

# EAT-Lancet 2.0

**”healthy, just and sustainable food systems”**

# Impact highlights

- The EAT-Lancet report defined a healthy diet for people and planet with unprecedented global coverage and impact
- 16 major cities around the world have committed to meeting the EAT-Lancet targets by 2030
- EAT Stockholm Food Forum convenes all leading stakeholders from politics, science and business to co-create and scale solutions





# Launch EAT-Lancet 2.0

## 4 Forum tracks:

- Policy and regulations
- Finance and investments
- Innovation and technology
- Culinary and consumer

Images sourced from EAT presentation dated February 15 2025



## What will success look like?

The Forum aims to close the gap between knowledge and action. Specifically, the ambition is to:

1. **Launch EAT-Lancet Commission 2.0:** Provide an in-depth brief of the Commission's findings and the implications of the global guardrails for healthy, environmentally safe and just food systems.
2. **Create a premier platform:** Establishing the Forum as the leading science-based forum for food systems discussions and actions, including by becoming a feeder to COP30.
3. **Showcase solutions:** Highlighting innovative solutions and collaborative approaches, demonstrating the future of sustainable, healthy and delicious food.
4. **Accelerate initiatives:** Boost support for and engagement in action-oriented initiatives based on the latest science, fostering partnerships and celebrating progress.

## 7th EAT Stockholm Food Forum

October 2-4<sup>th</sup>, 2025







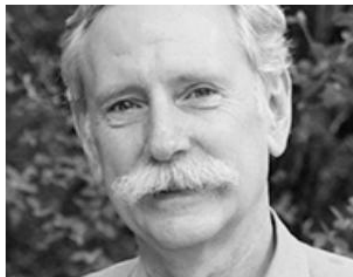
**Johan Rockström**

Commission Co-Chair  
Potsdam Institute for Climate Impact Research



**Shakuntala Thilsted**

Commission Co-Chair  
WorldFish/CGIAR



**Walter Willett**

Commission Co-Chair  
Harvard University

# The Commission



**Line Gordon**

Director  
Brookings Resilience Center



**Marco Springmann**

Professor in Climate Change, Food Systems and Health, Co-Director of the Centre on Climate Change and Planetary Health  
London School of Hygiene and Tropical Medicine



**Mario Herrero**

Professor of sustainable food systems and global change  
Cornell University



**An Pan**

Professor of Epidemiology  
Washington University of St. Louis



**Carlos Monteiro**

Professor of Nutrition and Public Health  
University of São Paulo



**Christina Hicks**

Professor within the Political Ecology group  
Lancaster University



**Namukolo Covic**

Director General's Representative to Ethiopia  
International Livestock Research Institute (ILRI)



**Nita Forouhi**

Professor of Population Health and Nutrition, MRC Investigator, University of Cambridge



**Nitya Rao**

Professor of Gender and Development  
University of East Anglia



**Claire Kremen**

President's Excellence Chair in Biodiversity  
University of British Columbia



**Detlef van Vuuren**

Professor in Integrated Assessment of Global Environmental Change  
Utrecht University, MIP, Netherlands Environmental Assessment Agency



**Ermias Kebebew**

Associate Dean for Global Engagement  
University of California, Davis



**Patrick Webb**

Director for USAID's Feed the Future Nutrition Innovation Lab



**Ramanan Laxminarayan**

Founder and Director, One Health Trust, Senior Research Scholar, Princeton University



**Rina Augustina**

Lecturer for the post graduate study program in Nutrition



**Jemimah Njuki**

Chief, Economic Empowerment  
UN Women



**Jessica Panzo**

Professor of Climate and Director of the Food for Humanity Initiative  
Columbia Climate School



**Juan Rivera**

Founding Director of the Center for Research in Nutrition and Health  
Mexico's National Institute of Public Health



**Sonja Vermeulen**

Director of Programs  
CGIAR



**Theresa Marteau**

Director of the Behaviour and Health Research Unit  
University of Cambridge



**Wen Harn Pan**

Distinguished Research Fellow, Institute of Biomedical Sciences, Academia Sinica, Research Center for Environmental Changes, Academia Sinica, and Institute of Population Health Sciences, National Health Research Institutes, Taiwan



## EAT–Lancet Commission 2.0: securing a just transition to healthy, environmentally sustainable diets for all



Visuals/Getty Images

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For the EAT–Lancet Commission 2.0 see <https://eatforum.org/eat-lancet-commission/eat-lancet-commission-2-0/>

In the 4 years since the EAT–Lancet Commission's report on food in the Anthropocene,<sup>1</sup> so much has changed. Global volatile supplies and costs of food, fuel, and fertilisers contribute to inflation and social instability. The effects of the COVID-19 pandemic disrupted economies and societies across the globe, and the risk of new emerging infectious diseases persists. Injustices and inequities embedded within the food system have increased,<sup>2</sup> confirming the urgency of a “Great Food Transformation”, as called for by the EAT–Lancet Commission in 2019,<sup>1</sup> which today remains unrealised. Profound food systems challenges still need to be addressed.

Unsustainable food production threatens the stability of the biosphere. Unhealthy food consumption underpinned by unsustainable food systems accounts for up to 10·8–11·6 million premature deaths each year.<sup>1,3</sup> Dominant food practices and demand are driving biodiversity loss, water scarcity, overuse of pesticides, nutrient pollution, climate change, and excessive use of antibiotics. Much of these climate and land-use impacts are associated with unhealthy overconsumption.<sup>4</sup> The food system is a large emitter of greenhouse gases, accounting for an estimated 30% of global emissions,<sup>5</sup> but it is also sensitive to extreme

events induced by climate change and disruption of ecosystem services contributing to food production. Meanwhile, there is enough food to ensure calories for the world's population, but foods are inequitably distributed, and key nutrients remain in short supply for many people. Since 2019, the number of people facing acute food insecurity has increased from 135 million to 345 million.<sup>6</sup> Inequitable distribution of healthy and sustainable diets contributes to a range of negative outcomes, including conflict, biodiversity loss, and the unrealised potential of people who are disadvantaged by inaccessible or unaffordable healthy diets. What foods society produces, makes available, affordable, and accessible, and how and where these foods are produced, are driving factors of environmental degradation. Food prices do not reflect the costs of sustainable production, yet healthy diets are unaffordable for billions of people.<sup>7</sup>

The need for a new overview to guide ambitious solutions in such a complex global challenge is clear. Since 2019, the evidence about ecosystems stress, diet-related ill health, inequalities in food consumption patterns within and between countries, and disrupted food supplies<sup>8</sup> underscore the need for better integrated policy-relevant understanding and action on food

systems for both people and planet. In this context, the new EAT-Lancet Commission 2.0 will review the latest evidence on how to define and quantify a healthy reference diet and assess whether and how diets globally contribute to meeting health targets, while making healthy food accessible to all—produced, processed, distributed, and consumed fairly within planetary boundaries.

Guided by this ambition, this Commission will also focus on equity and justice. The Commissioners will examine how power and social differences (eg, gender, class, and geography) shape access to healthy and sustainable diets, including opportunities to benefit from decent work conditions for food system workers, who remain among the most marginalised and least paid globally. Commissioners will also identify unjust exposures to environmental burdens related to climate change, increasingly acute water shortages (and excesses), and loss of ecosystem functions underpinning climate stability and food production. We notably focus on those

boundaries. Major questions persist about how food systems can generate positive environmental outcomes—eg, sequester carbon, retain enough biodiversity to secure the benefits people derive from nature, and improve water quality—while producing the range and quality of adequate foods underpinning healthy consumption for all. Continued environmental degradation by food production is not a viable option, and the Commission will identify the promises and potential practices capable of regenerating the environmental performance of food production.

This new Commission will also explore the existence of resilient diverse dietary patterns globally that are consistent with the reference Planetary Health Diet<sup>1</sup> and use this analysis in support of improved recommendations for the range and diversity of healthy variants of this reference diet from across local contexts and geographies, expanding on the original Commission's recommendations.

Finally, the Commission is developing multi-model analyses to more robustly quantify the environmental impacts of foods and of how foods are produced. This work will be informed by methods used in analyses by the Intergovernmental Panel on Climate Change, the UN High Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security, and the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services.

## Statement on Funders and Supporters of EAT-Lancet 2.0

EAT-Lancet Commission 2.0 is supported by the following funders:

[IKEA Foundation](#) | [The Rockefeller Foundation](#) | [Children's Investment Fund Foundation](#) | [Wellcome Trust](#) | [Svenska Postkodlotteriets Stiftelse](#) | [Novo Nordisk Foundation](#) | [Seedling Foundation](#)

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FOUNDATION



novo nordisk  
foundation

Seedling  
FOUNDATION

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[Cornell Atkinson Center for Sustainability](#) | [Canadian Institutes of Health Research](#) | [Columbia Climate School](#) | [Villars Institute](#)



 COLUMBIA CLIMATE SCHOOL  
Climate, Earth, and Society



*“EAT and the Commission co-chairs extend their appreciation to the Commissioners and their host organizations for volunteering their time and expertise to the EAT-Lancet Commission 2.0. We attest that the aforementioned funders are the sole funders to the Commission, and that the activities of the Commission remain independent from any commercial sponsorship.”*

# Five themes



**Planetary Health Diet:** revised definition of healthy diets.



**Food Systems boundaries:** sustainable food systems within nine Planetary Boundaries



**Just food systems:** social foundations for food system transitions.



**Food Model Intercomparison Project (FMIP):** sustainable and healthy diets.



**Transformation:** Highlight bright spots and innovations.



# The EAT impact equation

STRENGTH OF  
SCIENTIFIC  
OUTPUT

X

COMMUNICATION  
AND ACTION

=

IMPACT

Our proven recipe for success

How we do it —

## Knowledge

Generating scientific knowledge for global food systems transformation



## Communications

Maximizing public amplification and impact of findings via a creative communications and public engagement



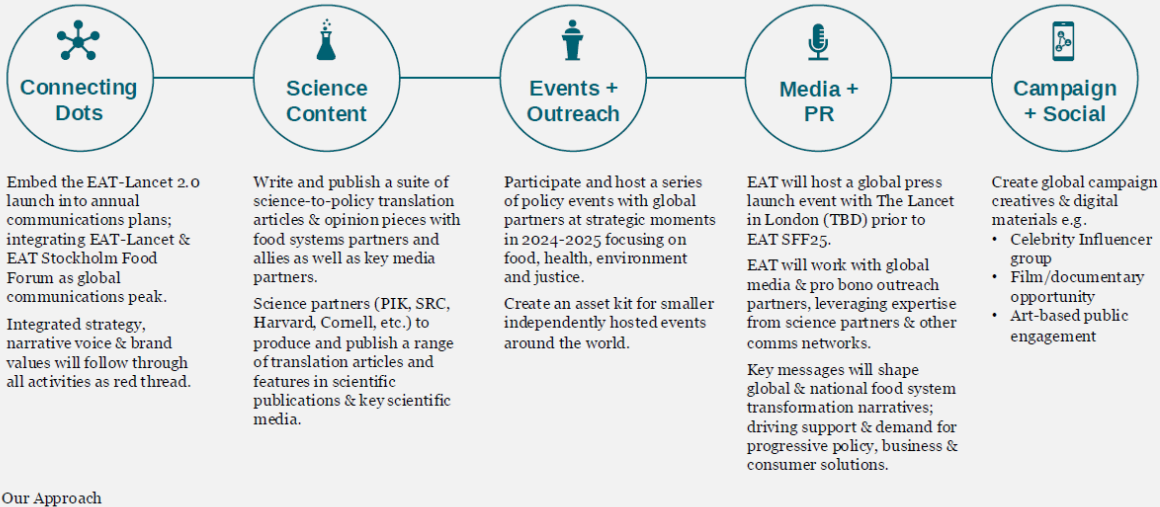
## Action

Building alliances to drive systemic action and change



# How we achieve this

Five work packages



# Growing the movement

The 7<sup>th</sup> Forum in 2025 can drive the movement for healthy, sustainable, and just food systems, marking a key step towards COP30. EAT provides a crucial science-based platform for change. In the next 3 years, the goal is to evolve from a bi-annual event to a year-round global program.



# EAT-Lancet 2.0 – building on the last report

- Diet based solely on health
  - Included new evidence on health
  - Dietary patterns
  - 90% adherence to Planetary Health Diet: 11 → 15 mill deaths/year avoided
- Introduction of «justice boundaries»
- Includes several modeling institutions
- Under embargo



# EATs communication

- Best diet for health is also most sustainable
  - Plant based, minimally processed, price-available, attractive to consume
  - Nuancing of the concept «plant-based», more emphasize on whole foods?
- Food system approach but diet grounded in health
- Positive communication
  - The Planetary Health Diet is very flexible
- Food system is broken: Transformation by 2050
  - «Hidden costs» in addition to environmental cost
  - Human rights
  - Planetary boundaries transgressions
- Dietary changes not enough
  - Food production
  - Food waste
  - Technology
- «Build a society that is stronger, healthier and more just!»




# The long game

## The EAT Communities for Action


**2025**

**10 Communities for Action** coming together in a streamlined process that connects across sectors and actors:


1. Finance and Trade
2. Cities
3. Chefs, Restaurant & Food Service
4. Food Retailers & Manufacturers
5. **National Policymakers**
6. Consumers & CSOs
7. Farmers & Fishers
8. Indigenous Peoples
9. **Healthcare Professionals**
10. Science (EAT-Lancet Commission)



Communities for Action engaging in dialogues, co-developing calls to action



Communities for Action connecting across sectors and actors at the Stockholm Food Forum 2025



Communities for Action ready to engage and commit to action

## Summary for AND with Policy Makers

**2025**

**HEALTHY, SUSTAINABLE, AND JUST FOOD SYSTEM**  
A 2025 EAT-Lancet Commission Summary for and with Policymakers  
Draft v2

Science Contributors: Fabrice DeClerck, Walter Willett, Johan Rockström, Shikun Tang, Christina Hicks, Mario Herrero, Line Gordon, Xiao Gu, Sofie te Wierik, Anna Norberg, Amal Lalla, Matt Gibson, Costanza Conti, Jessica Fanzo, Theresa Marteau, Patrick Webb, Ellen Cecilia Wright, Daniel Mason d'Cruz.

Policy Contributors: (listing of contributing authors from policy setting to be recognized)

**Preamble:**  
The EAT-Lancet Commission is an independent, research contribution reviewing and synthesizing the latest peer-reviewed evidence relevant to policymakers around the world on healthy, sustainable, and just food systems. The 2025 Commission is comprised of 24 leading world experts and almost 50 specialist authors ranging from food production through to consumption. There are five specific aims of this Commission:

(1) To provide the most updated scientific evidence on what is a healthy diet for optimal human health to guide food system actors in developing national and sub-national guidelines and recommendations.

*To be launched at CFS in Rome  
October 20-25, 2025*

## Health Care Professionals Community For Action

1. Recognise the role of healthy, sustainable, & equitable diets in preventing & treating medical conditions.
2. Recognise that dietitians & nutritionists as essential members of multidisciplinary teams
3. Embed healthy, sustainable, & equitable nutrition in training, education & practice
4. Reprioritise healthcare systems towards prevention & routine nutrition care.
5. Use your voice as food systems transformation advocates.
6. Communicate with simple, clear, & actionable advice
7. Leverage evidence-based behavioural strategies & teachable moments.
8. Offer systematic screening & referral systems to tailor patient counselling to their socioeconomic realities.
9. Promote culturally relevant food to enhance access, affordability, & relevance
10. Leverage community settings to promote contextually relevant dietary change

**Contact:** Nanine Wyma  
(n.wyma@pan-int.org)

**2025 -> Draft work in Progress**

**PAN International** Physicians Association for Nutrition