

## Improve diets now for better personal and planetary health - Lancet report

Language English



A farmer with her grown cucumber, benefiting from a Commercial Agriculture Development Project in Nepal © Asia Development Bank

**Unhealthy diets are the leading cause of ill-health worldwide but following a healthy and sustainable diet could avoid roughly 11 million premature deaths per year, says a new report by the EAT-Lancet Commission.**

Without such a transition - along with improved food production and less food waste - feeding a growing population of 10 billion people by 2050 will be impossible, adds the report.

The findings are from the **EAT-Lancet Commission**, [\*Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems\*](#) [1], which provides the first scientific targets for a healthy diet from a sustainable food production system that operates within planetary boundaries for food. The report promotes diets consisting of a variety of plant-based foods, with low amounts of animal-based foods, refined grains, highly processed foods and added sugars, and with unsaturated rather than saturated fats.

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"The transformation that this Commission calls for is not superficial or simple, and requires a focus on complex systems, incentives, and regulations, with communities and governments at multiple levels having a part to play in redefining how we eat," says Dr. Richard Horton, Editor-in-Chief of The Lancet.

### Connection with nature is key

"Our connection with nature holds the answer, and if we can eat in a way that works for our planet as well as our bodies, the natural balance of the planet's resources will be restored. The very nature that is disappearing holds the

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key to human and planetary survival,” Horton adds.

Transformation of the global food system is urgently needed as more than 3 billion people are malnourished (including people who are undernourished and overnourished). Food production is exceeding planetary boundaries – driving climate change, biodiversity loss and pollution due to over-application of nitrogen and phosphorus fertilizers, and unsustainable changes in water and land use.

The Commission is a 3-year project that brings together 37 experts from 16 countries with expertise in health, nutrition, environmental sustainability, food systems, economics and political governance.

[See the full report](#) [2]

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