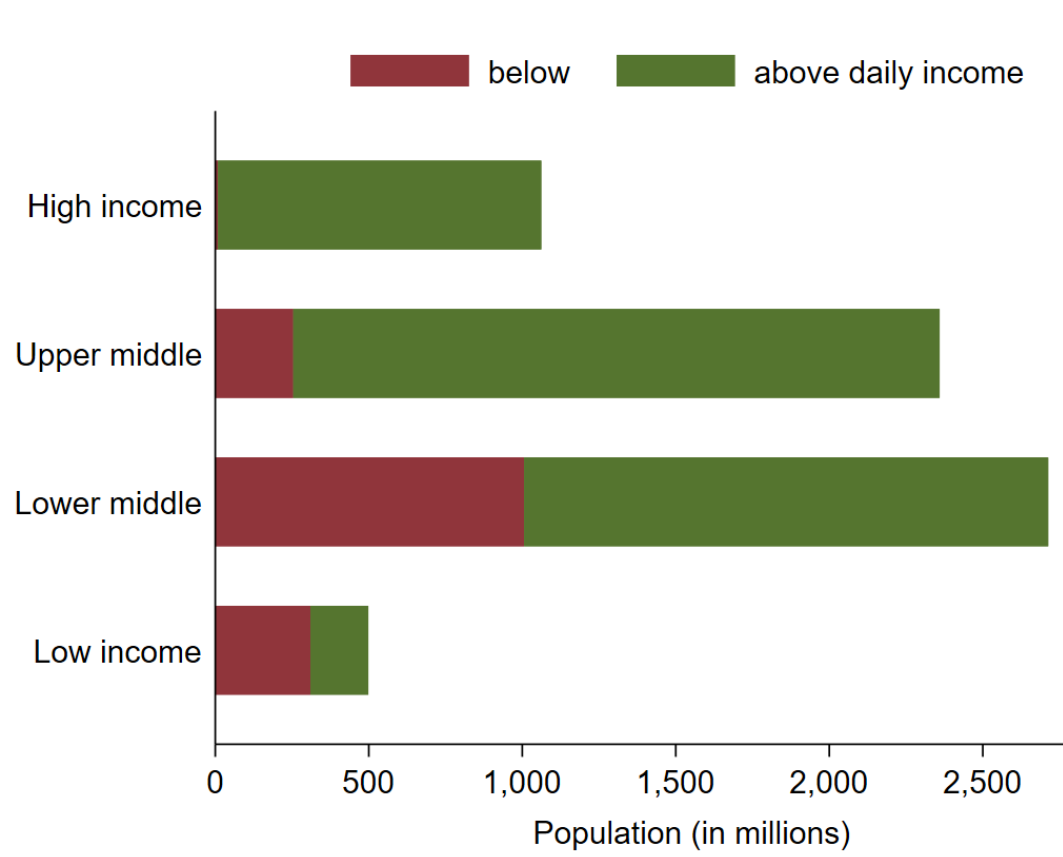
Cost of the EAT-Lancet reference diets by country income level



The cost of the EAT-Lancet reference diet is particularly unaffordable in Africa and South Asia



About 1.58 billion people have daily incomes below the cost of the EAT-Lancet reference diet



What can be done to put healthier diets within reach?

- Raising the real incomes of the poor is a necessary condition for improving their diets.
- Investments throughout the food systems to lower (relative) prices of nutritious foods.
- As diverse options become more affordable, taste, convenience & knowledge become the driving force in food choice.
 - Investments in nutrition education needed.
 - Regulation on food labelling and marketing needed.