Athens Academy

Title: Is There a Path to Healthy and Sustainable Diets for All?

Description:

Our world is experiencing exponential increases in temperature and passing irreversible tipping points that imperil future generations. At the same time, the burden of diet-related illness is increasing in almost all countries. The EAT-Lancet Commission was established to identify food systems that could provide the global population with healthy diets that could be sustainably produced. Through a bottoms-up review of major food groups, a Planetary Health Dietary Pattern was identified; this was largely plant-based and consistent with the traditional Mediterranean Diet. In a detailed evaluation within three large cohorts, greater adherence to this dietary pattern was associated with substantially lower rates of premature death, and large reductions in greenhouse gas emissions, land use, and water consumption The shifts in diet that are needed to achieve these desirable outcomes will require efforts in all sectors and at all levels from individuals to global institutions.