



### Food is the single strongest lever to optimize human health and environmental sustainability on Earth. — EAT Lancet Commission

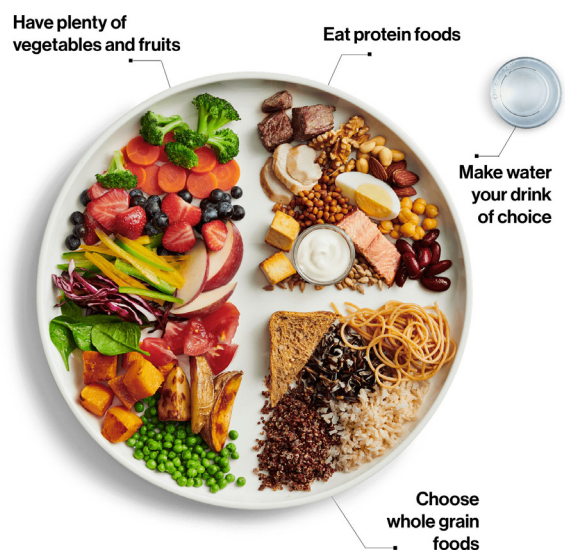
The EAT-Lancet Commission’s report on healthy diets from sustainable food systems released this year provides a case for the universal adoption of a planetary health diet that would help avoid severe environmental degradation and prevent approximately 11 million human deaths annually.<sup>1</sup>

At the heart of their recommendations is a shift towards a plant-rich diet. They recommend 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 most recent Canada Food Guide provides very similar guidance.<sup>2</sup>

**A Planetary Health Plate, as recommended by the EAT Lancet Commission, 2019**



**Canada Food Guide Dietary Recommendations, 2019**



A global body of research demonstrates that changes in food culture in high-income countries will be most effective at lowering food system GHG emissions by:

- Reducing the reliance on energy-intensive technology
- Shifting eating patterns to embrace foods with lower GHG footprints, such as plant rich diets (which also improve human health outcomes)
- Reducing food loss and waste to prevent methane emissions from organic waste that ends up in landfills and from wasting food that already embodies GHG emissions and the resources required for its production<sup>3</sup>

### References:

<sup>1</sup> Lancet (2019) *Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems*. 393(10170):447-492. doi: 10.1016/S0140-6736(18)31788-4.

<sup>2</sup> Government of Canada (2019) *Canada’s Food Guide Snapshot*, [food-guide.canada.ca/en/food-guide-snapshot/](http://food-guide.canada.ca/en/food-guide-snapshot/)

<sup>3</sup> Garnet, T. (2011) *Where are the best opportunities for reducing greenhouse gas emissions in the food system (including the food chain)?* Food Policy 36 (2011) S23–S32.