

# To sustain human life on earth for generations to come, we must change the way we interact with food.

Population growth is placing planetary health under pressure



Our global population is expected to reach 9.7 billion people by 2050 (1)

Our current food system is leading to malnutrition in all its forms



1.9 billion adults are overweight or obese (2)



45% deaths of infants linked to undernutrition (2)

Our food system is catalysing climate change & depleting natural resources



Contributes 30% of all GHG emissions (3)



Utilises 70% of available fresh water (4)

**The EAT-Lancet Commission advised that "nothing less than a Great Food Transformation" is required (5).**

A whole-of-system approach is critical. At the *consumption* phase, healthy and sustainable diet-related practices can drive and support transformation at each phase of the food supply system.



These diet-related practices are inter-connected. We must consider the way food is produced, sourced, prepared, consumed and disposed of to minimise the environmental impact of our diet (13).

## Where to source food?



Select food grown using sustainable production practices, valuing Indigenous knowledges



Strengthen local food systems by connecting with primary producers



Eat seasonally, incorporating native and wild-harvested foods

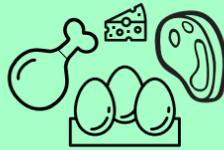


Eat locally available foods

## What to eat?



Avoid over-consumption beyond caloric requirement



Consume no more than recommended animal-derived foods



Limit intake of ultra-processed, nutrient-poor and over-packaged food



Increase intake of plant-based foods



Eat a wide variety of foods to promote biodiversity

## How to eat?



Adopt food waste-minimisation strategies



Preference home-made meals and share with others



Consume safe tap water as preferred drink



Breastfeed infants where possible

## How can policy-makers contribute to the Great Food Transformation?



Prioritise these practices in National food strategies and dietary guidelines



Modify the local food environment to promote these practices as the easiest way to interact with food



Embed community participation in decision-making processes to foster food citizenship

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