

The EAT-Lancet Planetary Health Diet

Can human and planetary
health go hand in hand?

Healthy Diets From
Sustainable Food Systems

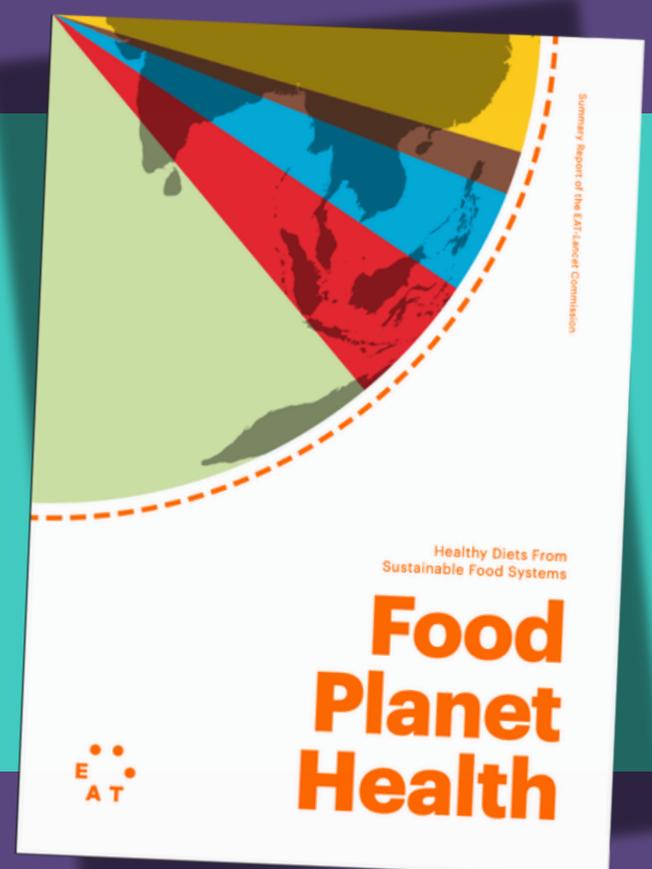
**Food
Planet
Health**

What is the report about and why is it important?

The report was first published in 2019 and aimed to find a way to **achieve a planetary health diet** that can be used for the world growing population by 2050.

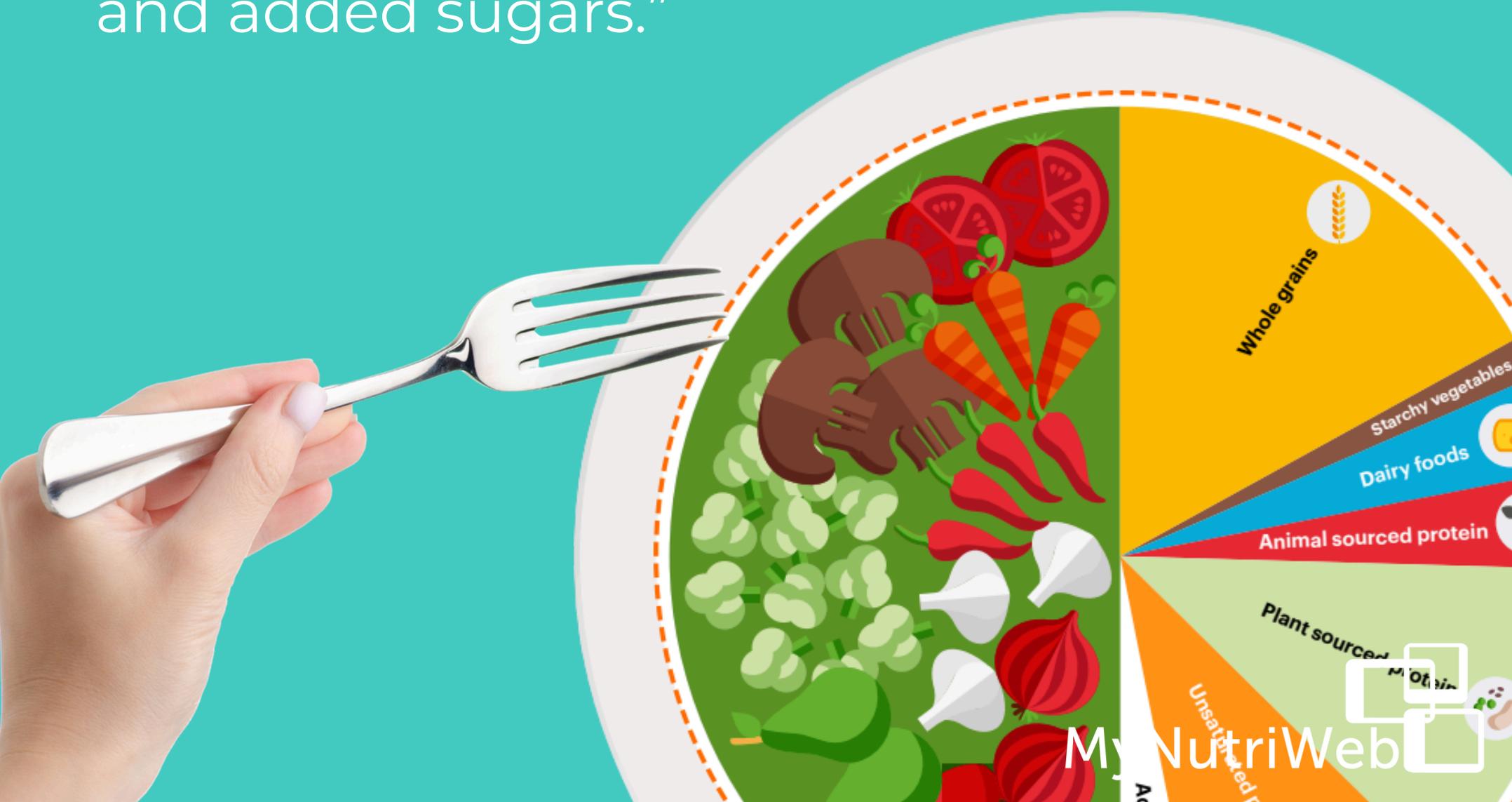
It proposes a diet that nourishes people without crossing the planetary boundaries.

“Food is the single strongest lever to optimize human health and environmental sustainability on Earth.”



Planetary Health Diet principles

“Healthy diets have an optimal caloric intake, **consist largely of a diversity of plant-based foods**, contain low amounts of animal source foods, contain unsaturated rather than saturated fats, and limited amounts of refined grains and are limited in highly processed foods and added sugars.”



Save for reference!

	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

EAT Lancet, 2019

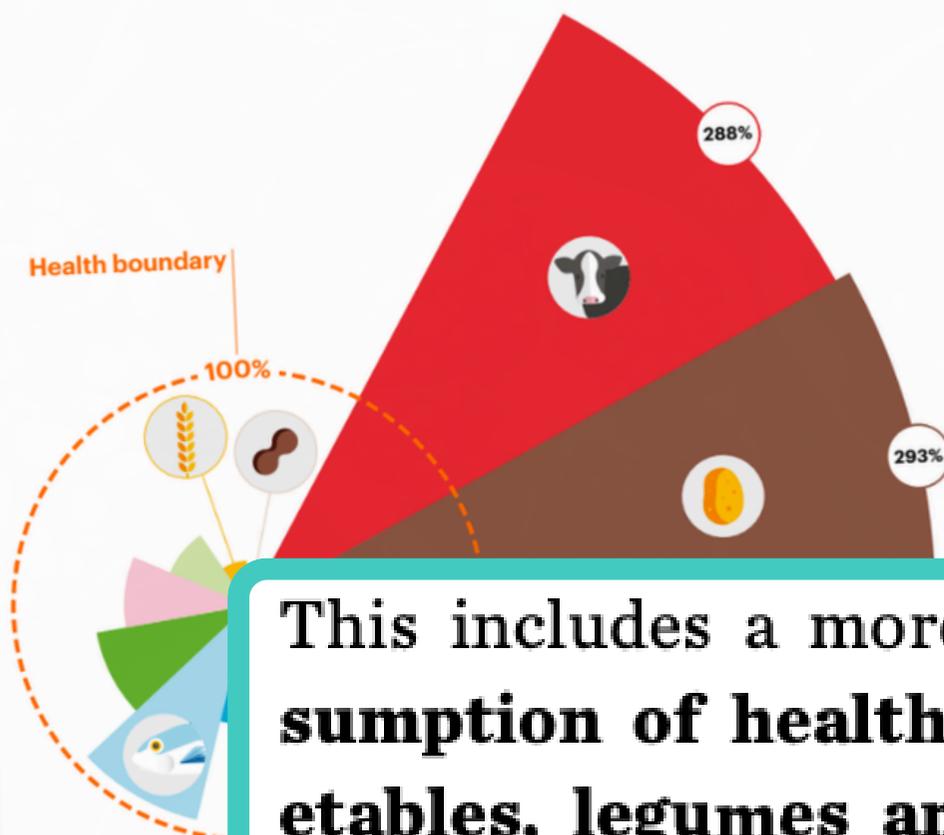
Transformation to healthy diets by 2050 will require substantial dietary shifts

1 Goal – 2 Targets – 5 Strategies

Transformation to healthy diets by 2050 will require substantial dietary shifts.

This includes a more than **doubling in the consumption of healthy foods** such as fruits, vegetables, legumes and nuts, and a **greater than 50% reduction in global consumption of less healthy foods** such as added sugars and red meat (i.e. primarily by reducing excessive consumption

in wealthier countries). However, some populations worldwide depend on agropastoral livelihoods and animal protein from livestock. In addition, many populations continue to face significant burdens of undernutrition and obtaining adequate quantities of micronutrients from plant source foods alone can be difficult. Given these considerations, the role of animal source foods in people's diets must be carefully considered in each context and within local and regional realities.



This includes a more than **doubling in the consumption of healthy foods** such as fruits, vegetables, legumes and nuts, and a **greater than 50% reduction in global consumption of less healthy foods** such as added sugars and red meat

The 2025 EAT-Lancet launch

On 3rd October, the 2025 EAT-Lancet Commission launches from the Stockholm Food Forum!

This significant update to one of the most influential food systems report explores the pressing question:

How can humanity feed more people without compromising the planet?



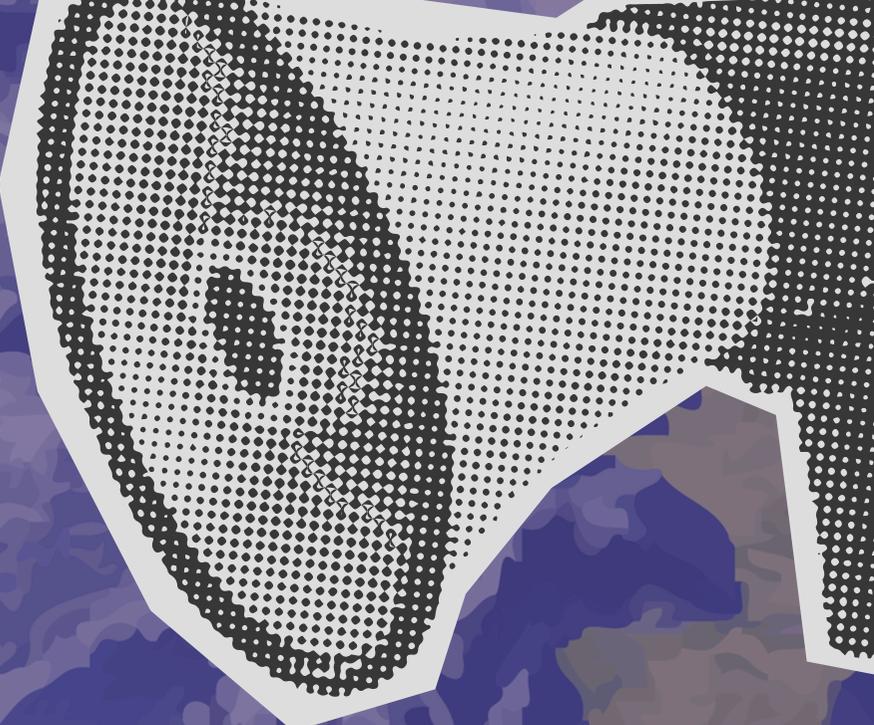
We will be in Stockholm reporting for you!



**Tanya Haffner, RD,
CEO and Founder,
MyNutriWeb**

Tanya is joining the world-leading experts in sustainability, nutrition, health and policy at the official launch of 2025 *EAT-Lancet* at the Stockholm Food Forum in October!





Our particular interest at the conference will be how the food system and healthcare will react to the 2025 EAT Lancet report

What are the questions you want us to bring to the conference?

Let us know and watch this space for live coverage!
