



PLANET-BASED DIETS



FROM GLOBAL TARGETS TO NATIONAL ACTION

Food systems are working for neither people nor planet. They need an urgent redesign – so that people are healthier and the environment more resilient. Shifting global food consumption toward healthy diets, combined with a radical improvement in food production and reduction in food loss and waste, can create sustainable and resilient food systems.

Diets are a highly localized issue, influenced by geography, climate, culture and traditions. Dietary shifts need to be underpinned by local realities and stakeholders need information that helps them understand how various consumption patterns will impact their national health and environmental footprint.

Planet-Based Diets takes the global call to action for dietary transformation to the national level. The science-based report provides stakeholders, from policymakers to consumers, with national-level information on the human and environmental health impacts of current, recommended and alternative dietary models, helping everyone make informed decisions. The [report](#) and an accompanying [interactive tool](#) can help calibrate food-based dietary guidelines, policy and individual consumption choices to improve human health while reducing the environmental impacts of diets. By highlighting the differences in national-level impacts and needs, the report and [easy to explore datasets](#) identify the trade-offs needed within a redesigned global food system, to ensure healthy and sustainable food for everyone.



www.planetbaseddiets.com

For more information

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Working to sustain the natural world for people and wildlife

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