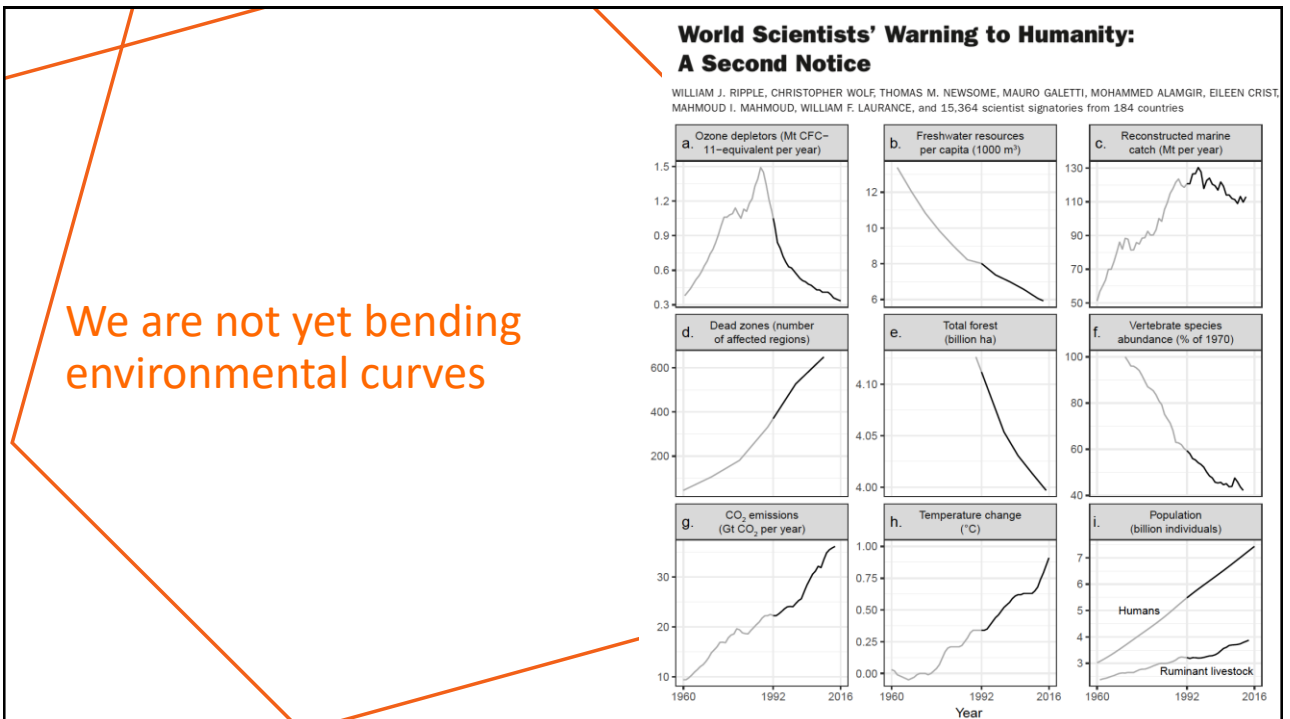




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The scale of the challenge



3

1 Goal – 2 Targets – 5 Strategies










**Scientific Targets for
Healthy Diets from
Sustainable Food
Production**

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Target 1 – Healthy Diets

2500 kcal/day

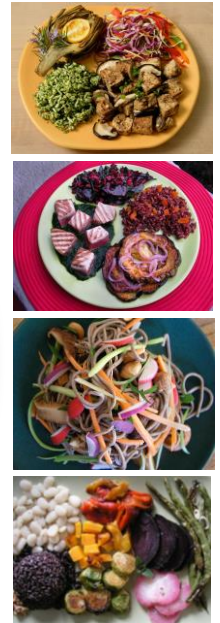
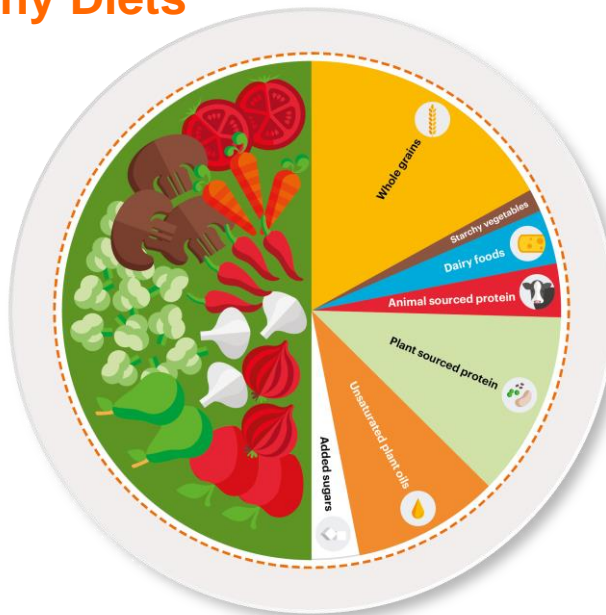
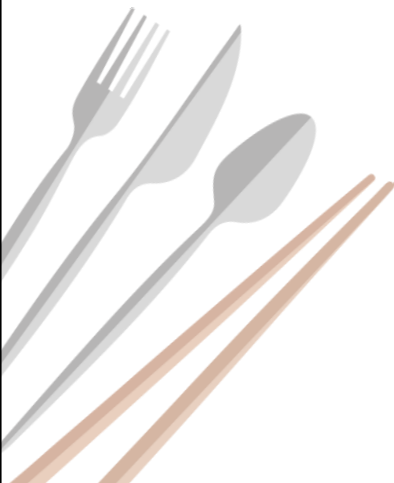


		Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
	Whole grains Rice, wheat, corn and other	232	811
	Tubers or starchy vegetables Potatoes and cassava	50 (0–100)	39
	Vegetables All vegetables	300 (200–600)	78
	Fruits All fruits	200 (100–300)	126
	Dairy foods Whole milk or equivalents	250 (0–500)	153
	Protein sources Beef, lamb and pork	14 (0–28)	30
	Chicken and other poultry	29 (0–58)	62
	Eggs	13 (0–25)	19
	Fish	28 (0–100)	40
	Legumes	75 (0–100)	284
	Nuts	50 (0–75)	291
	Added fats Unsaturated oils	40 (20–80)	354
	Saturated oils	11.8 (0–11.8)	96
	Added sugars All sugars	31 (0–31)	120

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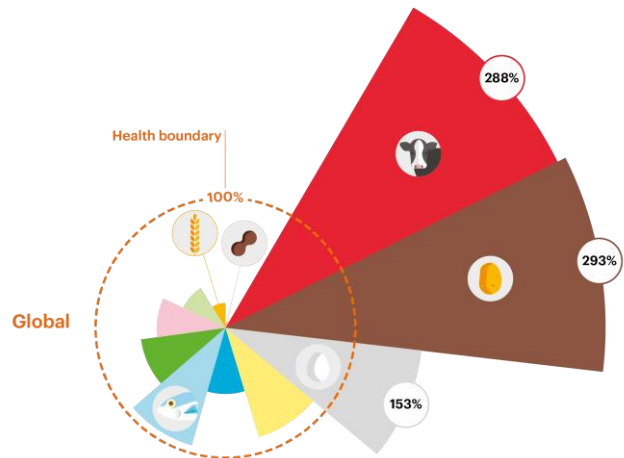
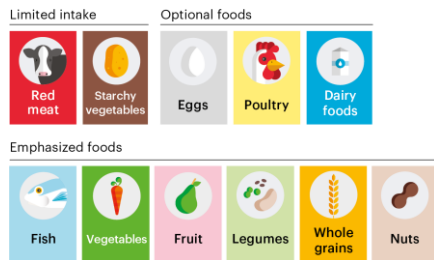
Target 1 – Healthy Diets

2500 kcal/day



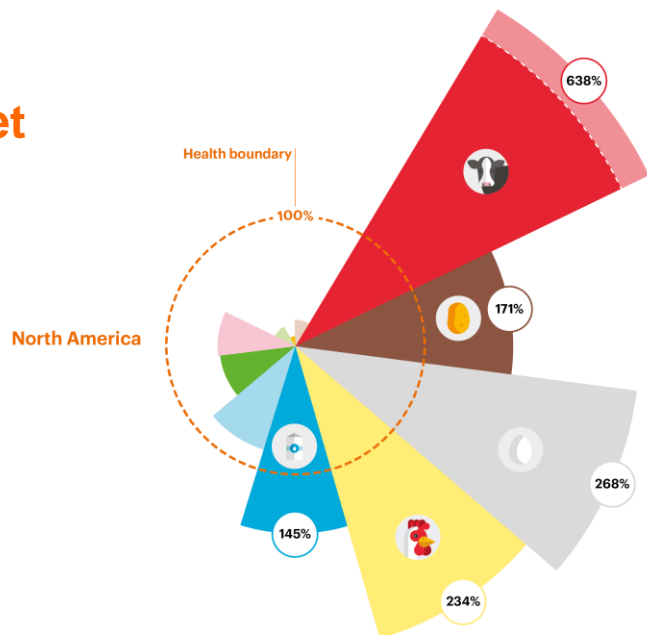
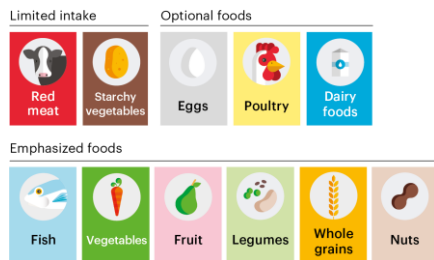
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Current Intakes vs Planetary Health Diet



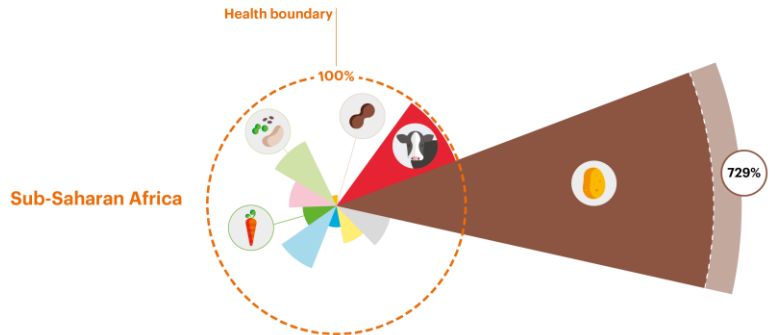
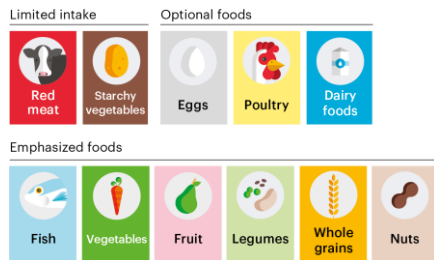
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Current Intakes vs Planetary Health Diet

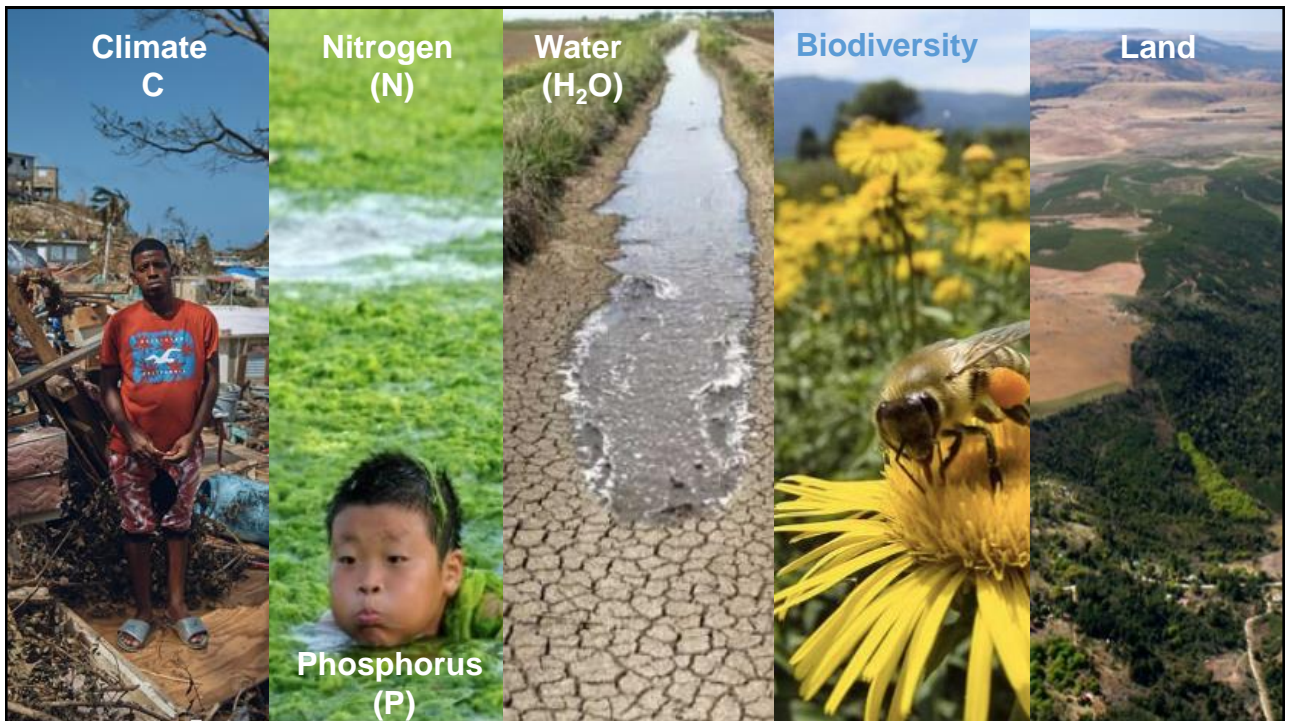


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Current Intakes vs Planetary Health Diet









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Target 2 – Sustainable Food Production

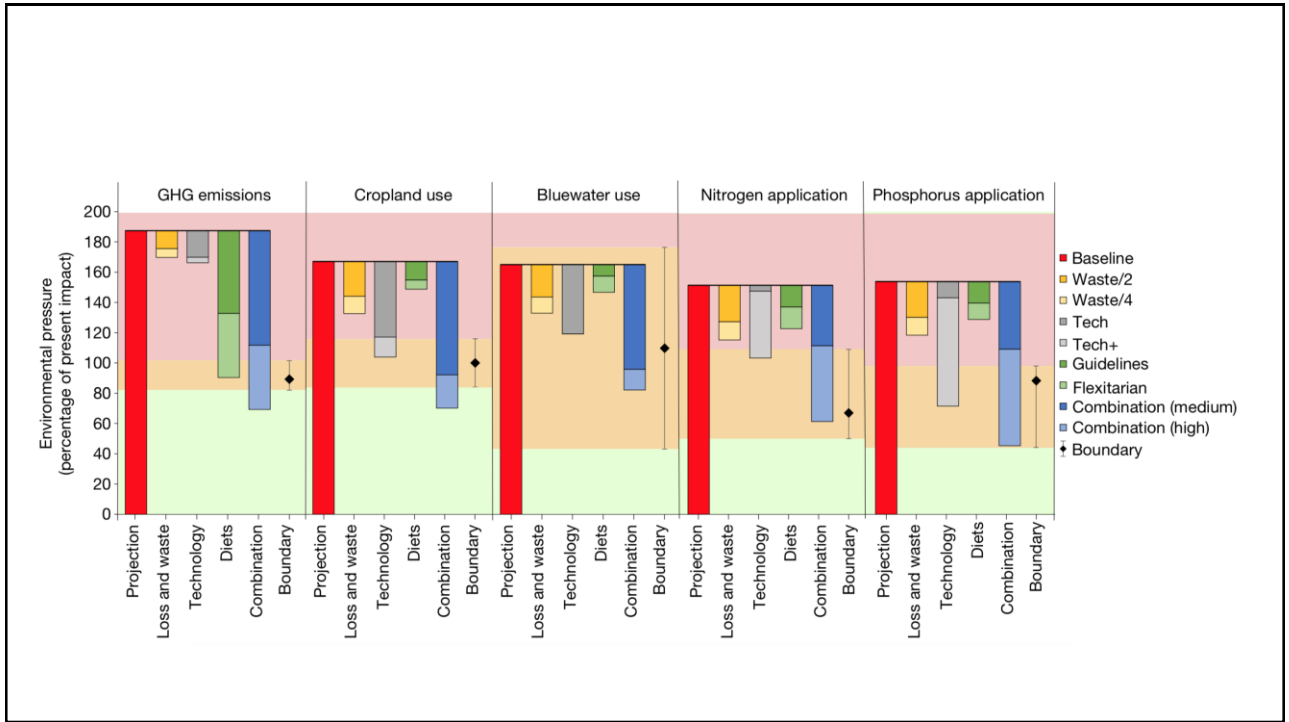
Earth system process	Control variable	Boundary (Uncertainty range)	Global Implication
Climate change	 GHG emissions	5 Gt CO₂-eq yr⁻¹ (4.7 – 5.4 Gt CO ₂ -eq yr ⁻¹)	No new emissions from Agriculture
Land-system change	 Cropland use	13 M km² (11–15 M km ²)	0 land expansion
Freshwater use	 Water use	2,500 km³ yr⁻¹ (1000–4000 km ³ yr ⁻¹)	>30% flows in basins
Nitrogen cycling	 N application	90 Tg N yr⁻¹ (65–90 Tg N yr ⁻¹) * (90–130 Tg N yr ⁻¹)**	Pollution <1 – 2.5 mg N L ⁻¹
Phosphorus cycling	 P application	8 Tg P yr⁻¹ (6–12 Tg P yr ⁻¹) * (8–16 Tg P yr ⁻¹)**	Pollution <50- 100 mg P m ⁻³
Biodiversity loss	 Extinction rate	10 E/MSY (1–80 E/MSY)	50% land intact by ecoregion

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1 Goal – 2 Targets – 5 Strategies

**Can we feed 10 billion a
healthy diet within
environmental limits?**

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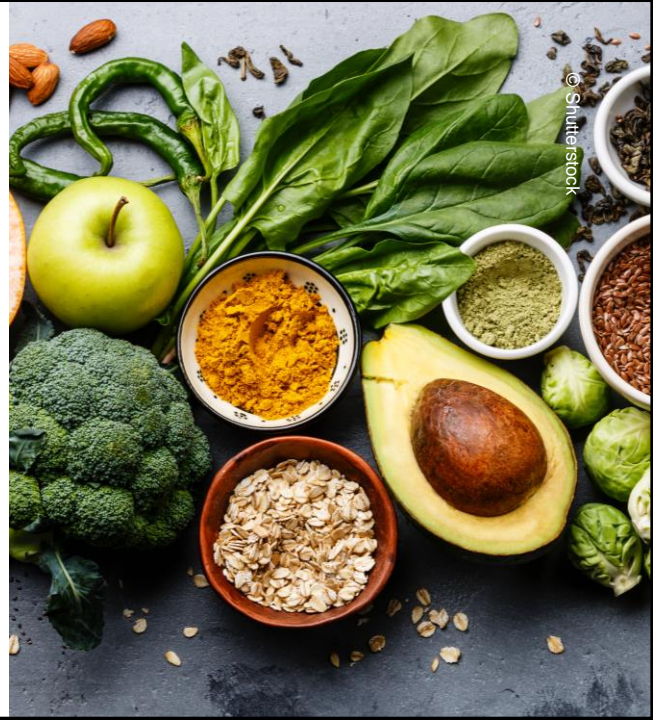
1 Goal – 2 Targets – 5 Strategies

Five Strategies for a Great Food Transformation

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Strategy 1

Seek international and national commitment to shift towards healthy diets



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Cities as solution space (*urbanomics?*)



Municipal Policies
& Actions

Food Production &
Distribution



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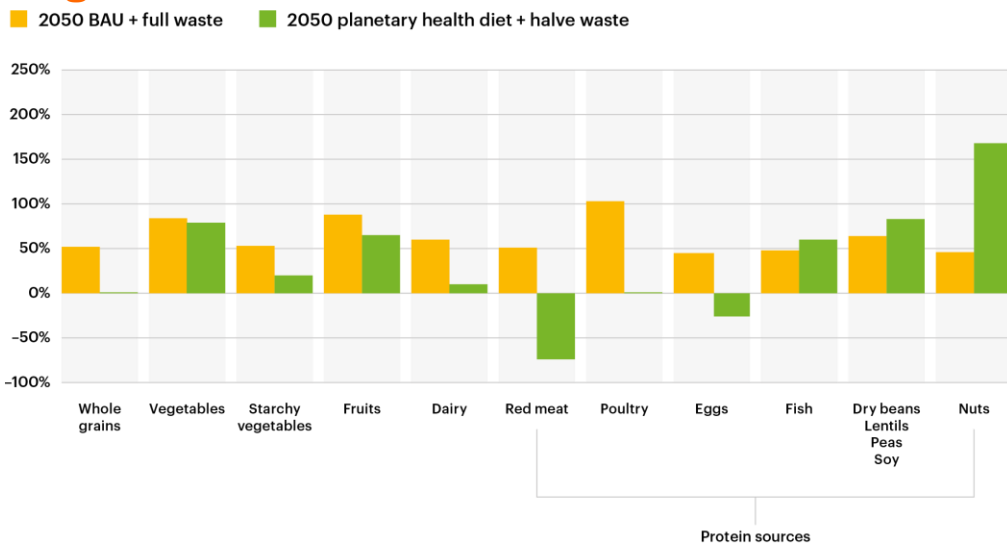
Strategy 2

Reorient agricultural priorities from producing high quantities of food to producing healthy food



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Change in Food Production



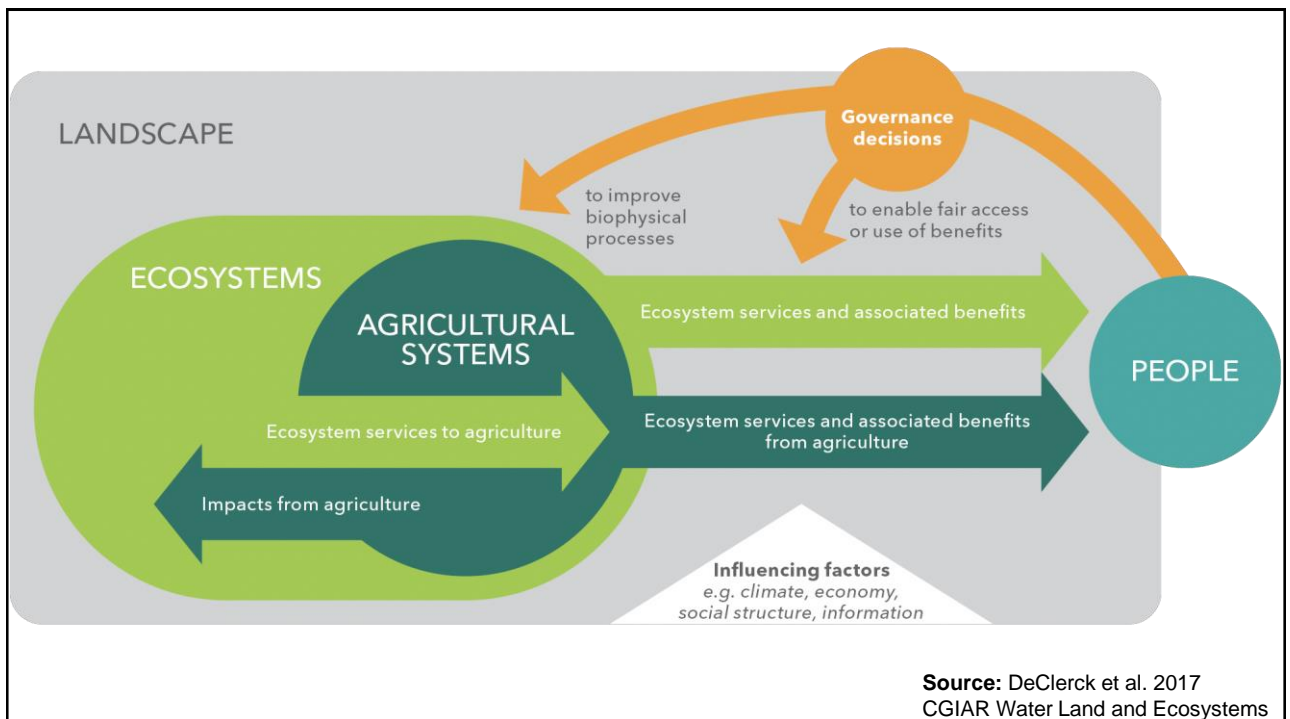
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Strategy 3

Sustainably intensify food production to increase high-quality output



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Source: DeClerck et al. 2017
CGIAR Water Land and Ecosystems

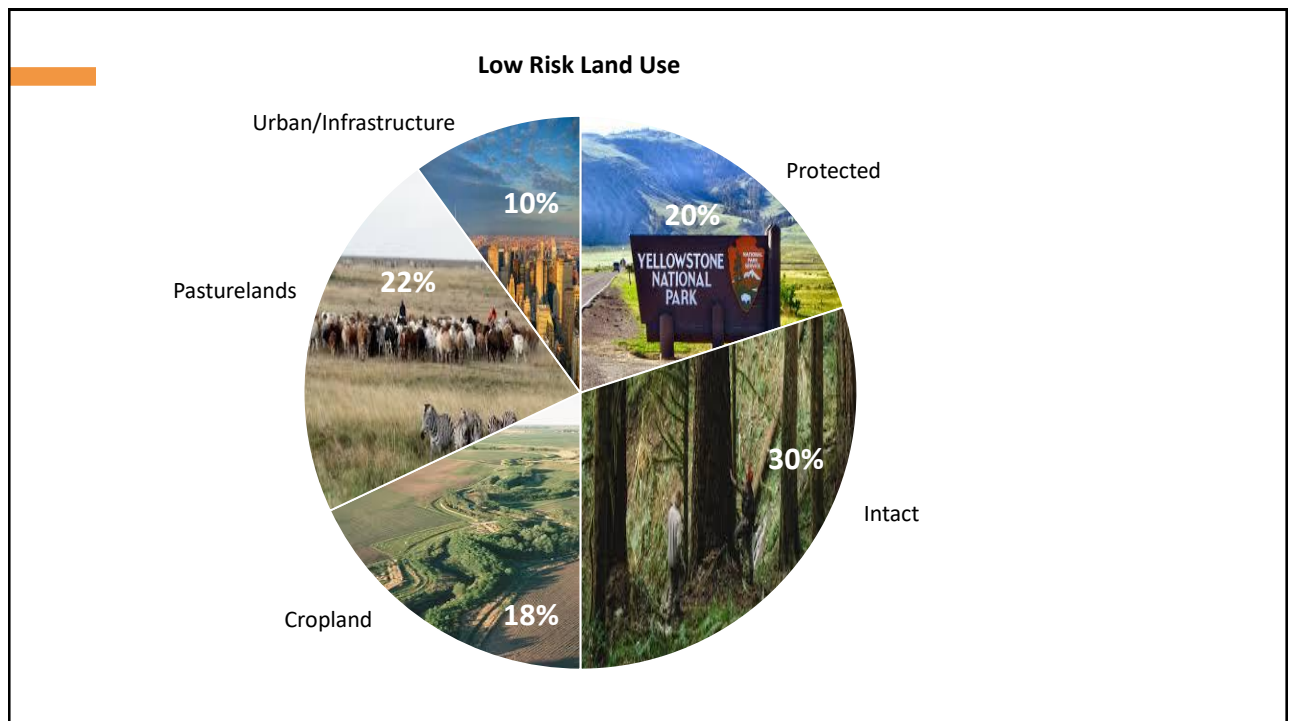
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Strategy 4

Strong and coordinated governance of land and oceans

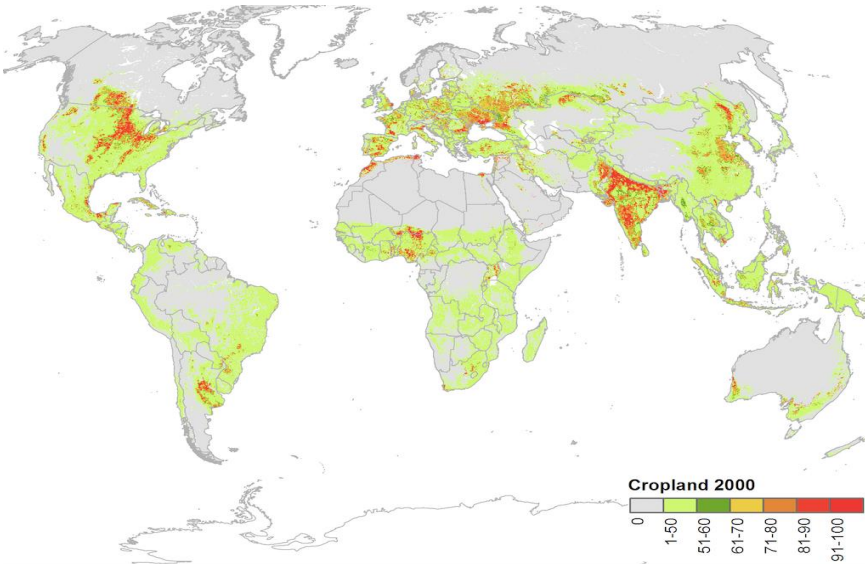


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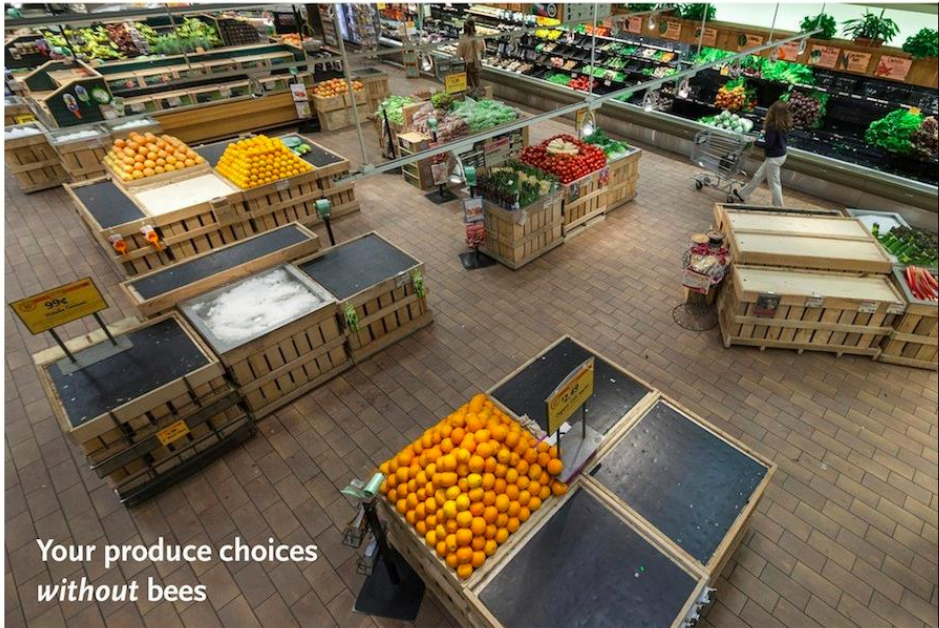
Spare half, Share the rest



23



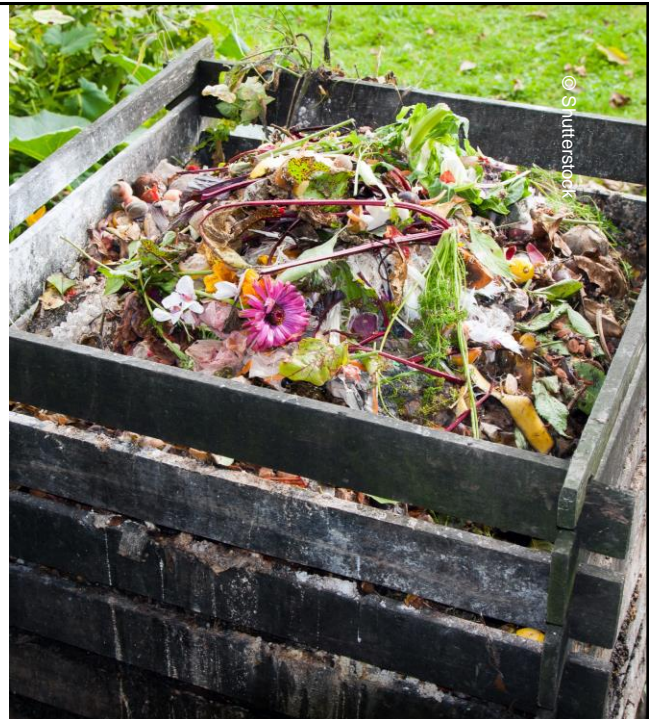
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Strategy 5

**At least halve food
losses and waste,
in line with UN
Sustainable
Development Goals**



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Feeding 10 billion people a healthy diet within safe planetary boundaries is possible and will improve the health and well being of millions of people and allow us to pass onto our children a viable planet.



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eatforum.org
#foodcanfixit



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