

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

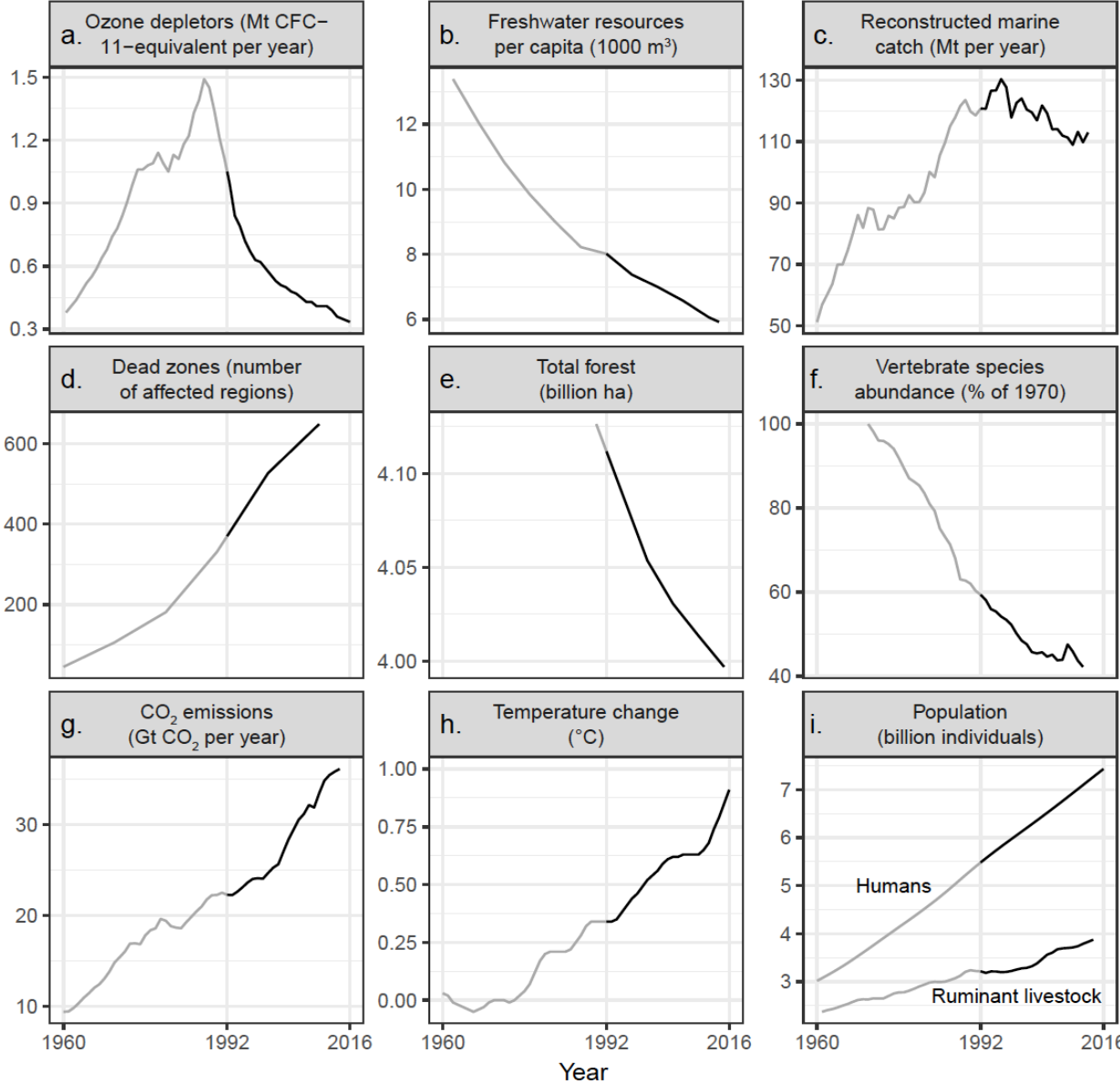


And the world is off track to meet all global nutrition targets

World Scientists' Warning to Humanity: A Second Notice

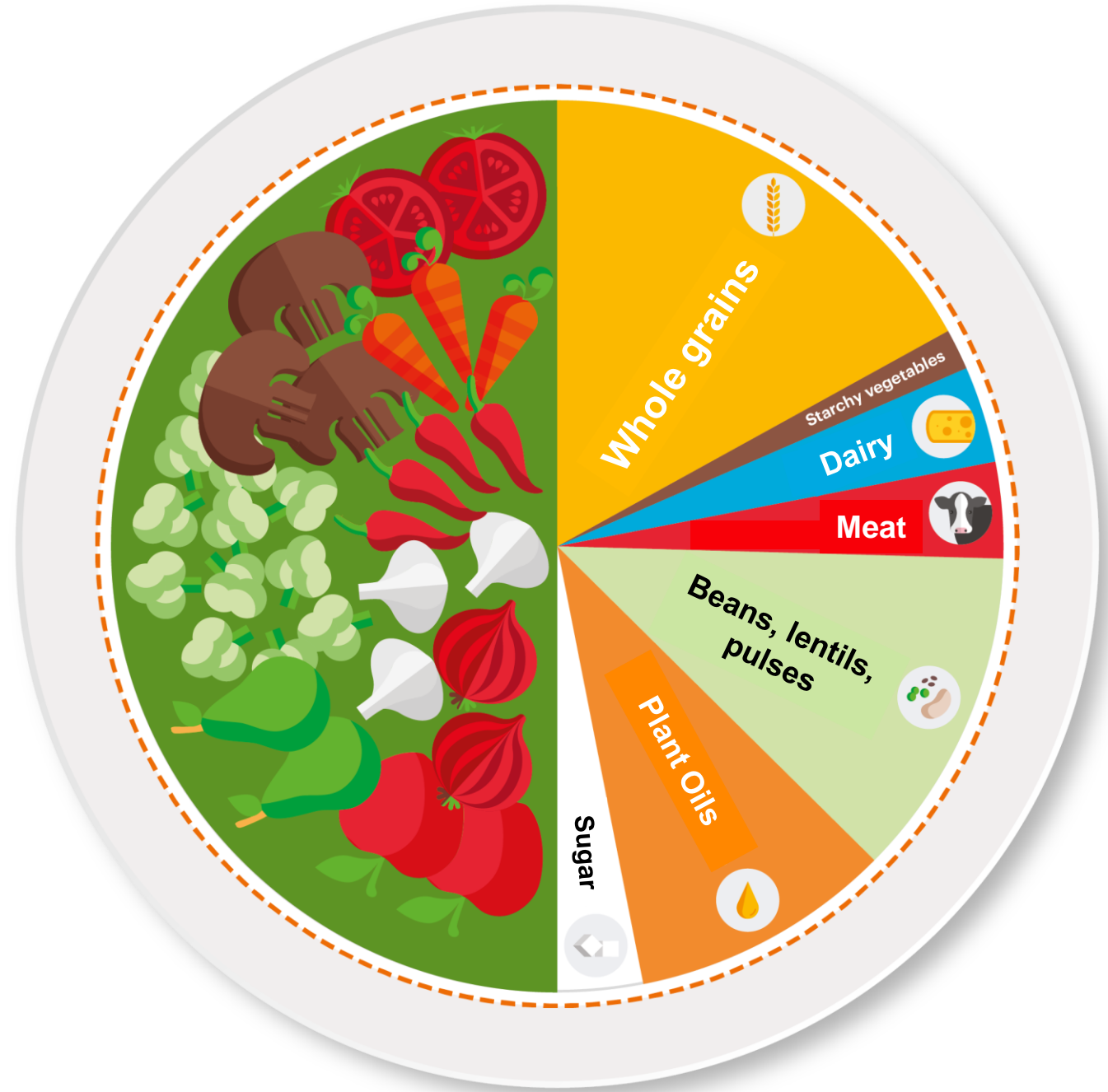
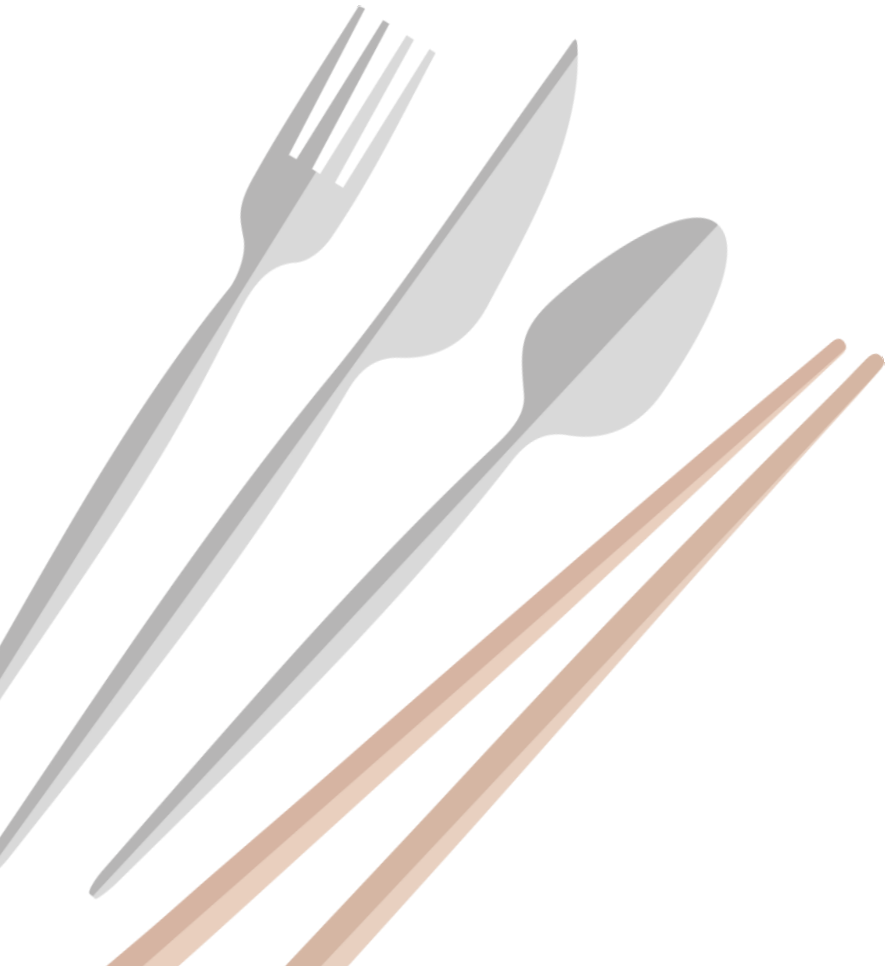
WILLIAM J. RIPPLE, CHRISTOPHER WOLF, THOMAS M. NEWSOME, MAURO GALETTI, MOHAMMED ALAMGIR, EILEEN CRIST, MAHMOUD I. MAHMOUD, WILLIAM F. LAURANCE, and 15,364 scientist signatories from 184 countries

We are not yet bending environmental curves



Target 1 – Healthy Diets

2500 kcal/day

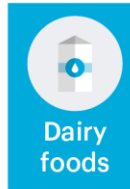
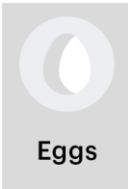


Current Intakes vs Reference Diet

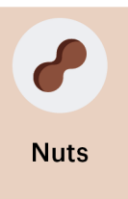
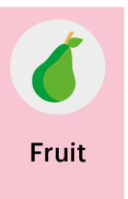
Limited intake



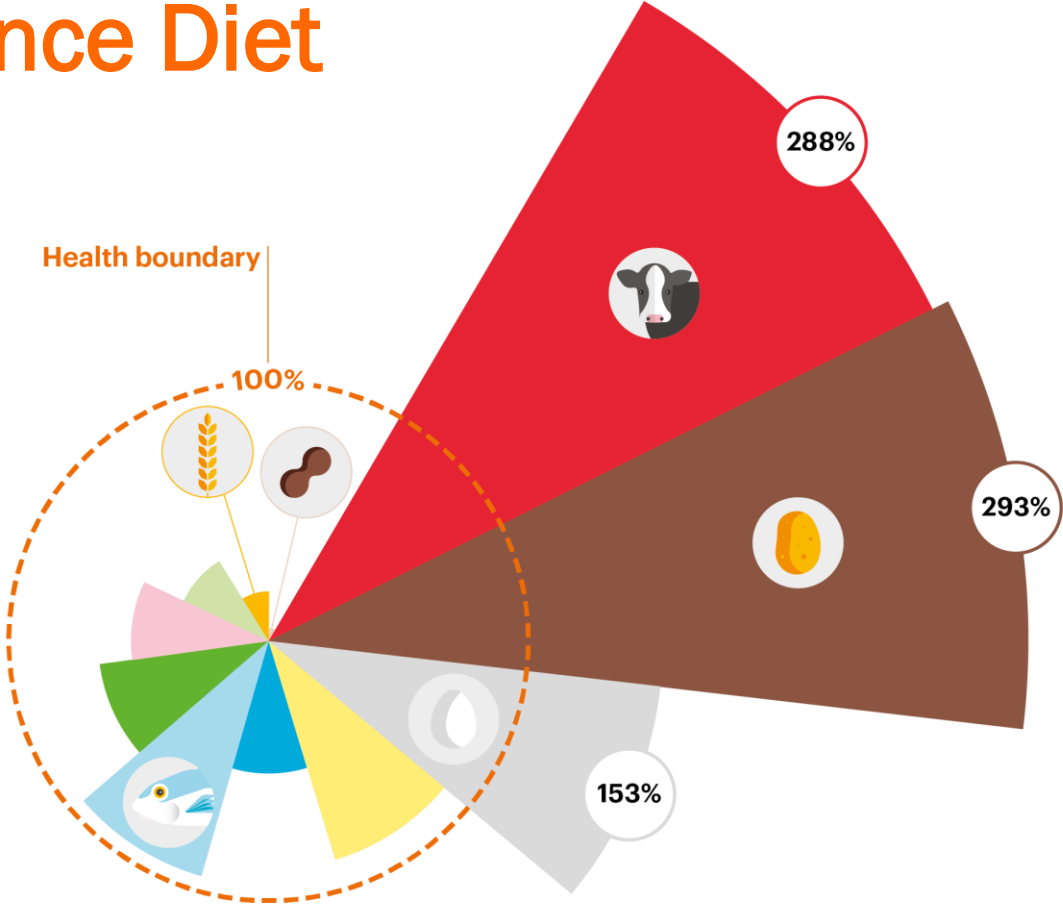
Optional foods



Emphasized foods



Global



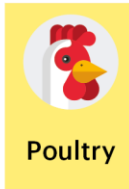
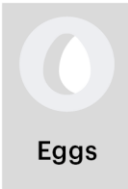
Current Intakes vs Reference Diet

Sub-Saharan Africa

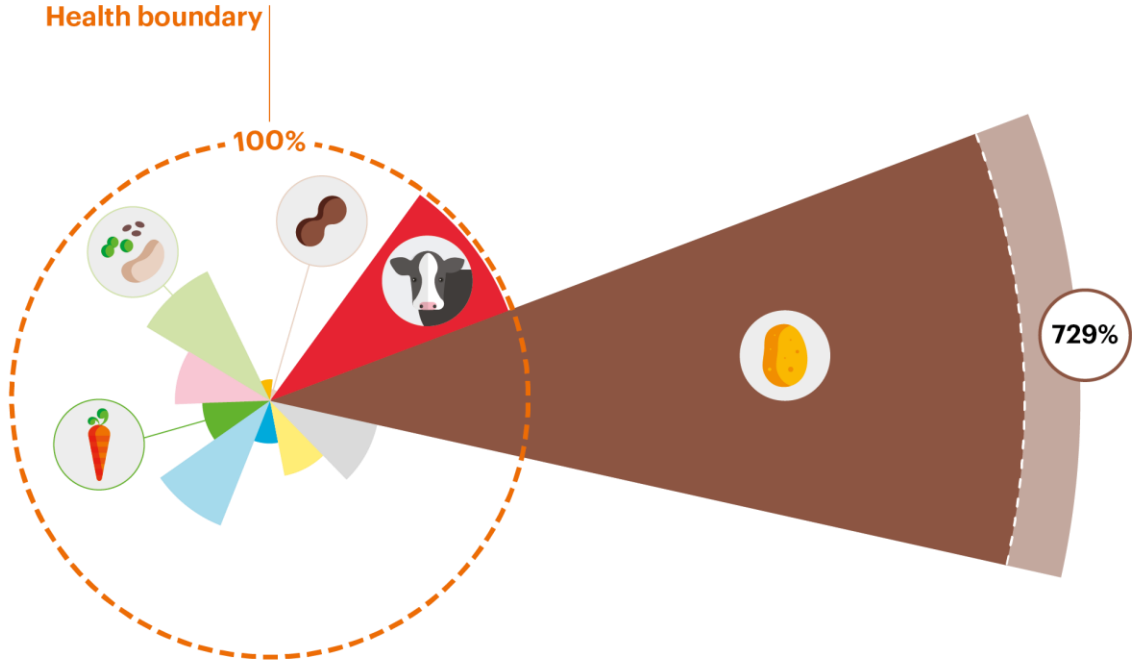
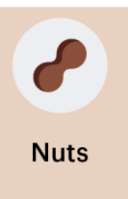
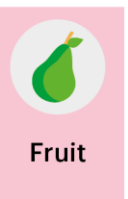
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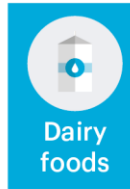
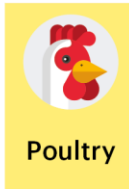
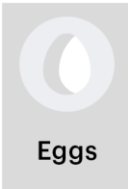


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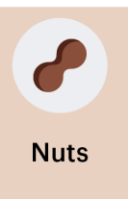
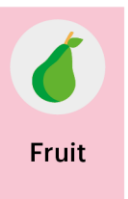
Limited intake



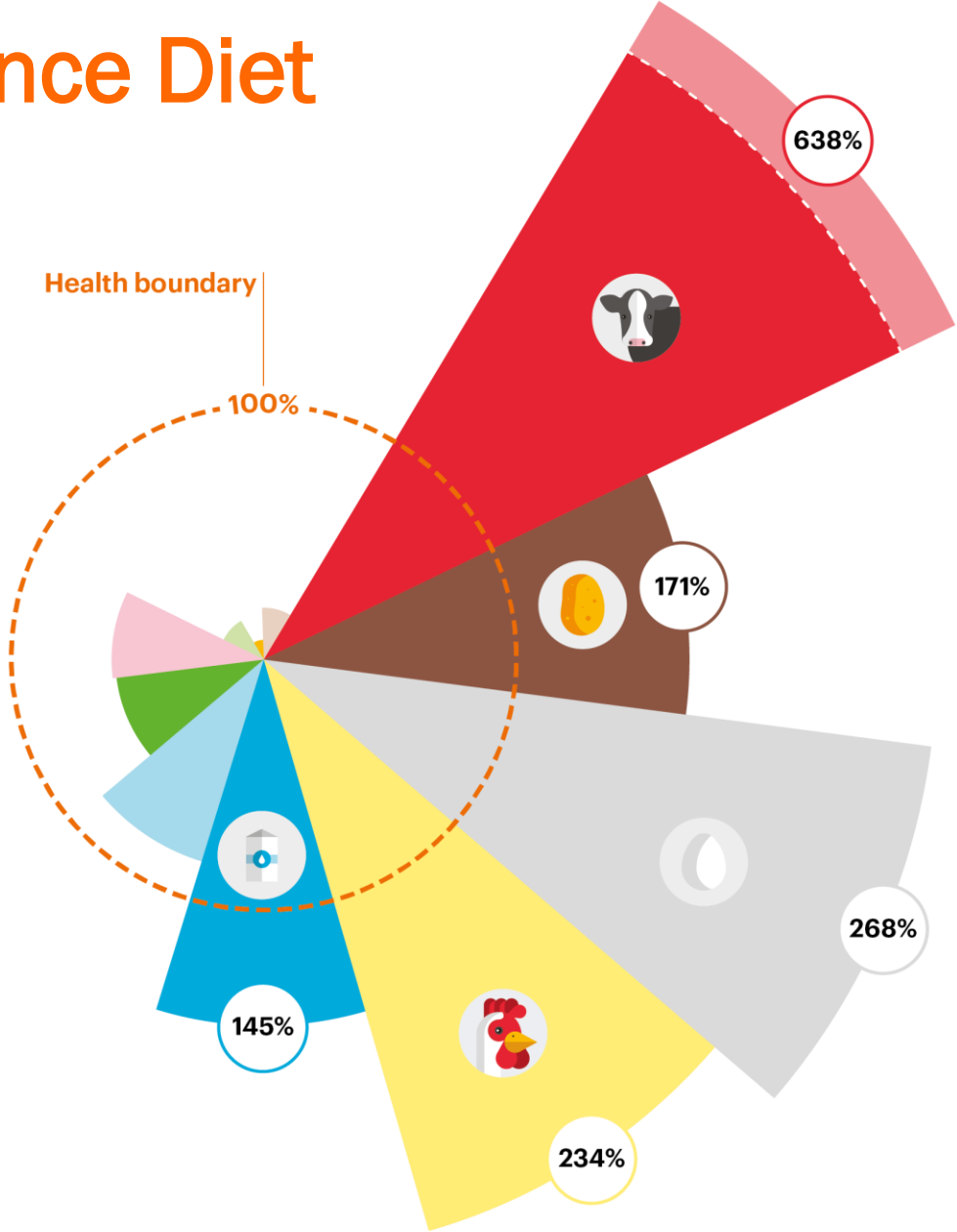
Optional foods









Emphasized foods



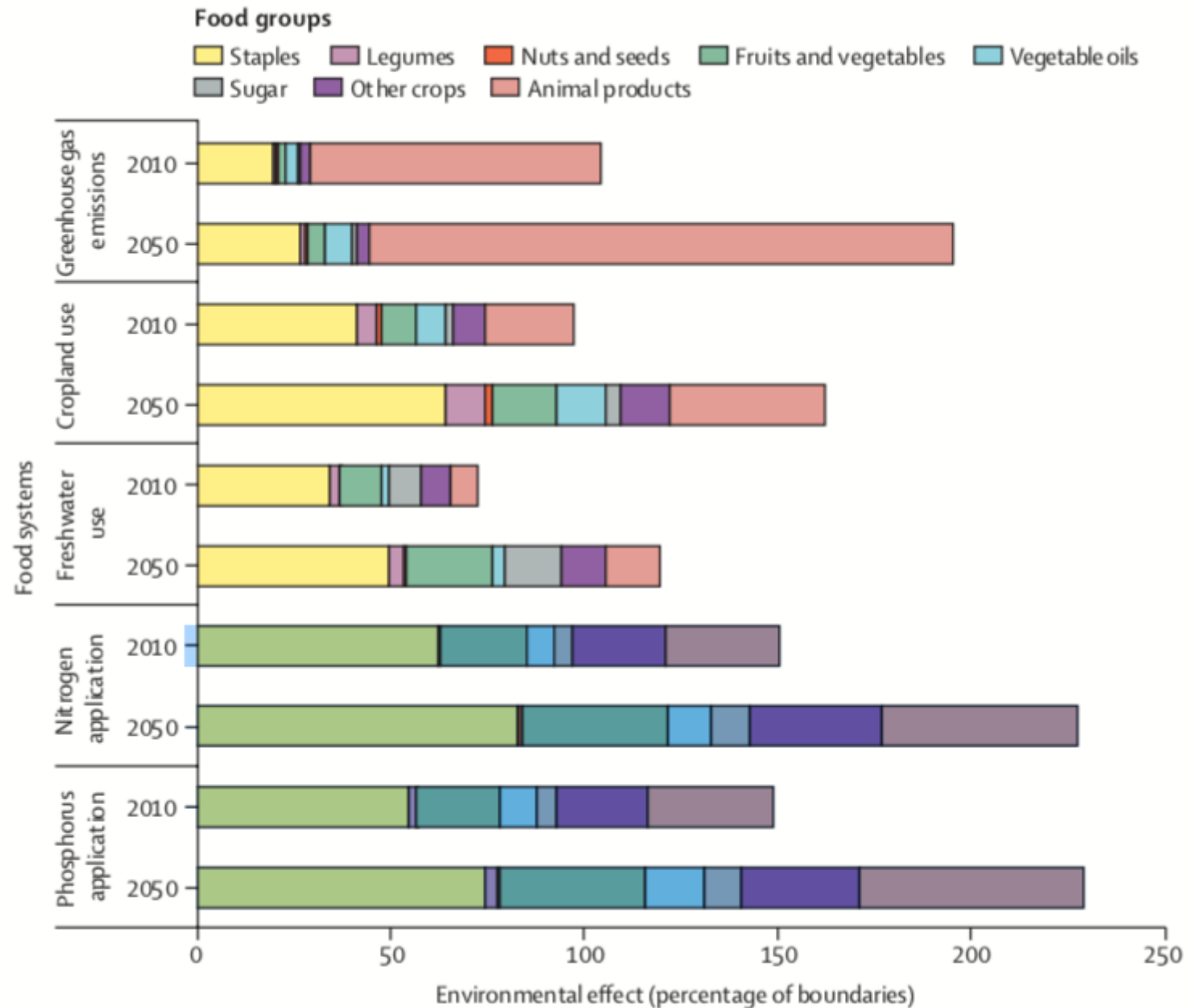
North America



Target 2 – Sustainable Food Production

Earth system process	Control variable	Boundary (Uncertainty range)	Global Implication
Climate change	 GHG emissions	5 Gt CO₂-eq yr⁻¹ (4.7 – 5.4 Gt CO ₂ -eq yr ⁻¹)	No new emissions from Agriculture
Land-system change	 Cropland use	13 M km² (11–15 M km ²)	0 land expansion
Freshwater use	 Water use	2,500 km³ yr⁻¹ (1000–4000 km ³ yr ⁻¹)	>30% flows in basins
Nitrogen cycling	 N application	90 Tg N yr⁻¹ (65–90 Tg N yr ⁻¹) * (90–130 Tg N yr ⁻¹)**	Pollution <1 – 2.5 mg N L ⁻¹
Phosphorus cycling	 P application	8 Tg P yr⁻¹ (6–12 Tg P yr ⁻¹) * (8–16 Tg P yr ⁻¹)**	Pollution <50- 100 mg P m ⁻³
Biodiversity loss	 Extinction rate	10 E/MSY (1–80 E/MSY)	50% land intact by ecoregion

Global Adoption of the Western diet is not an option



Five Strategies

Seek commitments to shift towards healthy diets

Reorient agricultural priorities from producing high quantities of food to producing healthy food

Sustainably intensify food production to increase high-quality output

Strong and coordinated governance of land and oceans

At least halve food losses and waste,

