EAT Impact: Transforming the food system

EAT has achieved three interconnected goals: helping establish food systems as a global priority, generating science that informs policy-making, practices and public narratives, and building coalitions that turn science into action across the globe.

EAT-*Lancet* Commissions (2019 and 2025): Among the most influential scientific studies in the world to date, with 600+ mentions in policy documents and 13,500+ academic citations.

Communities for Action: engaging actors in +100 countries; connecting farmers, fishers, indigenous peoples, cities, consumers, chefs, restaurants, retailer, manufacturers, traders, cities, countries, and health care professionals.

Stockholm Food Forum: a leading global arena for food system dialogues bringing together heads of state, mayors, scientists, farmers, investors, activists and executives to transform food systems.

SCIENCE
- The 2019 EAT-*Lancet* Commission was the first ever effort to integrate human and planetary health in one framework and quantify global scientific targets for feeding the world within the planetary boundaries.
- The 2025 EAT-*Lancet* Commission updated the Planetary Health Diet, defined food systems boundaries and revealed pathways to prevent millions of premature deaths and cut emissions at scale.
- EAT initiated the Blue Food Assessment (2022) on the role of aquatic foods in food systems, and the Food System Economics Commission (2024) which quantified hidden costs of current food systems at over USD 15 trillion per year and showed transformation could deliver benefits of 5-10 trillion USD a year.

POLICY
- A Nature study finds that the EAT-*Lancet* Commission is amongst the top ten non-economic research papers cited in policy.
- EAT-*Lancet* findings are used as core references in the Kunming-Montreal Global Biodiversity Framework, IPBES and IPCC.
- EAT-*Lancet* has been cited in EU:s Farm to Fork strategy and FEAST, an EU program spanning 15 countries, aligning food system reform with health and environmental goals.
- Collaborations with the World Bank, the World Economic Forum, and the UN Committee on World Food Security.

- Countries around the world, including Sweden, Canada, Thailand and Indonesia use Planetary Health Diet principles.
- EAT led the sustainable consumption track of the UN Food Systems Summit (2021), involving 100+ countries.

CITIES
- The C40 Good Food Cities Accelerator, launched with EAT's support, now includes 16 cities, including New York, London, Tokyo, and Milan, representing 130+ million residents.
- Collaborations with Mexico City, Jakarta, Nairobi, and Copenhagen, who have partnered with EAT to strengthen dietary guidelines, procurement standards, and school meals informed by findings in the EAT-Lancet Commissions.
- The Milan Urban Food Policy Pact (MUFPP), a network of 330 cities covering 550 million inhabitants, has also allowed for translation of science to urban policies – with active participation in the bi-annual Milan Pact Awards and the EU-funded Food Trails project, which developed food policies in 11 European cities.

COMMUNITIES AND COMPANIES
- Initiator of "Communities for Action" – a global project connecting key actors to transform food systems; connecting thousands of farmers, fishers, indigenous peoples, consumers, chefs, restaurants, retailer, manufacturers, traders, cities, countries, and health care professionals.
- Collaborated with Lidl to align strategies with the Planetary Health Diet, using the science to increase healthy food sales, guide product ranges, marketing and targets for millions of customers.
- Engagements with Google Food, Hyatt APAC, McDonald's, PwC), Sodexo, Strawberry Hotels, Walt Disney World, Carrefour, Marks & Spencer, Nestlé, and Tetra Pak.