



## Food Trends

# The Planetary Diet

Globally the burden of non-communicable diseases (NCDs), such as obesity, diabetes, cancer, hypertension and heart disease are increasing, with more than 820 million people faced with food insecurity and an even greater number consuming an unhealthy diet contributing to greater mortality and morbidity<sup>1</sup>. Ecosystems and the stability of the Earth system are threatened by unhealthy and unsustainable food production, which is exacerbated by current dietary trends, in combination with a projected population growth of more than 10 billion people by 2050. One of the proposed solutions to achieve the UN Sustainable Development Goals, is a transformation to healthy diets from sustainable food systems by 2050.

*This will require substantial dietary shifts, such as;*

- More than 50% reduction world-wide in the consumption of unhealthy foods, such as red meat and sugar,
- A greater than 100% increase in the consumption of healthy foods, such as nuts, fruits, vegetables and legumes<sup>1</sup>.

Current healthy nutrition trends are advocating an increased consumption of 'plant-based diets' or also called the 'planetary diet' or the 'healthy plate diet', consisting of<sup>2,3</sup>; 2,500 calories a day, allowing one serving of red meat and two servings of fish a week, but with most protein being derived from pulses and nuts. A glass of milk a day, or some cheese or butter, fits within these guidelines, as does an egg or two a week. Half of each plate of food under the diet is vegetables and fruit, and a third is wholegrain cereals. These provide the ingredients for a flexible and varied diet, a healthy way of eating that can be flavorful and enjoyable!<sup>1,2,3</sup>

#### References:

1. Willett W et al. Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems. 2019 Lancet; 393: 447 – 492.
2. <https://www.theguardian.com/environment/2019/jan/16/new-plant-focused-diet-would-transform-planets-future-say-scientists> (downloaded 15 August 2019).
3. Zmora N et al. You are what you eat: diet, health and the gut microbiota. Nat Rev Gastroenterol Hepatol. 2019 Jan;16(1):35-56. doi: 10.1038/s41575-018-0061-2.
4. Recipe adapted from: Monash University, Department of Dietetics, Nutrition and Food. Using Food as Medicine: Fighting inflammation. 1<sup>st</sup> edition. 2019.