The EAT-Lancet Commission on Healthy Diets From Sustainable Food Systems
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
We are not yet bending environmental curves.
Target 1 – Healthy Diets

2500 kcal/day
Current Intakes vs Reference Diet

Limited intake
- Red meat
- Starchy vegetables

Optional foods
- Eggs
- Poultry
- Dairy foods

Emphasized foods
- Fish
- Vegetables
- Fruit
- Legumes
- Whole grains
- Nuts

Global

Health boundary

288%
293%
153%
Current Intakes vs Reference Diet

Sub-Saharan Africa

Limited intake
- Red meat
- Starchy vegetables

Optional foods
- Eggs
- Poultry
- Dairy foods

Emphasized foods
- Fish
- Vegetables
- Fruit
- Legumes
- Whole grains
- Nuts

Health boundary

729%
Current Intakes vs Reference Diet

North America

Limited intake
- Red meat
- Starchy vegetables

Optional foods
- Eggs
- Poultry
- Dairy foods

Emphasized foods
- Fish
- Vegetables
- Fruit
- Legumes
- Whole grains
- Nuts

Health boundary

638%
171%
268%
145%
234%
### Target 2 – Sustainable Food Production

<table>
<thead>
<tr>
<th>Earth system process</th>
<th>Control variable</th>
<th>Boundary (Uncertainty range)</th>
<th>Global Implication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Climate change</td>
<td>GHG emissions</td>
<td>5 Gt CO$_2$-eq yr$^{-1}$ (4.7 – 5.4 Gt CO$_2$-eq yr$^{-1}$)</td>
<td>No new emissions from Agriculture</td>
</tr>
<tr>
<td>Land-system change</td>
<td>Cropland use</td>
<td>13 M km$^2$ (11–15 M km$^2$)</td>
<td>0 land expansion</td>
</tr>
<tr>
<td>Freshwater use</td>
<td>Water use</td>
<td>2,500 km$^3$ yr$^{-1}$ (1000–4000 km$^3$ yr$^{-1}$)</td>
<td>&gt;30% flows in basins</td>
</tr>
<tr>
<td>Nitrogen cycling</td>
<td>N application</td>
<td>90 Tg N yr$^{-1}$ (65–90 Tg N yr$^{-1}$) * (90–130 Tg N yr$^{-1}$)**</td>
<td>Pollution &lt;1 – 2.5 mg N L$^{-1}$</td>
</tr>
<tr>
<td>Phosphorus cycling</td>
<td>P application</td>
<td>8 Tg P yr$^{-1}$ (6–12 Tg P yr$^{-1}$) * (8–16 Tg P yr$^{-1}$)**</td>
<td>Pollution &lt;50–100 mg P m$^{-3}$</td>
</tr>
<tr>
<td>Biodiversity loss</td>
<td>Extinction rate</td>
<td>10 E/MSY (1–80 E/MSY)</td>
<td>50% land intact by ecoregion</td>
</tr>
</tbody>
</table>
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,