

A holistic approach: Incorporating sustainability into our diet by following the EAT-Lancet dietary recommendations

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INTRODUCTION & AIM

Introduction:



The Planetary Health 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

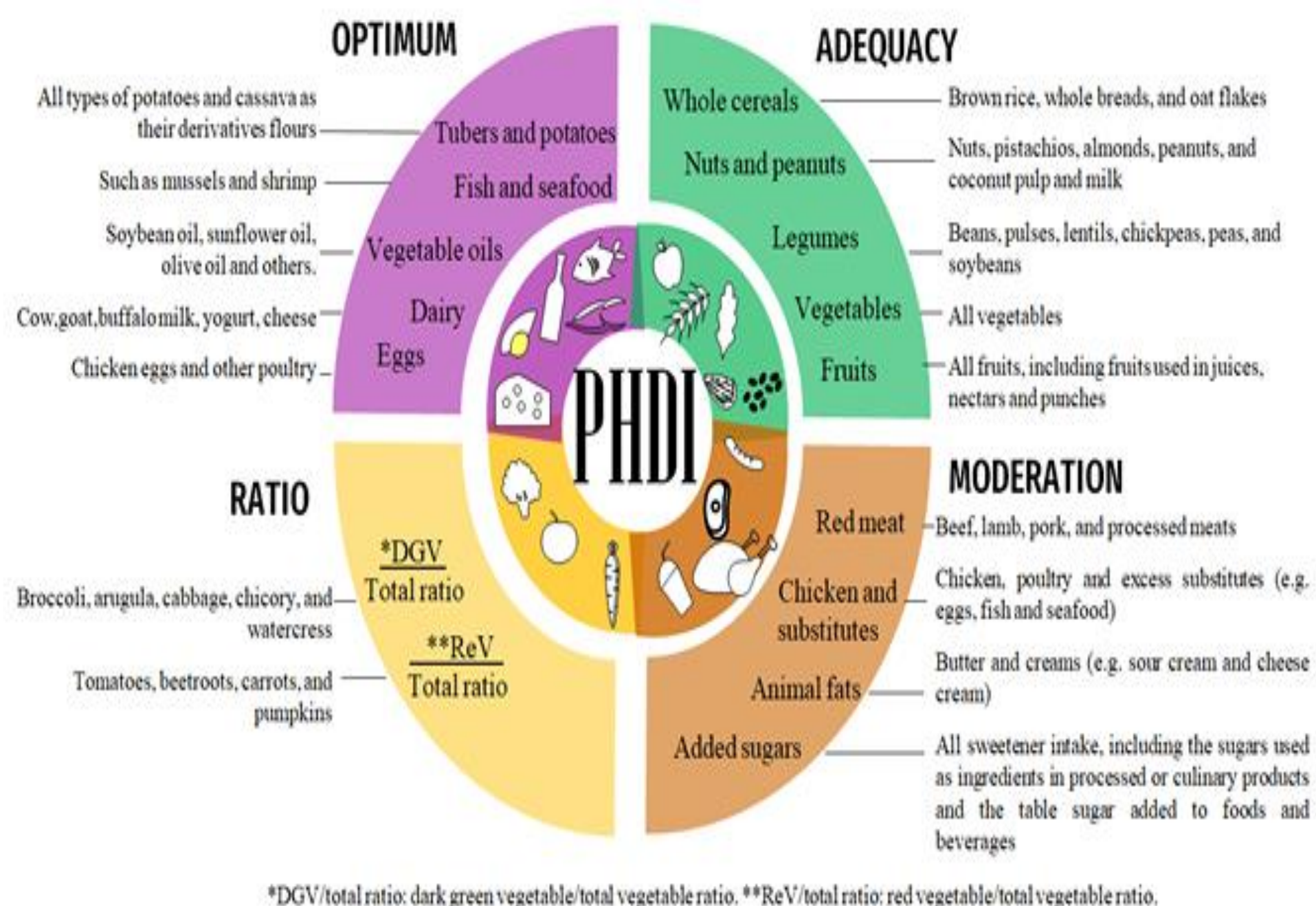
Aim:

The EAT-Lancet Commission's scientific targets for healthy diets allow for individuals to prepare and consume meals in the total amount, composition and proportions that fit within the ranges of different food groups.

The dietary pattern allows for flexible application of these criteria with room to tailor foods and amounts to the different preferences and contexts to reduce the risk of poor diets and environmental degradation.

METHOD

- **Incorporating sustainability into our diet by following the EAT-Lancet dietary recommendations**
- The planetary health diet is flexible by providing guidelines to ranges of different food groups that together constitute an optimal diet for human health and environmental sustainability.
- It emphasizes a plant-forward diet where whole grains, fruits, vegetables, nuts and legumes comprise a greater proportion of foods consumed.
- Meat and dairy constitute important parts of the diet but in significantly smaller proportions than whole grains, fruits, vegetables, nuts and legumes.



RESULTS & DISCUSSION

What can you do to eat healthy and sustainable?

- ❖ Choose health, sustainability *and* deliciousness.
- ❖ Prepare to increase, diversify *and* Dive into the breadth of options.
- ❖ Embrace plants as a source of protein.
- ❖ Go easy on meat consumption.
- ❖ Approach food in moderation.
- ❖ Support regenerative farming practices.
- ❖ Vote with every plate.
- ❖ Plan the week ahead.
- ❖ Bring biodiversity to the table.
- ❖ Cook more at home.
- ❖ Waste not, want not.

- ❖ Adopting the EAT-Lancet dietary recommendations can lead to numerous health benefits, including; reduced risk of non-Communicable Diseases.
- ❖ A shift toward a plant-based diet can lower the risk of obesity, cardiovascular diseases, diabetes, and certain cancers.
- ❖ Improved Nutritional Intake: The focus on whole foods enhances nutrient density, providing essential vitamins, minerals, and antioxidants necessary for optimal health.

CONCLUSION

Food can be a powerful driver of change:

The EAT-Lancet Commission outlines a planetary health diet and targets for sustainable food production that, when combined, can prevent 11 million premature adult deaths per year and drive the transition toward a sustainable global food system by 2050.

FUTURE SCOPE

- The food we eat, the ways we produce it, and the amounts wasted or lost have major impacts on human health and environmental sustainability.
- A diet that includes more plant-based foods and fewer animal source foods is healthy, sustainable, and good for both people and planet.
- Getting it right with food will be an important way for countries to achieve the targets of the UN Sustainable Development Goals and the Paris Agreement on climate change.

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