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People, Planet, Health: The EAT Lancet Commission on Healthy Diets from Sustainable Production Systems.

The EAT Lancet Commission published in January a seminal work produced by 40 lead scientists from across human health, agriculture, and planetary science. This Commission aimed to provide clear science targets for healthy diets, and sustainable food production. It then tested the extent to which shifting to healthy diets would enable us to feed 10 billion people healthy diets within environmental limits by 2050. The good news of the report flags that both health and sustainability targets are achievable without compromising either environmental, health, or food production targets. However, achieving healthy diets within environmental limits will require significant changes in what foods we eat, the production practices used to produce food, and capacities to significantly limit food waste and loss. While red meat consumption has important impacts on human health and climate targets – shifting to more plant-based diets will present novel challenges, notably in terms of water food prints and water quality. While many regional patterns exist, globally, we are overconsuming foods that become harmful when overconsumed such as red meat, sugar, and salt notably in high income countries. Under consumption of protective foods such as fruits, nuts, vegetables and whole grains is nearly universal. EAT Science Director and EAT Lancet Author Fabrice DeClerck will present the finding of the EAT-Lancet Commission and will happily discuss nuances and particularities of the finding while highlighting key research gaps which need to be addressed in order to secure planetary sustainability, and human health targets.