




The *EAT-Lancet*
Commission
on Healthy 
Sustainable 
and Just 
food systems



The 2025 *EAT-Lancet* Commission is a landmark update to the original 2019 report. It updates the evidence base for food system actors, from producers to consumers at an urgent moment for food systems transformation. It quantifies the targets of a healthy diet, the safe boundaries for food within the Earth system, and the social foundations of a fair food system.

This summary report explains the findings in clear language for leaders and the public in order to support the urgent and ambitious actions needed to secure healthy, sustainable, and just food systems for all.

What Has Changed Since 2019

Main Updates

The 2025 EAT-Lancet Commission provides a scientific update on Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems (2019). The first Commission proposed ranges for a healthy diet and environmental boundaries for food systems.

This new analysis refines the Planetary Health Diet, sets food system boundaries

for all nine planetary boundaries, and adds new social foundations of a fair food system. It uses a collaboration across ten global modelling teams to measure the impact that a shift towards healthy, sustainable, and just food systems could achieve by 2050, while also articulating the unacceptable costs of inaction. It proposes clear actions that must be adopted and accelerated to help drive the much needed transformation.

A Clearer Diet Table

New epidemiological evidence on mortality and other health outcomes assessed by the 2025 Commission confirms the validity of the original Planetary Health Diet. In this new analysis, the Commission has widened the scope of the reference diet by including additional health outcomes such as dementia and heart disease, considering the role of food processing, and examining the implications of the Planetary Health Diet for young children and women of reproductive age. The Commission also shows the gaps between what people eat today and the Planetary Health Diet across regions, and how diverse food cultures can align with the recommended dietary pattern.

Mapping Food System Boundaries

For the first time, the 2025 Commission quantifies the global food system's share of all nine planetary boundaries, confirming that food is the single largest cause of planetary boundary transgressions. While these are environmental boundaries, they define a safe space for human life on Earth. Transgressing these boundaries can cause serious, and perhaps irreversible, environmental harm with direct consequences to human health and well-being, as many are already experiencing with climate change. The Commission includes a novel assessment of how sustainable farming practices can provide environmental benefits, such as habitats for biodiversity and carbon sinks on farms and in soils.

Justice is Central

Justice is not only the right thing to do but the third pillar of food systems transformation. A more just food system requires human rights, including the right to food, the right to a healthy environment, and the right to decent work, to be upheld for everyone. Based on nine social foundations, the 2025 Commission provides new thresholds for a more just food system.

Analyses reveal important inequities in current food systems. The wealthiest 30% of countries drive more than 70% of the food system share of planetary boundary transgressions. Meanwhile, only 1% of people live in a 'safe and just space,' within thresholds for both planetary boundaries and a fairer food system.

Transformative Roadmaps

The 2025 Commission reinforces the need for an urgent food systems transformation, positioning justice as both a goal and a driving force. Cross-sector coalitions and partnerships across public and private sectors, together with science, civil society and finance, are key to developing shared plans or roadmaps adapted to local needs. New analysis shows the importance of science-based targets and bundles of action that simultaneously advance health, sustainability, and social justice, while addressing barriers to change and unlocking financial resources for the transformation.

An Unprecedented Modelling Collaboration

Models allow the testing of choices for future food systems. They show possible impacts of shifting to healthy diets, improving production, and halving food loss and waste. They show how a mix of actions can move multiple pressures towards a safe space for humanity and the planet. They also offer a glimpse of the environmental, health, social and economic costs of inaction.

For the first time, eleven global food system models collaborated to test transformation options and their impacts. This collaboration produced clearer and more robust results. The Commission also added two new models on sustainable practices: one on agroecological production practices, and a second on a more circular food system. These two new models highlight promising innovations.

All the findings from the Commission are both promising and clear: collective effort on ensuring access to healthy diets, reducing food loss and waste, and improving the efficiency and sustainability of farming could avert 15 million premature deaths per year and substantial sustainability gains. The largest benefits occur when all three actions are adopted together.

Overview

Table of Contents

Health

The Planetary Health Diet

08



What people eat strongly influences the length and quality of their lives. The Commission presents what constitutes a healthy diet, while recognising cultural contexts and dietary traditions.

Environment

Food System Planetary Boundaries

14



Food must fit inside clear environmental boundaries for climate, biodiversity, pollution, land use, fresh water, and nutrient losses, while protecting nature so it can protect people. The Commission proposes food system boundaries across all nine planetary boundaries.

Justice

Social Foundations

18



A fair food system ensures everyone has meaningful access to a healthy diet, can live and work with dignity, can thrive in a liveable environment that is safe and flourishing, and has the freedom and agency to exercise their voice. The Commission defines these through nine social foundations, from living wages to political voice.

Modelling Pathway to 2050

22



A collaboration across modelling teams tests future implications of food systems transformation. Based on three main scenarios: continuing with business as usual, EAT-Lancet aligned transformation, and EAT-Lancet + Mitigation, the Commission models effects on people, food production, and the environment.

Transformation Combined Actions

26




Successful food systems transformations are centred on clear plans or roadmaps adapted to specific situations, and bundling a diversity of existing actions with innovations. The Commission proposes five steps to guide their development. Grounded in available scientific evidence, the Commission also identifies eight solutions and 23 specific actions to drive progress.

The message is clear. A global food system transformation can improve human health and bring the world within or closer to a safe environmental space, while justice is needed to unlock and accelerate action for transformation. Food systems cannot be just without ensuring the Planetary Health Diet is affordable and accessible to all, and without substantially reducing transgressions of planetary boundaries.

→ THE **EAT-LANCET** COMMISSION IS A GLOBAL, INTERDISCIPLINARY GROUP OF WORLD-LEADING RESEARCHERS WITH EXPERTISE IN NUTRITION, HEALTH, AGRICULTURE, SUSTAINABILITY, SOCIAL JUSTICE, AND POLICY – WORKING TOGETHER TOWARDS A HEALTHY, SUSTAINABLE, AND MORE JUST FOOD SYSTEM.

The Healthy Diet We Recommend



The Planetary Healthy Diet is a flexible pattern that most cuisines can meet. It shows how plant rich meals with modest animal foods protect health and sets safeguards for young children and for women of reproductive age, ensuring appropriate provision of essential micro-nutrients. Adopting the Planetary Health Diet could eliminate risks associated with undernutrition and hunger as well as prevent an estimated 15 million avoidable deaths each year, about 27% of global mortality, while reducing risks of heart disease, stroke, type 2 diabetes, and certain cancers.

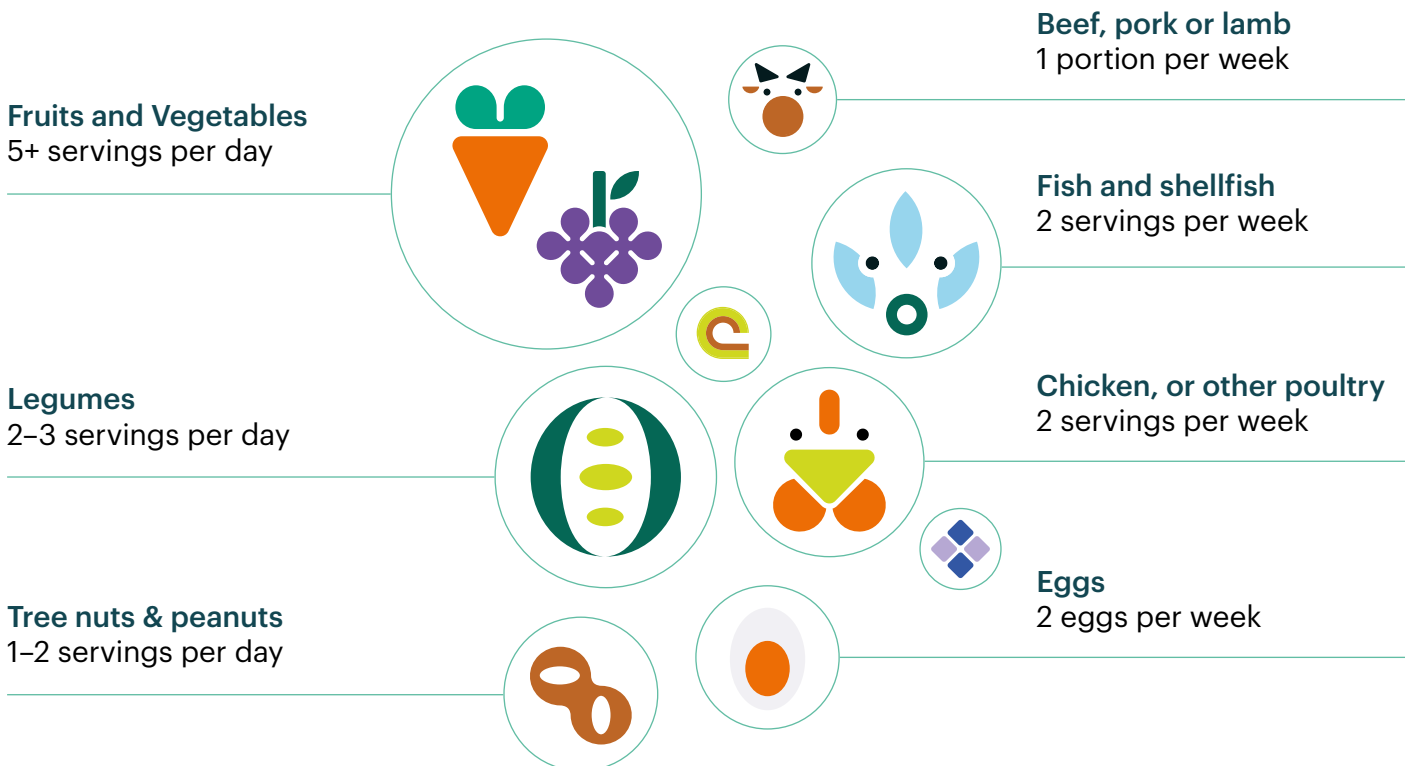
The Planetary Health Diet in Practice

The Planetary Health Diet is not a one-size-fits-all prescription but a flexible dietary pattern designed to support optimal health across diverse populations and contexts. It emphasizes a diet rich in plants—whole grains, fruits, vegetables, nuts, and legumes form the foundation—while allowing for modest amounts of animal-sourced foods, including dairy, fish, and meat, depending on cultural preferences. Red and processed meat is limited due to strong evidence of health risks.

The Planetary Health Diet is based entirely on the direct effects of different diets on human health, not on environmental criteria. The diet's name arose from evidence suggesting that its adoption would reduce both the environmental impacts and nutritional deficiencies of most current diets.

A Pattern for Better Balance

Over the course of a week, the Planetary Health Diet might look like this...



Think of breakfast with oats, fruit and yoghurt. Lunch with tasty beans, fresh vegetables, and a small portion of fish or poultry. Supper with whole grains, vegetables, and a handful of nuts. Spices, herbs and unsaturated oils make it tasty. Sweets are treats rather than mainstays. Portions are moderate. Variety is high. If meat is your thing, choose red meat less often and in small portions as a treat reserved for weekly moments or special occasions. Eat with friends and family.

→ FOR CHILDREN AND WOMEN OF REPRODUCTIVE AGE, THOSE WHO CHOOSE VEGAN OR VEGETARIAN DIETS SHOULD CONSIDER BIOAVAILABILITY AND INCLUDE FORTIFIED FOODS OR SUPPLEMENTS WHERE APPROPRIATE. WHERE CHILD UNDERNUTRITION IS PRESENT, MODEST INCREASES IN ANIMAL SOURCE FOODS CAN IMPROVE OUTCOMES.

Culture matters

Healthy eating aligns with many cultures and traditional cuisines. The Commission urges people to celebrate and explore this variety. Eating well is about embracing diversity, and diversity strengthens the resilience of food systems in a changing world.



■ LOCAL SOLUTIONS, GLOBAL HEALTH: FROM SOUTH ASIAN LENTILS TO NORDIC WHOLE GRAINS, THE SAME HEALTHY TARGETS CAN BE MET WITH DIFFERENT FOODS.



■ A KEY GOAL OF THE TRANSFORMATION IS TO ENSURE A HEALTHY DIET IS AFFORDABLE FOR EVERY FAMILY, EVERYWHERE.

Affordability

A healthy diet should cost less than 52% of average income. At present, 2.8 billion people fall below this threshold, especially in low-income regions. Policy measures must raise purchasing power and ensure living wages for all food system workers. Evidence shows that Planetary Health Diets can be affordable if supported by fair wages, social protection, and price policies that reflect the true cost of food.

Evidence shows that a healthy diet is already more affordable than the standard Western diet. It is important to debunk the claim that healthy eating is out of reach in low- and middle-income countries. For many, moving from an unhealthy and monotonous staple-based diet to the planetary health diet may raise costs, but it remains cheaper than drifting toward animal heavy diets. Healthy eating is attainable and essential; it is unhealthy diets that prove costly.



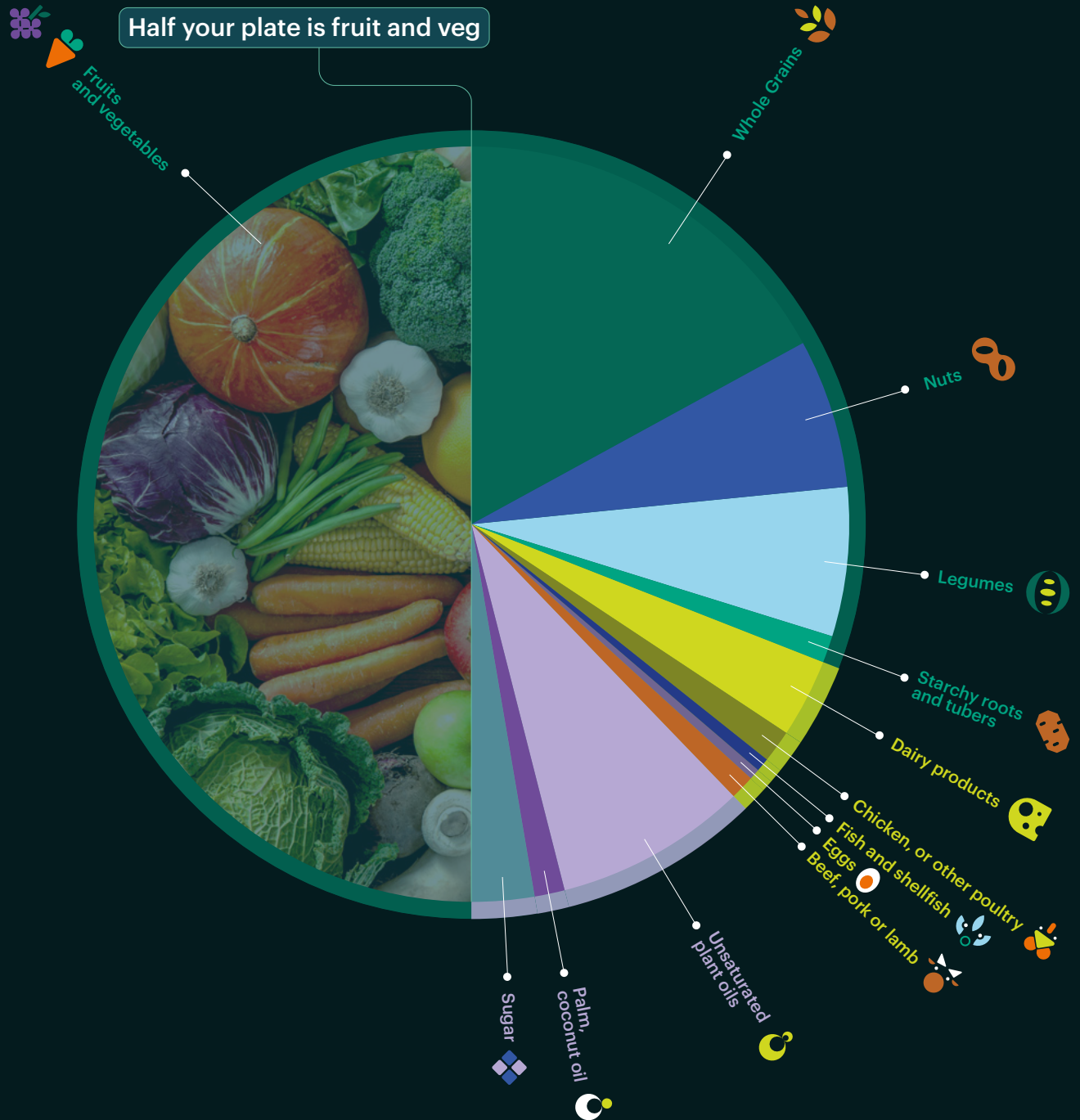
■ A WORLD OF FLAVORS: THE PLANETARY HEALTH DIET CELEBRATES AND INCORPORATES A VAST ARRAY OF CULTURAL CUISINES AND LOCAL STAPLES

FIGURE 01

Planetary Health Diet

A Flexible Diet for Better Human Health

→ DIETARY TARGETS FOR A HEALTHY REFERENCE DIET, WITH POSSIBLE RANGES, FOR ADULT POPULATION-AVERAGE ENERGY INTAKE OF ROUGHLY 2,400 KCAL PER DAY.



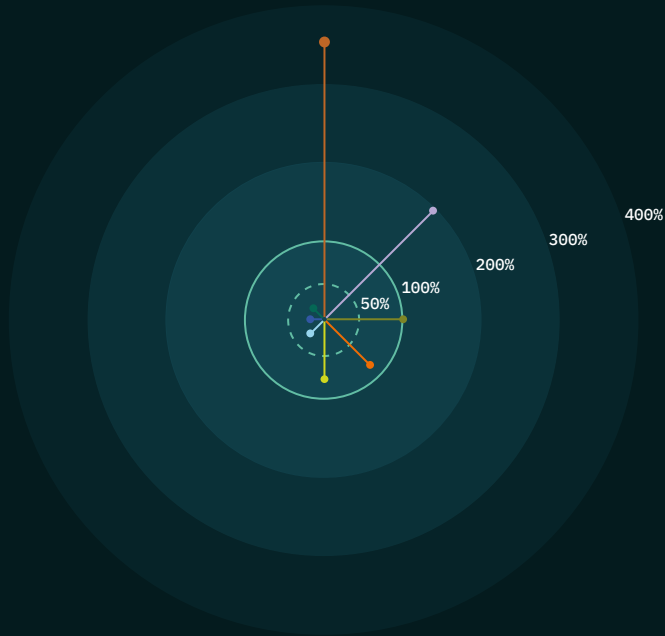
Plant Food	Grams/day (range)	Animal-sourced foods	Grams/day (range)	Fats, sugar, and salt	Grams/day (range)
Vegetables	300 (200–600)	Dairy products	250 (0–500)	Unsaturated plant oils	40 (20–80)
Fruits	200 (100–300)	Chicken, or other poultry	30 (0–60)	Sugar (added or free)	30 (0–30)
Whole grains	210	Beef, pork or lamb	15 (0–30)	Palm, coconut oil	6 (0–8)
Tree nuts & peanuts	50 (0–75)	Fish and shellfish	30 (0–100)	Lard, tallow, butter	5 (0–10)
Legumes	75 (0–150)	Eggs	15 (0–25)	Sodium (mg)	<2000
Starchy roots and tubers	50 (0–100)				

FIGURE 02

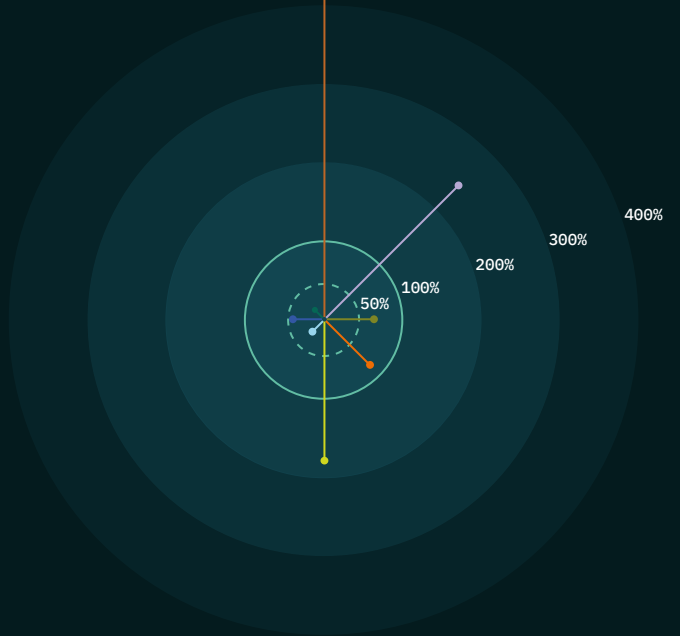
The Diet Gap

Differences between adult diets in 2020 and the Planetary Health Diet globally and by region

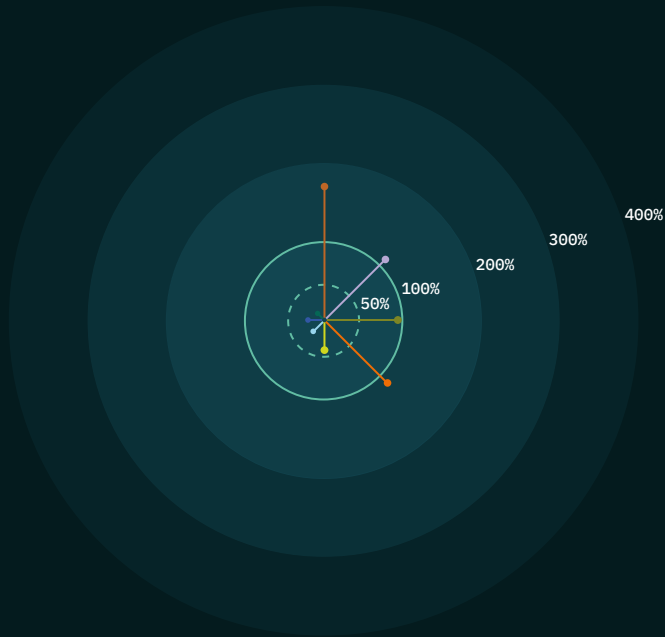
Global



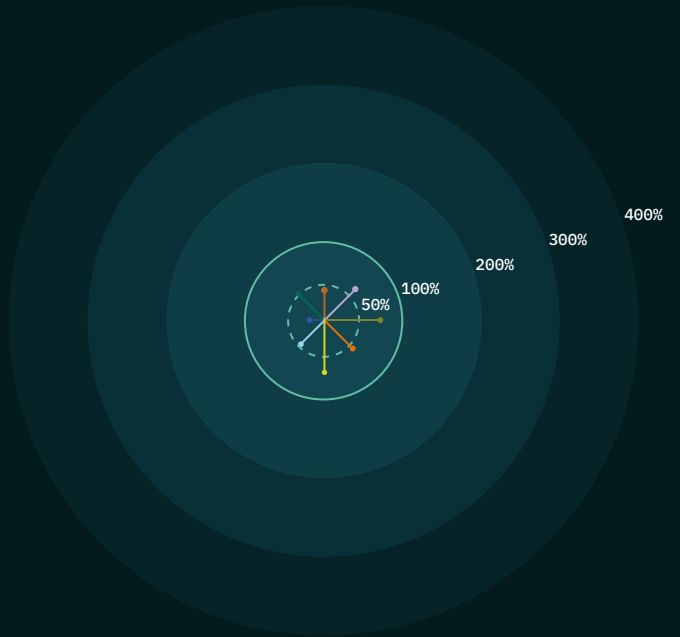
North America



Middle East & North Africa



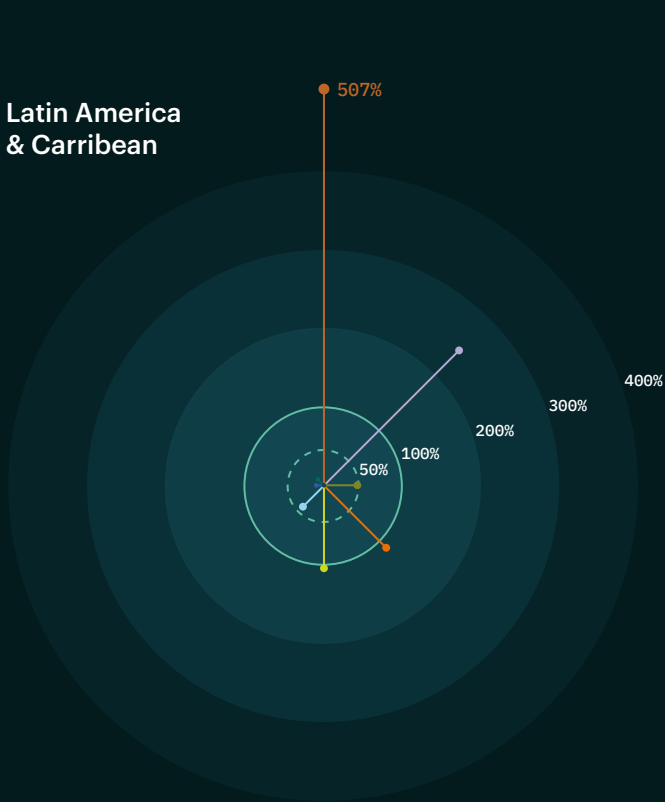
South Asia



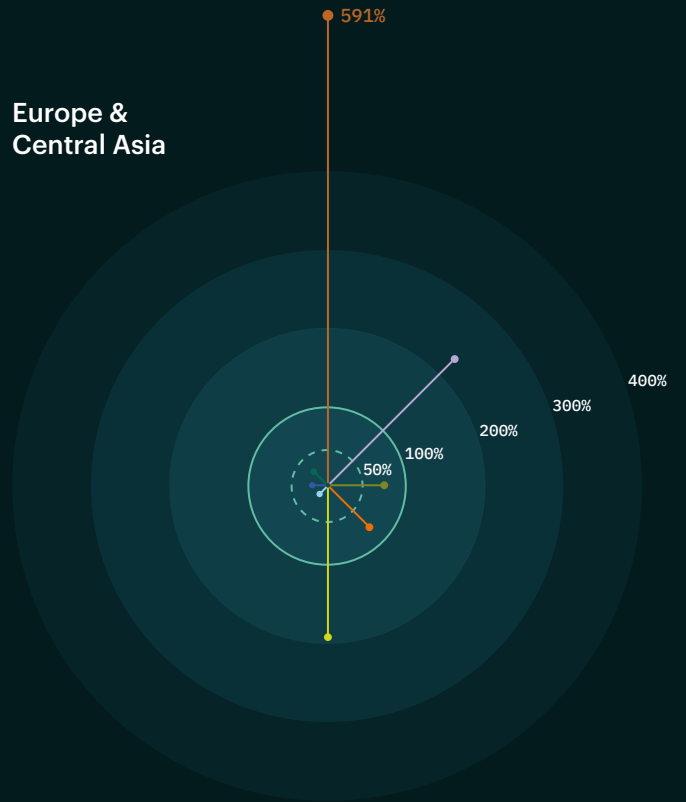
Food types

- Beef, pork or lamb
- Dairy products
- Eggs
- Legumes
- Vegetables
- Nuts
- Fruits
- Whole Grains

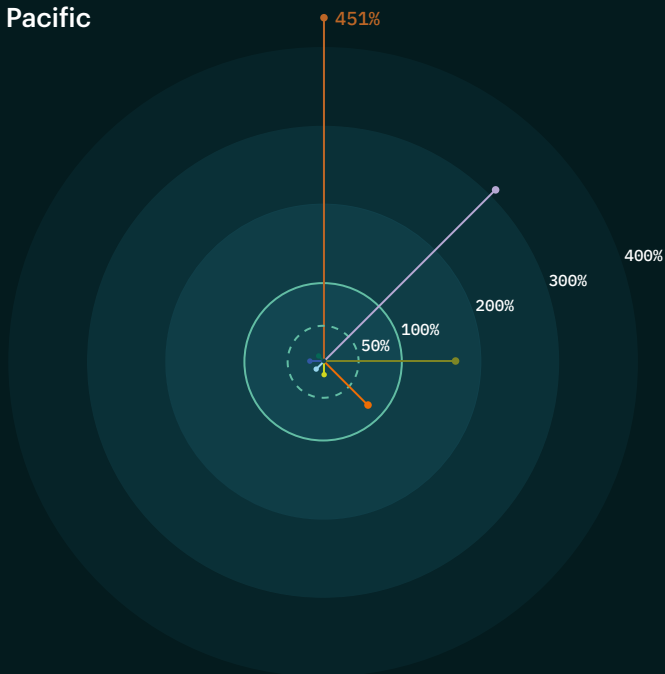
Latin America & Caribbean



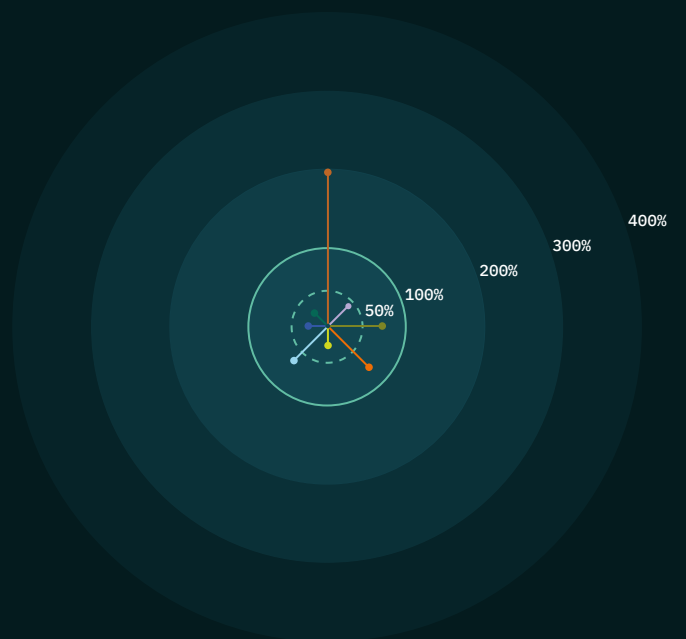
Europe & Central Asia



East Asia & Pacific

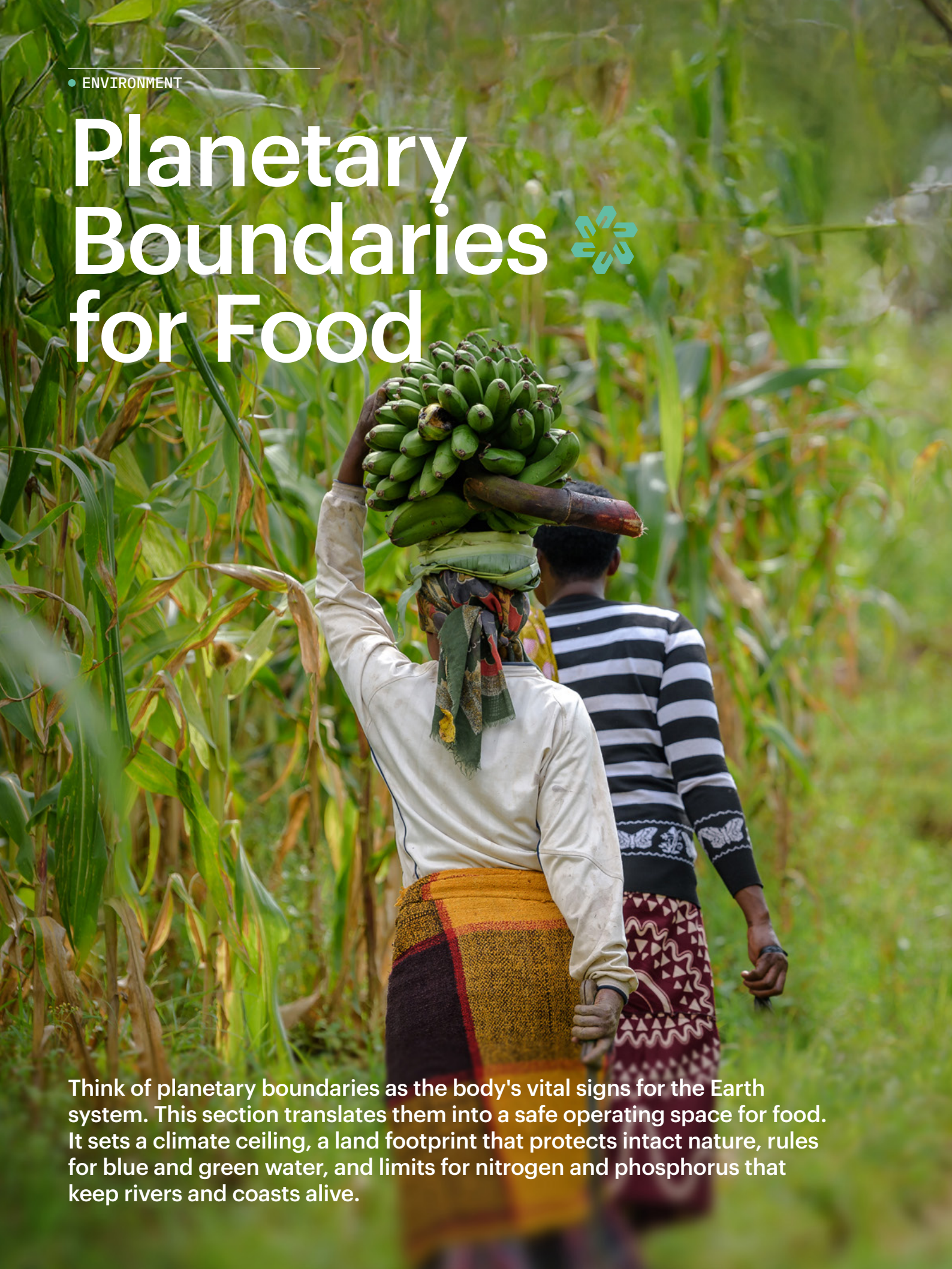


Sub-Saharan Africa



• ENVIRONMENT

Planetary Boundaries for Food



Think of planetary boundaries as the body's vital signs for the Earth system. This section translates them into a safe operating space for food. It sets a climate ceiling, a land footprint that protects intact nature, rules for blue and green water, and limits for nitrogen and phosphorus that keep rivers and coasts alive.

The Earth's Limits and Food's Share

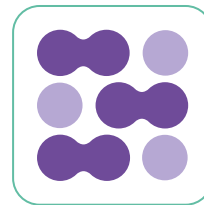
Planetary boundaries mark safe limits for the Earth system. Cross them and the risk of large and hard to reverse damage rises. The Commission allocates a safe operating space for food within these limits. They are not only constraints but also an arena for innovation, guiding solutions that work with the planet rather than against it.

The Nine Planetary Boundaries, and the Global Food System's Role



Climate change

Food systems drive nearly 30% of greenhouse gas emissions, but innovation in decarbonizing energy, halting land conversion, and shifting diets can turn agriculture from a source into a potential carbon sink.



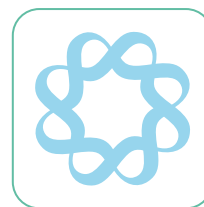
Modification of biochemical flows

Food systems are responsible for the near-totality of nitrogen and phosphorous boundary transgression, creating an urgent space for innovation in circular nutrient systems, fertilizer management, and dietary changes to reduce pollution.



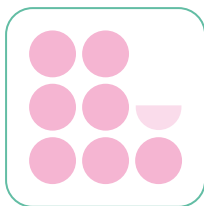
Change in biosphere integrity

As the primary driver of functional biodiversity loss, food systems contribute to conservation through ecological farming practices that embed habitat and enhances space for biodiversity, to pollinate crops, capture pollutants, and regulate pests as active contributors to food production.



Freshwater change

With agriculture as the largest user of blue water for irrigation, innovation in water-saving technologies, soil management, and shifting to less water-intensive crops is essential to stay within the safe volume limit.



Stratospheric ozone depletion

With agriculture as the largest emitter of the ozone-depleting gas nitrous oxide (N₂O), innovation in precise nitrogen fertilizer use directly supports the restoration of our planet's protective ozone layer.



Land system change

Agriculture has already converted 37% of the planet's ice-free land, but innovation lies in halting all conversion of remaining intact ecosystems and restoring those most at risk. Adding habitat in agricultural lands serves both conservation and food production.



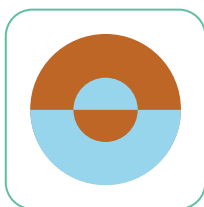
Increase in atmospheric aerosol loading

While not yet transgressed at a planetary scale, food systems are a major source of the air pollutants that drive this boundary, pointing to innovation in managing agricultural ammonia and eliminating biomass burning.



Introduction of novel entities

The food system's widespread and extensive use of pesticides, plastics, and antimicrobials puts significant impact on this boundary. This, demands innovative solutions in biological pest control, non-toxic packaging, and halting the prophylactic use of pesticides and antibiotics in plant and animal production – reserving their use for treating infestations and disease.



Ocean acidification

Driven largely by the 25% of CO₂ emissions from food systems, this boundary calls for innovation in the same solutions that address climate change: a net-zero food system that protects marine life.



Climate

By 2050 food related emissions should fall to about **5 gigatonnes of CO₂ equivalent per year** ①.

The Commission assumes energy, transport and industry will do most of the heavy lifting on cutting global carbon dioxide emissions. But to stay within climate limits, food must cut methane from livestock and rice and nitrous oxide from soils and manure, while boosting carbon stored in soils, on farms and in nature. This shift brings us back into the defined operating space.

Land

Global agriculture use should stay well below **48 million square kilometres**. Intact ecosystems should no longer be converted to fields or pasture, and degraded agricultural land should be restored. This is not a call for less food, but smarter food production on less land. The goal is to raise production efficiency of land and water dedicated to food, while regenerating environmental values by storing carbon, creating on farm habitat, improving water quality, and cutting pollution.



■ AGROFORESTRY AND DIVERSE ROTATIONS BUILD RESILIENCE AND REDUCE INPUTS.

Freshwater

Blue water is the water taken from rivers and aquifers for irrigation. Its global ceiling for consumption is **2,000 cubic kilometres per year**. Green water is the moisture in soils that feeds rain fed crops. The green water boundary limits the share of land where soil moisture moves outside the pre industrial range. Both matter for yields and resilience.

Nature

Protect intact places and weave habitat into farmland. Hedgerows, strips along rivers, agroforestry and diverse rotations support pollinators and natural pest control. These features increase stability and reduce reliance on pesticides.

Nutrients

Too much reactive nitrogen and phosphorus harms rivers, lakes, estuaries and coastal waters, and adds to air pollution. The focus is on outcomes: nitrogen surplus ② on agricultural land and phosphorus losses ③ to surface waters are the key measures. Better timing and placement of fertilizer, more recycling, and better allocation of nutrients across regions reduce losses and save money.

① A COMMON UNIT THAT EXPRESSES GREENHOUSE GASES IN TERMS OF THE WARMING EFFECT OF CARBON DIOXIDE.

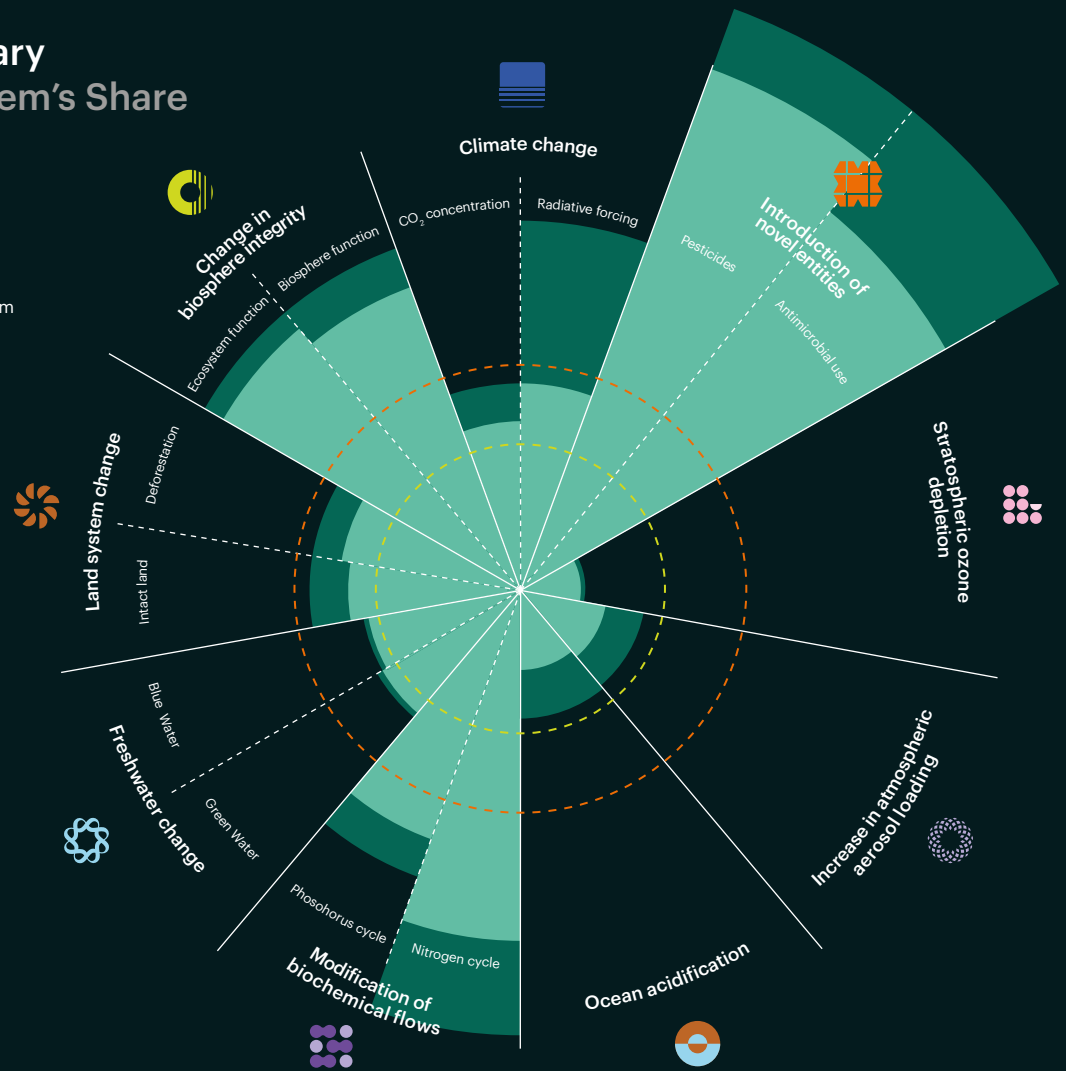
② THE AMOUNT OF REACTIVE NITROGEN LEFT OVER ON FARMLAND AFTER ACCOUNTING FOR WHAT CROPS TAKE UP AND WHAT IS REMOVED IN HARVEST.

③ THE FLOW OF PHOSPHORUS FROM LAND TO RIVERS AND LAKES.

FIGURE 03

Planetary Boundary Global Food System's Share

- High-risk line
- Planetary boundary
- Contributions from the food system
- Total current contribution



Planetary Boundary	Control Variable	Food System Boundary
Climate change	Greenhouse gas emissions	5 Gt CO ₂ eq. yr ⁻¹
Land system change	Agricultural land use	48 M km ² (34% of total land area)
Biodiversity	HANPP (biosphere functional integrity)**	HANPP (biosphere functional integrity)**
	Ecosystem functional integrity	20-25% natural habitat km ² in agricultural lands
Ozone depletion	Emissions of ozone depleting substances	1.8 Tg N ₂ O-N yr ⁻¹
Ocean acidification	CO ₂ emissions	Zero CO ₂ emissions
Biogeochemical flows	Nitrogen surplus	57 Tg N yr ⁻¹
	Phosphorus loss to surface water	4.6 Tg P yr ⁻¹
Freshwater change	Blue water consumption	2000 km ³ yr ⁻¹
	Occurrence of green water extreme dry or wet events	11.1% of global land area per month***
Aerosol loading	NH ₃ (northern hemisphere)	<20 Tg NH ₃
	PM _{2.5} (southern hemisphere)	Halt biomass burning emissions from agriculture
Novel entities	Pesticide application	1 Tg of PAS yr ⁻¹
	Antimicrobial use	Halting prophylactic use & limit use to 36 – 75 kt yr ⁻¹

Fairness is the Foundation

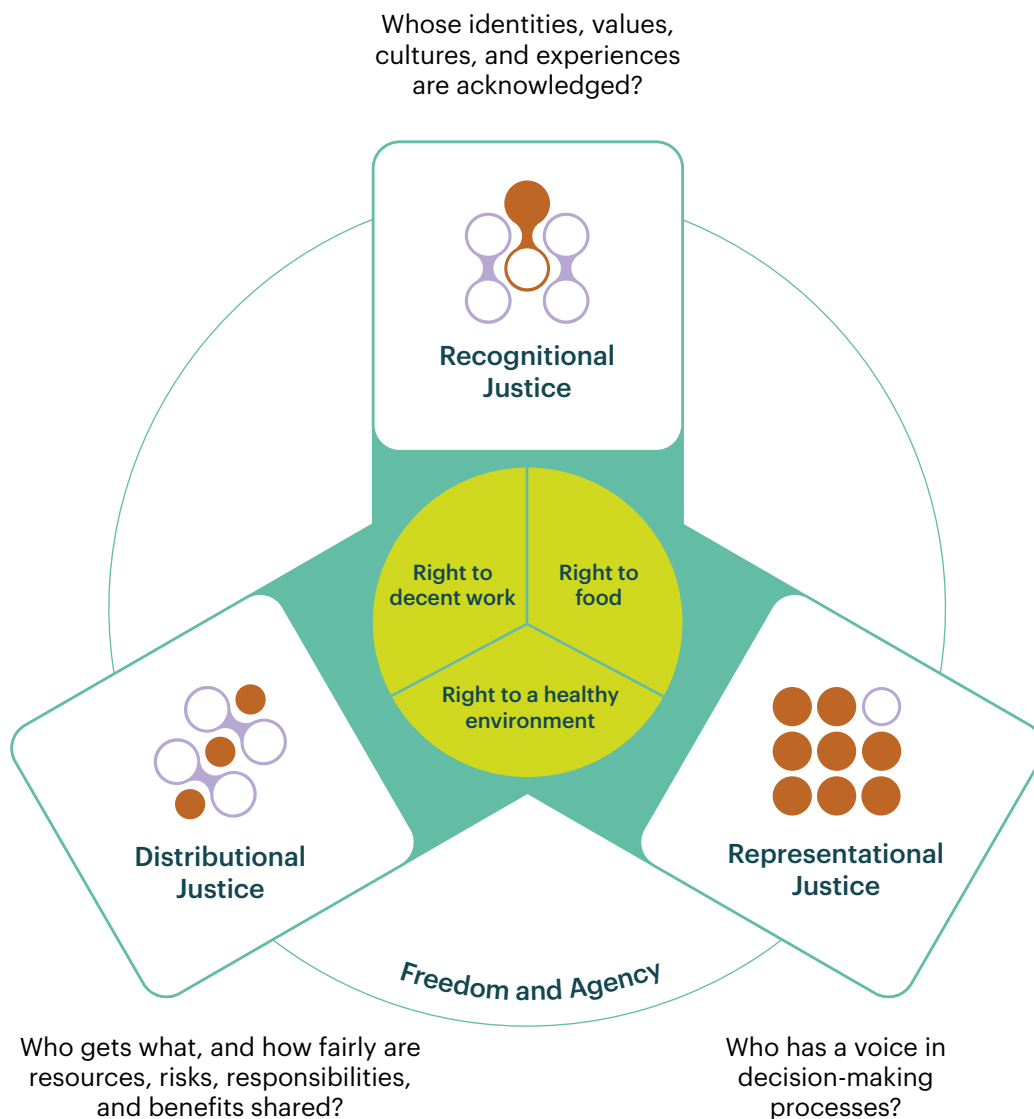
Fairness cannot exist, and no food transition can endure, if people cannot afford a healthy diet, cannot work with dignity, are harmed by unsafe and polluted environments, are unable to make meaningful choices or exercise their voice. This section defines nine social foundations that make justice concrete, from affordability and living wages to safe water, fair markets and a voice at work. Globally, more than 3.7 billion people live in countries where social foundations have not been met.

Justice and the Nine Social Foundations

The Commission’s articulation of a just food system rests on three human rights: the right to food, the right to a healthy environment, and the right to decent work, together with freedom and agency. The Commission identifies nine social foundations corresponding to these rights, and, where sufficient data exist, sets thresholds for all nine social foundations. Falling below these thresholds signals harm and need for policy action.

Globally, just 1% of people live within both safe planetary limits and just social foundations.

Our Justice Framework



Nine Social Foundations



Affordable healthy diets

Healthy food environments

The cost of a locally sourced healthy diet is below Food and Agriculture Organization and World Bank national thresholds, based on household incomes and broader cost of living. In 2022, 2.8 billion people fell below this condition.

Contribution of added or free sugars in diets is below World Health Organization guidelines of less than 10% of a person's total energy intake. In 2018, 5.6 billion people were living in countries where the national average diet exceeded this mark.



Non-toxic environments

Safe climate

Agricultural pollution does not push drinking water above the World Health Organization limit of 50 milligrams nitrate per litre. In 2022, 5 billion people globally were exposed to unclean drinking water.

People are not exposed to mean annual temperatures above 29°C by 2070, and are protected from the effects of increasingly frequent and extreme climate variations. 419 million people are expected to exceed this limit.

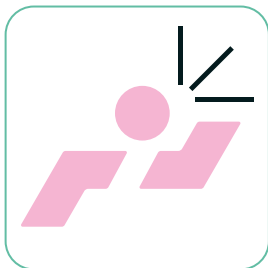


Living wages

Meaningful representation

Food system workers earn above a negotiated living wage benchmark. The benchmark was set at 67% of the median wage in low-income countries and 55% in high-income countries. In 2022, 32% of food system workers were below this foundation.

Collective bargaining covers at least 72% of employees. Between 2008 and 2020, 2.6 billion people globally did not have access to collective bargaining.



Civil and political freedoms

Freedom from corporate control

Non-discrimination

People can organise, speak and participate in decisions without intimidation.

No excessive concentration of corporate power in food supply chains. As a guide, the top four firms should hold under 40% of any core market.

Equal treatment across the food system.

The scale of shortfall is large. Billions of people live in countries where healthy diets are unaffordable, and where food environments promote unhealthy levels of sugar intake. Large populations are exposed to unsafe drinking water or rising heat. Hundreds of millions of workers earn below a living wage, and many more live in countries that offer limited access to collective bargaining. Far too many people cannot freely choose

what they eat or have a say in how their food system operates. A credible transition must address these deficits alongside diet and environment.

The harms from food systems are not distributed equally. Women and children, minority populations, and people living in rural locations are at greatest risk of experiencing harms from unjust food systems.

FIGURE 04

Social Foundations Billions of People Below the Social Foundations

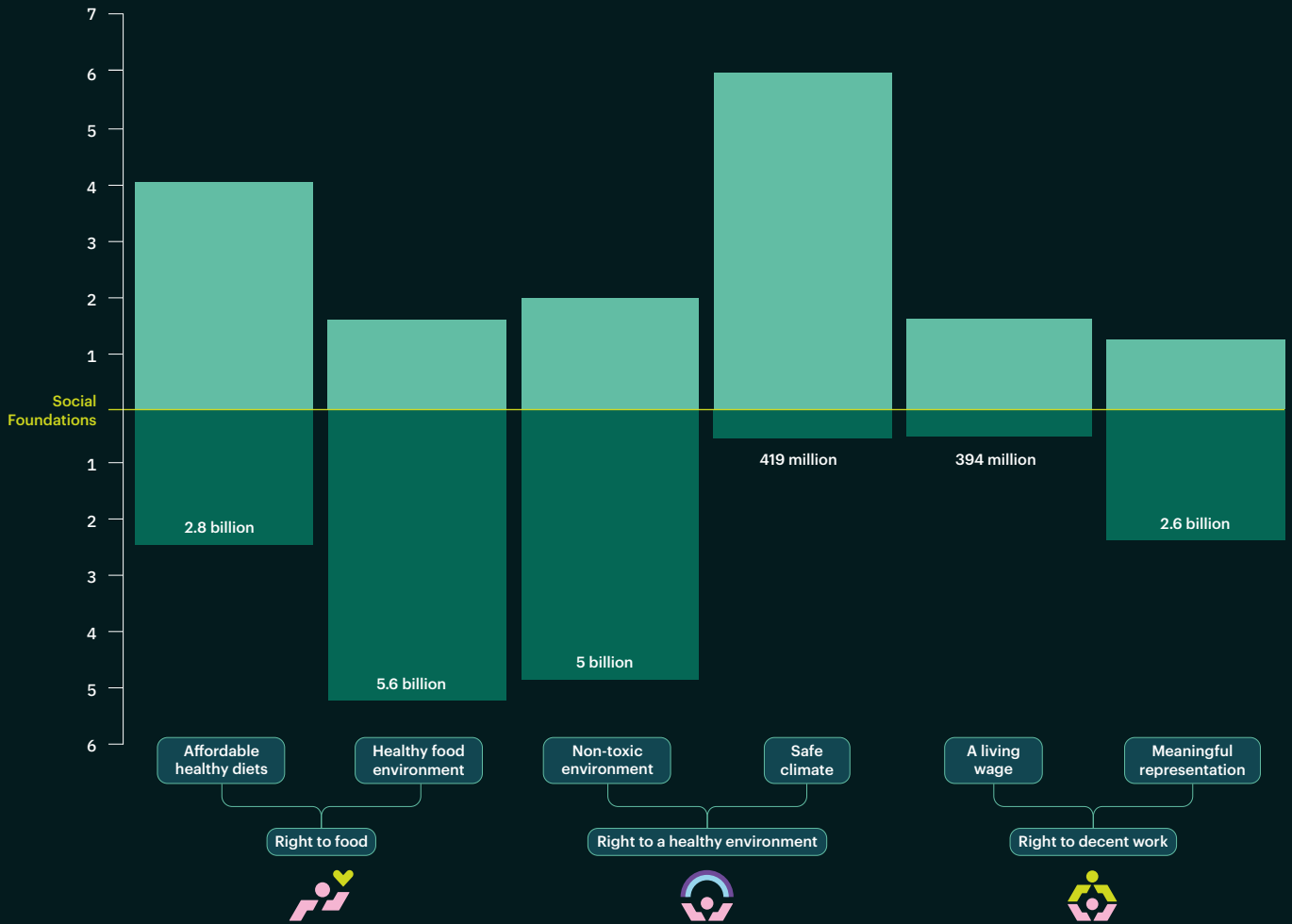
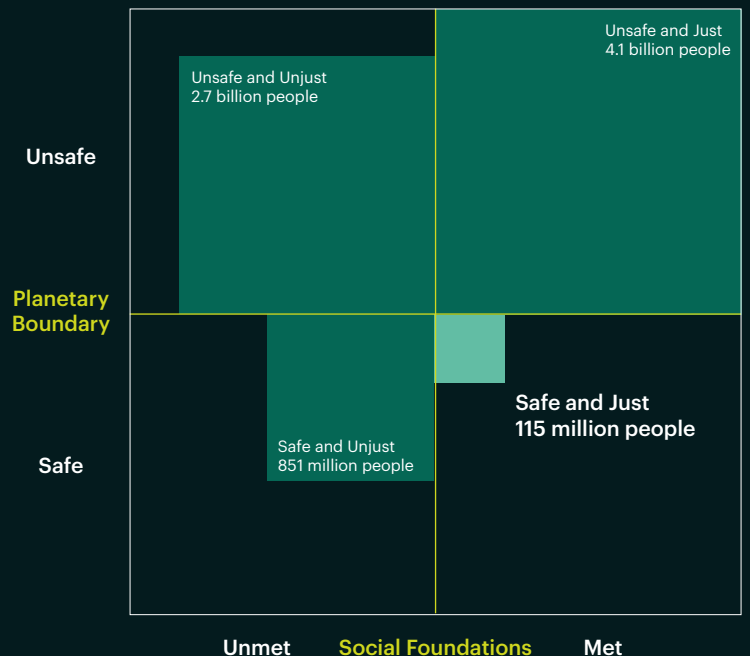


FIGURE 05

The Safe and Just Space for Humanity Global Population Distribution among Planetary Boundaries and Social Foundations



• MODELLING

Pathway to 2050

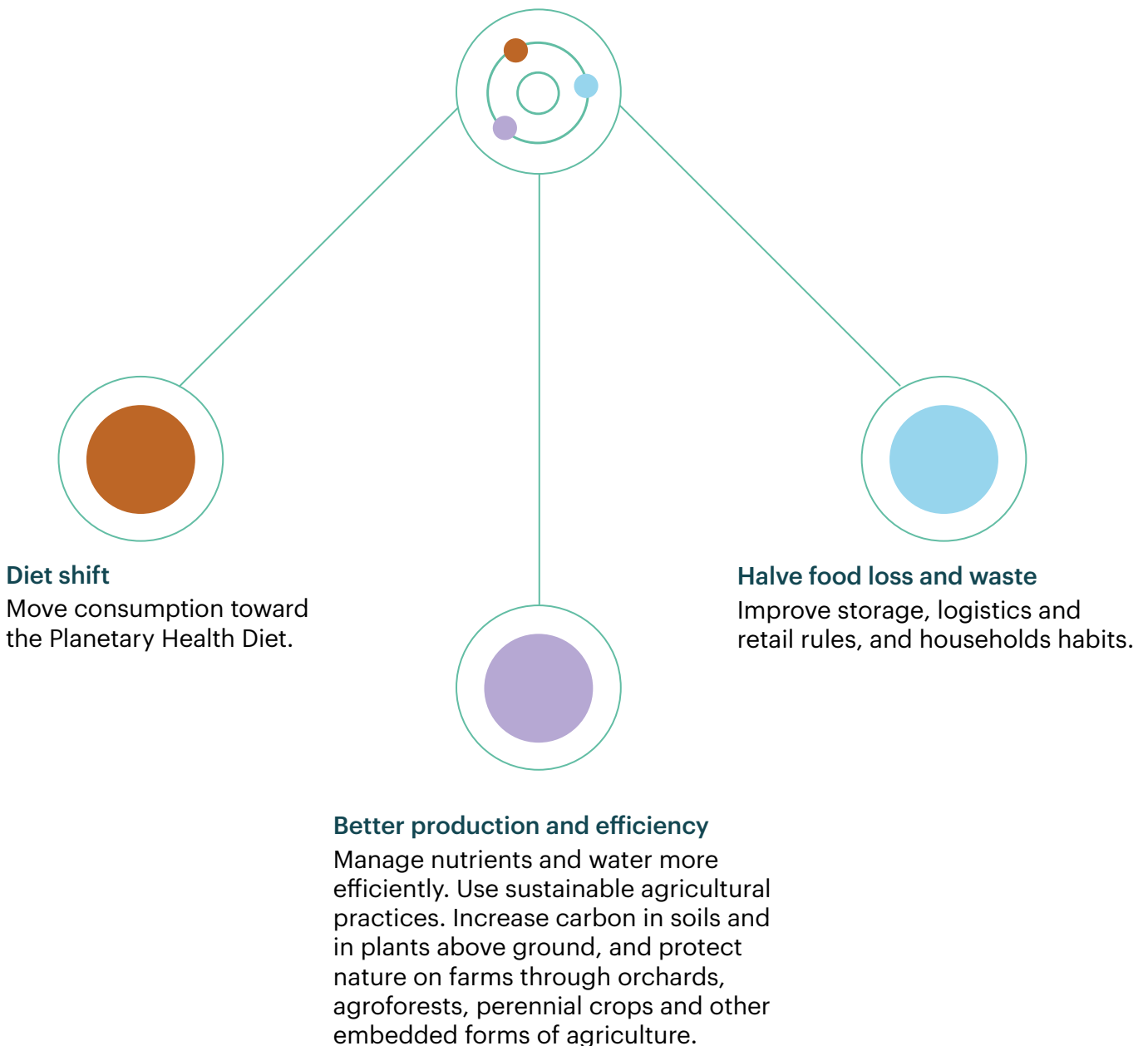


Models are tools, not crystal balls or predictions. This section shows the plausible implications of shifting to healthy diets, improving production, and halving food loss and waste. It reports medians and ranges from an ensemble of multiple models, that all point in the same direction and shows how the mix of actions moves multiple pressures toward the safe space.

What the Modelling Shows

The Commission's new analysis draws on an ensemble of 11 global models. This modelling shows the plausible impact of our three key actions by 2050. While each lever helps on its own, the results are clear: the largest gains come from implementing them together.

EAT-Lancet Pathway





Agricultural non CO₂ emissions fall 20% significantly compared with 2020 in model medians. Remaining emissions are mostly methane and nitrous oxide. Soil carbon and more trees on farms can remove additional carbon dioxide and provide a cushion.



Blue water demand for crops drops by 4% in many basins. Environmental flows for rivers can be protected more often across the year.



Land pressure eases by 7% a large margin. Less land is needed when diets shift toward plants and when food loss and waste falls. Forest restoration becomes possible at meaningful scale.



Nitrogen and phosphorus use decline or grow much more slowly than under business as usual. Losses to air and water fall. More effort is still needed to stay within the boundary, with food waste reuse and nutrient circularity offering the strongest promise.



Food composition shifts to the Planetary Health Diet. There is more fruit, vegetables, legumes and nuts, and less red meat in rich regions and some increase in poor regions. The outcome is about **15 million premature deaths avoided each year**.

Prices and affordability

The healthy diet scenario does not trigger a surge in average global food prices. Model results suggest that wages rise faster than the cost of food, increasing purchasing power. But distribution matters. Some regions face higher costs, especially where fruit and vegetable intake must rise from a low base. That is a policy problem with practical fixes.

Sectors in transition

What, how, and where food is produced will change. The world will continue to have livestock, but the mix changes. Fewer ruminants. Better animal health and welfare. Better manure management. Aquatic foods take a larger share. Many farmers shift toward legumes, fruit, vegetables and agroforestry. New jobs appear in these value chains. Other roles shrink. Transition support is essential.



■ THE TRANSITION WILL SEE MORE FARMERS GROWING DIVERSE CROPS LIKE FRUITS, NUTS, AND LEGUMES, CREATING NEW ECONOMIC OPPORTUNITIES.

FIGURE 06

Modelling to 2050 Achieving Healthy Diets Requires a Different Focus

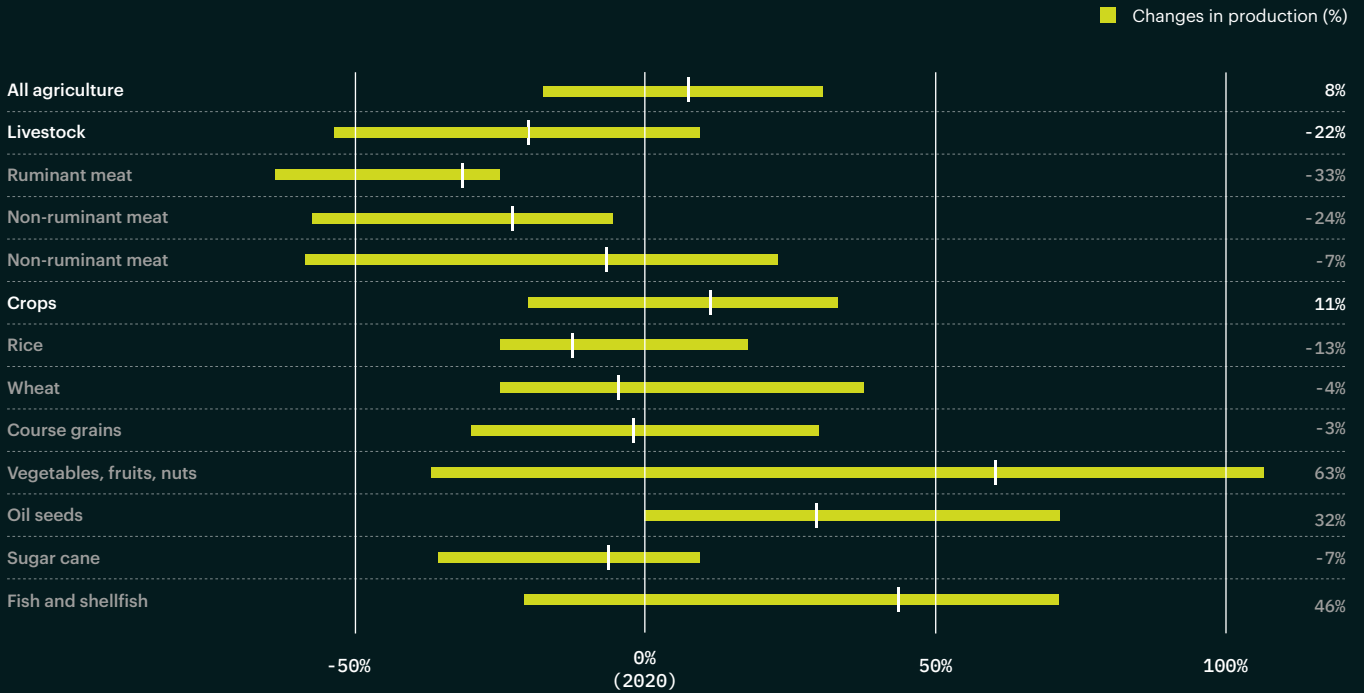
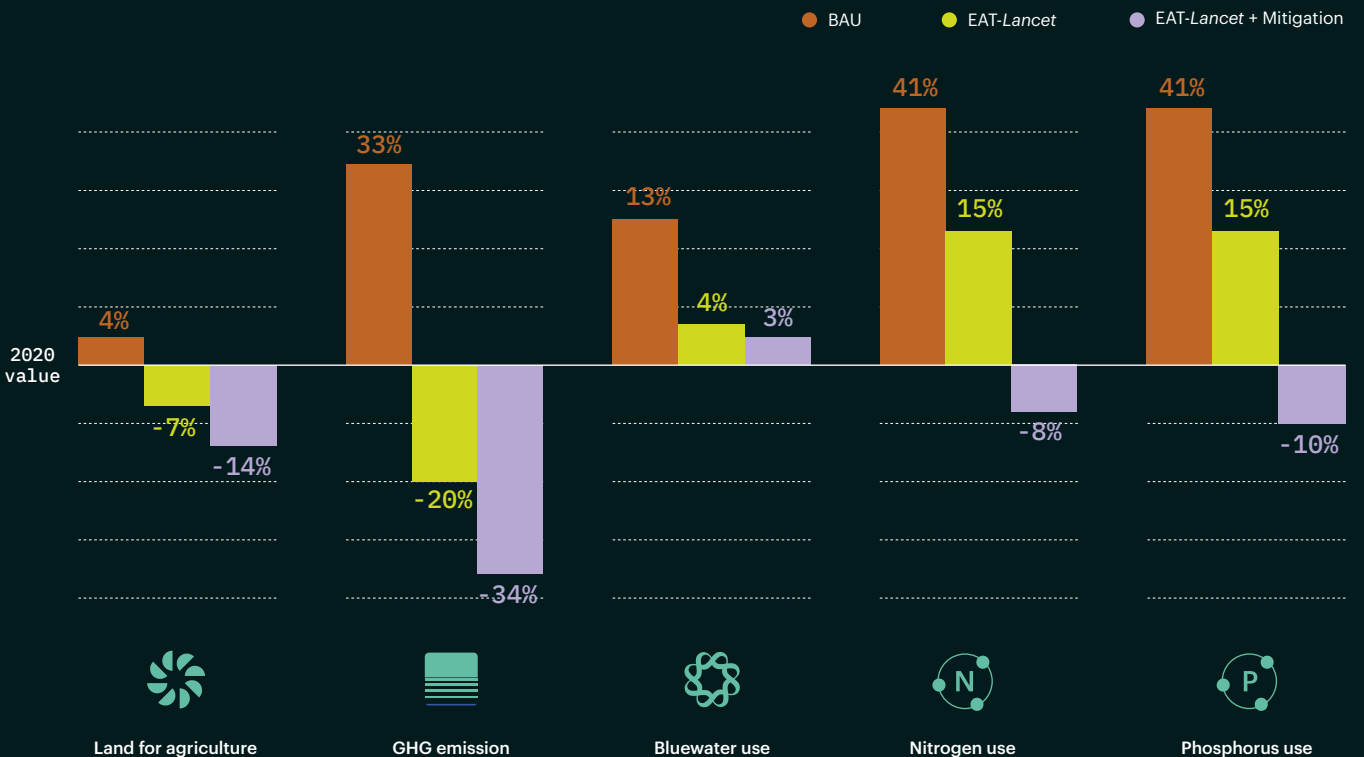


FIGURE 07

Modelling to 2050 Key Interventions for Environment



• TRANSFORMATION

Combined Actions

The Commission calls for a great food system transformation. The focus should move beyond simply maximising profit and production to achieving food and nutrition security in ways that prioritise diet quality while advancing health, sustainability, and social justice.

The Commission focuses on eight solutions supported by 23 actions aimed at advancing health, environmental and justice goals simultaneously. For every solution, the Commission highlights practices backed by strong evidence. These solutions and their associated actions are summarised in figure 08.

FIGURE 08

The Transformation Wheel Solutions and Actions





FIGURE 09

The Transformation Table

Solutions and Actions

Effect of Action on intersecting goals:

 Potential large positive impact

 Potential positive impact

Solution	Action	Health	Envir.	Justice
1 Shift to healthy diets	1 Use taxes and subsidies to shift affordability of unhealthier foods towards the affordability of healthier foods			
	2 Combine restricting advertising and availability with mandatory warning labels on unhealthy foods			
	3 Increase purchasing power for households in the lowest quintile through different social protection measures			
2 Protect and promote healthy, traditional diets	4 Recognize and include traditional healthy foods and diets in food-based dietary guidelines and public procurement programmes (e.g. school food programmes)			
	5 Support local markets, including the development of value chains to promote consumer demand of underutilised healthy locally produced crops			
3 Implement sustainable and ecological intensification	6 Ensure producers' access to and enhanced governance over land, sea, production inputs, agricultural training and extension, peer-knowledge networks, and markets			
	7 Mitigate power-imbalances between producers and corporations, by supporting producer coalitions, subsidies to sustainable practices, and regulating corporate control, global trade and financialization			
	8 Public and private sector investments to cover the transition costs, research and development of SI/EI relevant innovations			
4 Halt agricultural conversion of intact ecosystems	9 Combine regulatory measures such as protection of natural ecosystems, suspension of logging concessions, and implementation of land-use zoning with coordination mechanisms to reduce 'land expansion leakage'			
	10 Invest in community management of local ecosystems, including indigenous communities, to promote stewardship of land and water, and balance conservation and use of ecosystems			
	11 Increase multi-sector commitments to zero deforestation commitments across supply chains			
5 Reduce food loss and waste	Use fiscal and regulatory policy incentives as well as circular economy mechanisms, and technologies, to:			
	12 Improve storage, logistics and supply chain data/analytics - especially in low-income settings			
	13 Reduce retail and consumer waste through awareness raising, education, skills - especially in high income settings			
	14 Recycle nutrients and energy, prioritizing animal feed and on-farm waste recovery			
6 Secure decent work	15 Guarantee payment of updated living wages for all and close the gender pay gap			
	16 Provide training in skills that can enhance redeployment in the context of food system transitions (especially for youth, women and current labour force)			
	17 Improve enforcement of legislation, in society in general and food system workplace specifically, against: <ul style="list-style-type: none"> • Gender-based violence and sexual harassment • Occupational health conditions • Child labour 			
7 Ensure meaningful voice and representation	18 Ensure the existence of enabling mechanisms for collective bargaining by agri-food system workers and farmers			
	19 Develop legal and regulatory framework to limit market concentration and ensure transparency in lobbying			
	20 Improve transparency, accountability, representation, and access to information through, e.g., supporting civil society, enabling social audits to hold actors accountable, and increasing women's representation in positions of influence			
8 Recognise and protect marginalised groups	21 Implement a range of social protection policies that can provide benefits for those at risk, including mothers, the poor, elderly, and disabled			
	22 Procure and implement healthy and sustainable meals in schools and other institutions			
	23 Protect basic human rights of people in conflict areas			

Achieve the Planetary Health Diet for All



The Planetary Health Diet is a flexible pattern. It adapts to local crops, cultures, cuisines, and capabilities while the guiding principles stay the same. Transformative actions ensure that the Planetary Health Diet is the default, making healthy, sustainable, and just food available to all.

Solution 1

Shift to healthy diets

To make healthy and sustainable diets the easy and default option rather than the exception, healthy and nutritious foods need to be more available, affordable, convenient, aspirational, and delicious than unhealthy alternatives. The most effective actions focus on improving food environments, the places where people buy and choose food, rather than relying only on individuals to change their behaviour. Strengthening the purchasing power of the poor is more important than simply lowering food prices.

- Tax foods high in sugar, salt, and saturated fats and subsidise healthy foods.
- Restrict unhealthy food marketing with clear front-of-pack labelling, smaller portion packaging, and smaller serving sizes of unhealthy foods, and improve access to healthier options.
- Increase affordability of food by investing in social protection programmes rather than simply lowering food prices. Healthy school meals, accessible health coverage, job creation, and ensuring living wages, paired with pro-poor economic policies are good examples.

Solution 2

Protect and promote traditional healthy diets

Healthy and sustainable eating aligns with many cultures and traditional cuisines. While not all traditional diets are inherently healthy or sustainable in their current form, traditional food systems are often deeply rooted in local cultures, communities, and customs while being adapted to local environments. Healthy and traditional dietary patterns that are at risk of erosion should be identified, promoted, and protected amid the ongoing nutrition transitions and the rapid rise of ultra-processed foods.

- Celebrate traditional foods and raise awareness of their health and environmental benefits to elevate their social status and render them more aspirational. Traditional healthy foods should be included in national dietary guidelines, nutrition education, and school meal programmes.
- Invest in local markets and seed systems to help farmers grow a wider range of healthy foods, notably fruits, vegetables, legumes, and nuts, which are good for health but under-consumed by too many.

Produce the Planetary Health Diet within Planetary Boundaries



Recognise and reward farmers and fishers for the environmental benefits they create. As with diets, flexibility matters. Farmers and fishers are best placed to decide which practices to mix and match for the conditions on their land and farms.

Solution 3

Increase production working with nature, rather than against it.

This means producing food in ways that increase productivity while using resources more efficiently. The Commission recommends keeping at least 20–25% natural habitat per square kilometre in and around fields to let nature do its work. In places where crop yields are low, improving farming methods can help farmers grow more food with fewer environmental impacts. In areas where farming is already very intensive, the focus should be on reducing pollution and environmental damage.

- Secure farmer and fisher access to land and water so they can invest in the long-term benefits of sustainable practices. Agricultural advisory services, farmer networks, and knowledge sharing can help farmers learn and adopt these practices more easily.
- Create fairer agricultural markets for farmers: reduce excessive market concentration, strengthen anti-trust rules, and regulate food commodity speculation to ensure farmers receive fair prices.
- Invest in research and development to create new technologies, and practices, notably on crops that are underproduced today.
- Plan for increased future demand in fruits, vegetables, legumes and nuts in particular.
- Adopt financial incentives that recognise the environmental goods that farmers produce: habitat for biodiversity, carbon sinks and clean air and water.
- Shift subsidies away from staple crops to instead encourage legume, nut, fruit, and vegetable production.

Care for soils, water, and nutrients. Create and protect habitat in and around fields, and notably along rivers and streams. Match crops to local conditions. The reward is stable harvests with less strain and pressure on the planet. New technologies are needed to help farmers apply these practices efficiently and keep yields strong.

Solution 4

Halt agricultural conversion of intact nature

Intact nature is disappearing, taking with it the species and services nature provides, from regulating the climate to shaping regional weather patterns. Reversing this trend demands urgent action to reduce pressure on land, rivers, lakes and seas.

- Develop collective and collaborative arrangements between governments and local communities to protect nature.
- Involve local and Indigenous communities, recognise their land and sea rights, and support their leadership in managing natural resources.
- Make, keep, finance, and act on policies and commitments that reduce deforestation and nature loss linked to food production.

Solution 5

Reduce food loss and waste

About a third of food produced never reaches a plate nor is eaten. Loss and waste happen for different reasons across the world and along the food chain. Some loss is unavoidable. Actions are practical, affordable, and fast to scale when public and private buyers pull in the same direction.

- Reduce food loss during harvest, storage, and transport through better storage facilities, logistics, and supply chain data and analytics.
- Reduce waste in markets and at home through awareness raising, education, and skills training. Use clearer date labels and size standards that do not punish odd-shaped produce.
- Adapt package sizing to needs and use for perishable foods, and community-level education to cut what goes in the bin. While some waste is inevitable, put in place programmes that prioritise redistribution and reuse, for example as compost, feed, or fuel.

Secure Social Foundations



Living wages, workplace safety, and access to unions are cornerstones of justice for food systems workers. A fair distribution of opportunities and resources together with

freedom, agency, and non-discrimination, are the minimum thresholds of a just food system for all.

Solution 6

Secure decent work

Food systems should provide safe, fair, and dignified work for everyone, without discrimination based on gender, race, or other differences. Everyone should be able to work in just and favourable conditions, to be free to choose their work, with a salary that allows them to live and support a family, and to receive equal pay.

- Guarantee payment of updated living wages for all and promote gender equality across all jobs in the food system.
- Support the active role of food workers in food transformation. Provide training to support redeployment in difficult transitions (especially for youth, women, and current labour force).
- Strengthen enforcement of workplace protections and social safety nets, against gender-based violence and sexual harassment, occupational health conditions, and child labour.

Solution 7

Ensure meaningful voice and representation

Food systems work better when more people have a voice in decisions about how food is produced, sold, and consumed. Involve a wide range of people, especially marginalised groups, in food policy discussions to make decision-making more democratic and inclusive.

- Organise food system workers through unions and civil society groups so they can speak up for their rights and interests.
- Counter corporate influence and concentration with stricter regulations and transparency on political donations, lobbying, and conflicts of interest.
- Increase access to information to create more open, fair, and accountable food systems.

Solution 8

Recognise and protect marginalised groups

Making food system decisions fairer and more inclusive ensures that the responsibility for change does not fall disproportionately on marginalised groups. Engaging with actors across the food system improves impact and implementation.

- Put in place strong social protection policies so that people can afford healthy and sustainable diets. School meals, cash support for low-income households, maternity benefits, pensions, and disability support improve food security and nutrition and make it easier for families to access healthy food.
- Invest in school meals to shape the dietary preferences of the next generation.
- Protect the right to adequate food for people in conflict areas through humanitarian aid, rebuilding food supply chains, and funding mechanisms to prevent and respond to famine.

Policy Playbook for Consumers, Cities, Companies, and Countries

To accelerate progress, the Commission calls for clear strategies and planning to ensure that, by 2050, all individuals have access to healthy diets that are equitably produced, processed, and distributed within planetary

boundaries. These strategies and plans should be tailored to different sectors, scales, actors, and locations. The Commission proposes five important steps.



Establish context-specific bundles of actions and policies

Transformative potential is realised when mutually reinforcing actions are implemented as context-appropriate bundles of actions.



Set and track targets

Targets can shape agendas and catalyse bold policies across multiple scales. The Planetary Health Diet, the food system boundaries, and the social foundations represent an important initial step towards science-based targets for food systems. Setting targets brings clarity and ambition to food system challenges.



Build coalitions of diverse actors

Cross-sector coalitions bringing together public institutions, private sector, and civil society, help actors with differing interests find common ground and develop practical food system pathways.



Strengthen political leadership and governance frameworks

Transforming food systems requires strong political leadership and coordinated action across sectors. Strong governance requires robust legislative oversight and transparent budget tracking mechanisms. Governments can also monitor how the food industry responds to policy changes, to avoid unintended consequences and ensure policies deliver their intended results.



Unlock financial resources for transformation

Implementing policy for food systems transformation requires willingness to reprioritize current resource spending. Governments can bundle existing activities, repurpose agricultural subsidies to align with health, social protection, and environmental objectives, introduce health-focused food taxes, and align investments with climate, biodiversity, and economic priorities.

Finance and Return

Money is not the bottleneck when benefits are counted in full. This section outlines orders of magnitude for investment, the role

Transforming food systems takes money. Estimates put the needed finance at roughly 200 to 500 billion dollars per year. That may sound large, but the benefits are far larger. Healthier diets reduce the burden of disease and lower costs for health systems. Cleaner water reduces treatment costs and harm to ecosystems. Better soils reduce input bills and buffer droughts and floods. Analysis suggests that benefits can reach the trillions per year once the system turns.

of procurement and climate finance, and why outcomes-based spending gives better value.

Finance should come from a mix of sources. Repurposed public support. Climate finance. Development banks. Private capital tied to measurable outcomes rather than pure output. Public procurement is a quiet giant. When schools and hospitals buy better food from sustainable producers, they de risk investment for farmers and processors.

Risks, Myths, and Safeguards



MYTH

“This is an anti-meat agenda.”



MYTH

“Prices will soar.”



MYTH

“Farmers will lose by design.”



RISK

“Water constraints will block progress.”



RISK

“Nutrient limits will cap yields.”



RISK

“New pollutants and chemicals (novel entities) are a blind spot.”



RISK

“Agricultural employment will decline.”

Every major change attracts myths and fear. This section deals with the common claims, shows what the evidence says, and offers simple design choices that keep risks small.



REALITY

The diet allows small amounts of animal foods within health limits. In regions where acute malnutrition exists and diets lack animal source foods, modest increases are part of the fix. In regions with unhealthy overconsumption, ruminant meat falls from high levels. Animal health, welfare and manure management improve across the board.



REALITY

The healthy diet scenario does not show a global surge in average food prices. Some regions face higher costs without support, but the Planetary Health Diet allows a large range of affordable options. Many local cuisines in low income countries are already closer to it than wealthy countries. Cutting overconsumption, especially of costly animal foods, saves money for many households. The real barrier is poverty. For those who cannot afford enough food at all, let alone healthy food, targeted subsidies and social protection are essential.



REALITY

Some sectors shrink while others grow. Farmers gain in crops, fruit, vegetables, legumes, nuts and trees on farms. Transition support and fair prices for public goods protect incomes. Falling agricultural jobs are driven by efficiency and economic pressures, not by healthy diets, and appear in all scenarios modelled. New work can emerge by valuing on-farm conservation and reconnecting local production with local consumption.



ANSWER

Manage soils for moisture, pick crops that fit local water budgets, and reduce loss and waste. Protect river flows with basin planning and fair pricing. Invest in efficient irrigation and circular water systems.



REALITY

Focus on timing, placement and recycling. This cuts losses and saves money. It is smarter use, not blanket cuts.



REALITY

Treat data gaps as a reason to monitor and to apply precaution. Cut exposure while evidence improves.



REALITY

All scenarios show agricultural jobs declining, driven by efficiency gains, including progress on reduced food loss and waste. New work can emerge in other sectors by recognizing the public value farmers and fishers create for the environment and for health. City region food systems can also link between small producers with urban markets, opening jobs tied to environmental care, public health, and community well-being.

Conclusion

This Commission calls for an urgent food systems transformation, positioning justice as both a central goal and a driving force. Food systems cannot be just without ensuring the Planetary Health Diet is affordable and accessible

to all, and without substantially reducing transgressions of planetary boundaries. The route is practical, the solutions exist and are within current capabilities, and the reward is large. The final section ties the plan together in three moves:



Eat for your health, and for that of the planet



Recognise and reward the environmental values from food production



Steer actions towards a fair food system where all people have equal rights, benefits, and opportunities

Transforming food systems is not a leap of faith. It is careful work, backed by evidence, that uses available methods and tools. With the right support, people can be encouraged to make better food choices and use their collective voice to advocate for a healthy, sustainable and just food system.

Schools can lead through meals and lessons. Cities can lead through procurement. Farmers can lead through better practices. Companies can lead through fair contracts and honest products. National leaders can set the rules and fund the shift.

The 2025 EAT-Lancet Commission

The EAT-Lancet Commission is a global, interdisciplinary group of world-leading researchers with expertise in nutrition, health, agriculture, sustainability, social justice, and policy — working together the Commission has developed scientific targets for healthy diets from sustainable and just food systems. This includes the Planetary Health Diet, the food system shares of the planetary boundaries, and clear social foundations for a just food system.



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Healthy food accessible to all—
produced, processed, distributed,
and consumed fairly within
planetary boundaries

