

Eat less beef says the latest health and environment study

The EAT-Lancet Commission on Food, Planet, Health brings together more than 30 world-leading scientists from across the globe to reach a scientific consensus. In addition to focusing on what consumers consume, the planetary health diet focuses on the role of farming plays and the impact it has on wildlife and pollution. It also addresses a widening paradox of this world: that 1 billion people across the world live in hunger, while another 2 billion people are obese. If successfully implemented, the authors estimate 10.9 to 11.6 million deaths could be avoided every year. To enable the world to follow the diet, the report suggests five strategies, one of which is subsidies. The report also states that incentivizing farmers to shift food production away from large quantities of a few crops to a more diverse production of nutritious crops could be beneficial. The commission says that an effort to reduce food waste can be made by improving harvest planning in low and middle income countries. It also suggests that the shopping habits of consumers in high-income countries need to be improved, too. An increase in consumption of healthy foods (such as vegetables, fruits, whole grains, legumes, and nuts), and a decrease in consumption of unhealthy foods (such as red meat, sugar, and refined grains) that would provide major health benefits, and also increase the likelihood of attainment of the Sustainable Development Goals.

According to [*the lancet web site*](#), Poor nutrition is a key driver and risk factor for disease. However, there has been a global failure to address this. It is everyone's and no-one's problem. Despite several efforts, actions for improving nutrition have failed to gain global traction. The triple challenges of obesity, under nutrition, and climate change, which interact and affect human and planetary health, need solutions that disrupt their common underlying societal and political drivers. Sustainable food systems that ensure health-promoting nutrition for all need urgent attention and will benefit people and planet alike.

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