

**WHY**  
are healthy  
diets more  
sustainable?





# Planetary health

is based on the premise that human well-being over the long term depends on the well-being of the earth, including both its living and non-living systems.

Rockefeller-Lancet Commission 2015

© Rosemary Stanton 2022







**The current diet is not ideal for human health or planetary health.**

Modern Western diets; dominated by discretionary (unhealthy and ultra-processed) foods and drinks.

**~60% of average food budget\***

\*Lee, A., Patay, D., Herron, LM. et al. Affordability of current, and healthy, more equitable, sustainable diets by area of socioeconomic disadvantage and remoteness in Queensland: insights into food choice. Int J Equity Health 20, 153 (2021)





**Junk foods and drinks  
displace more nutritious foods.**







**‘Ultra processed’  
and packaged  
foods are  
responsible for...**



'Ultra processed' and packaged foods are responsible for...



**35% of water used for food production.**





‘Ultra processed’ and packaged foods are responsible for...

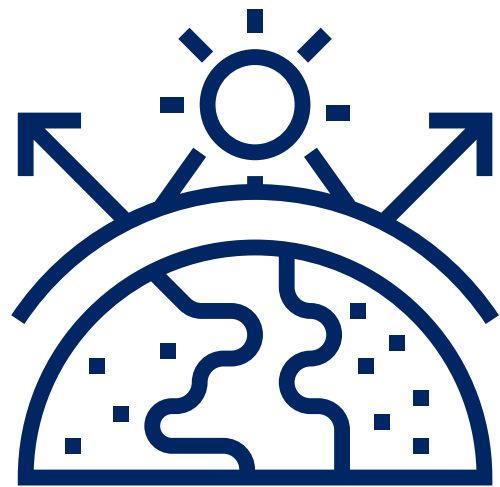


**39% of kilojoule intake.**





'Ultra processed' and packaged foods are responsible for...



**33%** of greenhouse gas emissions.



‘Ultra processed’ and packaged foods are responsible for...



**35% of land use.**



# Vegetable and fruit online survey shows...



(ABS online survey of vegetable & fruit consumption released 17.6.2022)





Only  
**6.1%**  
of adults meet  
vegetable and fruit  
recommendations.





Only  
**8.5%**  
of 2-17 year old  
meet vegetable and  
fruit recommendations.



**Healthy diets  
are more  
sustainable.**

