



How to eat sustainably?

**The
Sustainable
Living Guide**

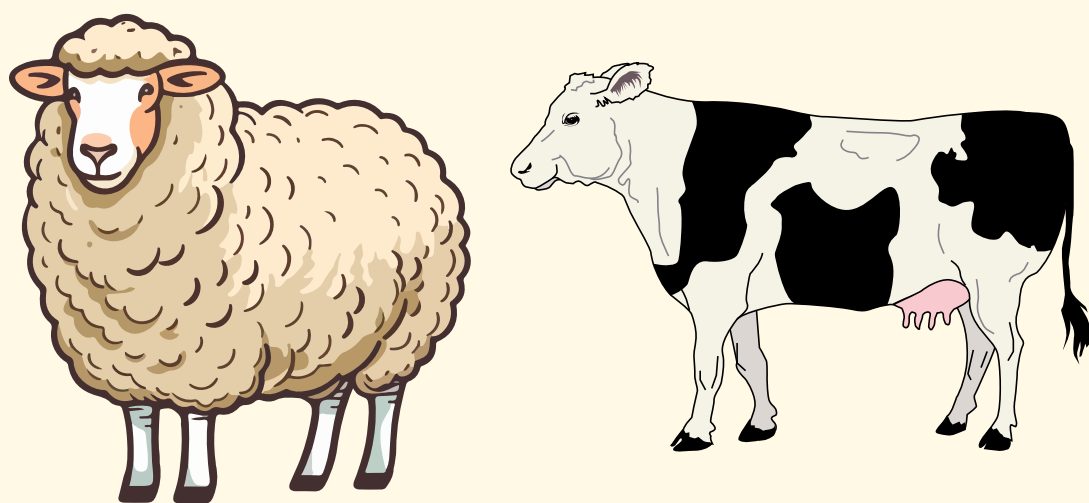
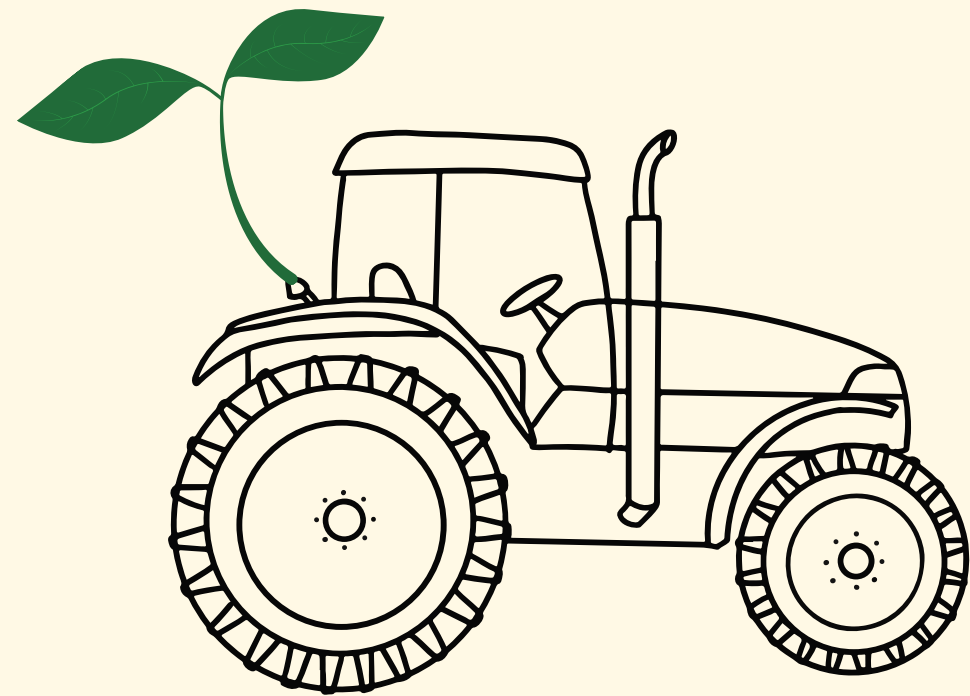


There is an urgent call for countries to move towards a Net Zero world. The UK has set an ambitious target of becoming Net Zero by 2050.

(Hutton et al., 2024)

In the UK 11% of GHG emissions come from agriculture production. 62% of these emissions come from an overconsumption and reliance on livestock products.

(GOV.UK, 2023)



Livestock has a low calorie/protein content per hectare of land, making animal products one of the most resource and GHG emission intensive foods.

(Department for Environment, Food and Rural Affairs, 2019)

In addition to environmental harm, and lack of efficiency, the UK's high consumption of livestock products negatively impacts health, by displacing key nutrients from other foods

(Department for Environment, Food and Rural Affairs, 2019)



Therefore, for the UK to reach its Net Zero target by 2050, as well as protect the country's health, a significant shift in food production and consumption patterns is required.



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To aid the UK move towards net zero, a planetary health diet needs to be adopted.

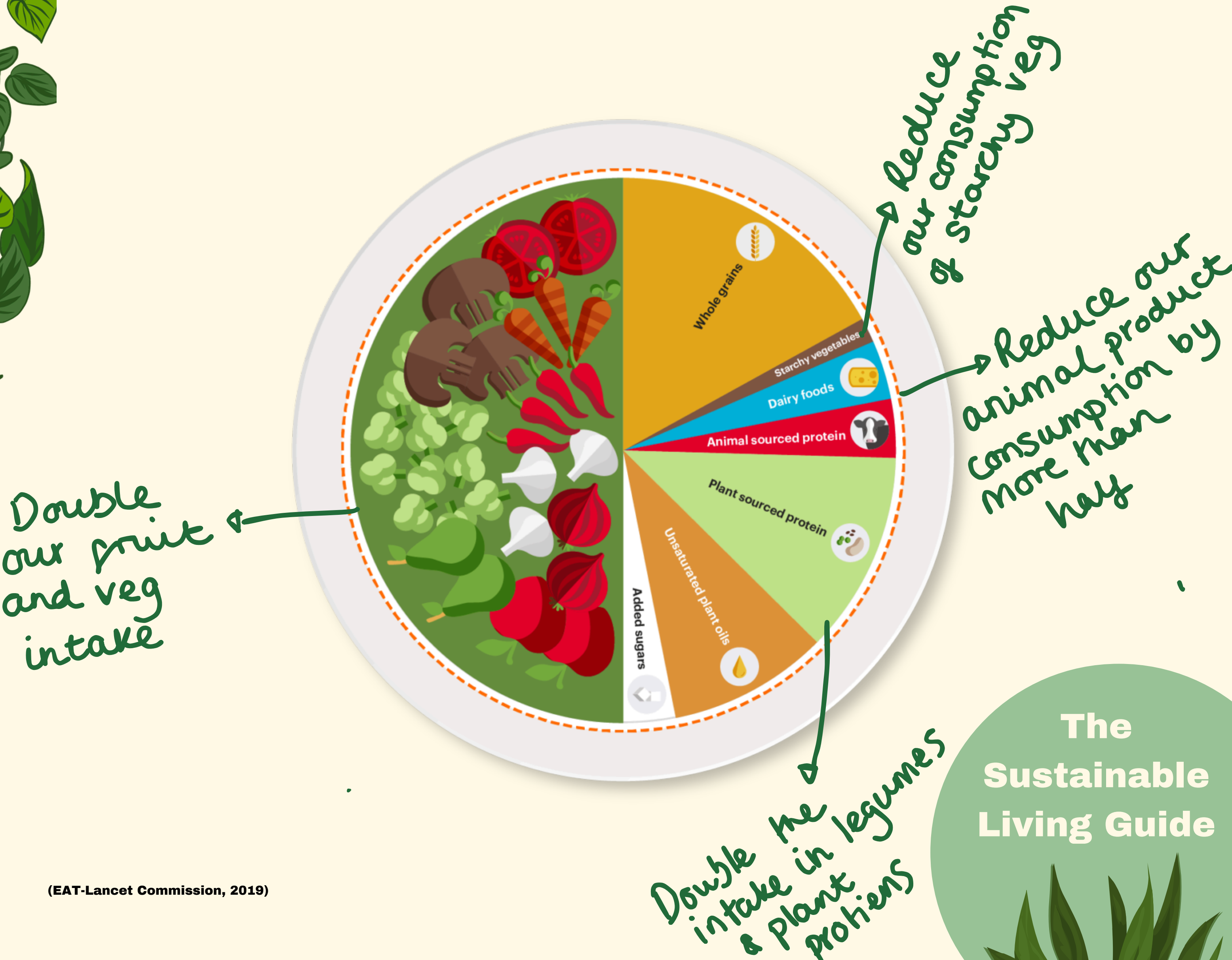


There is substantial scientific evidence that links a healthy diet with environmental sustainability, allowing an achievement of development in both hand in hand.



(EAT-Lancet Commission, 2019)

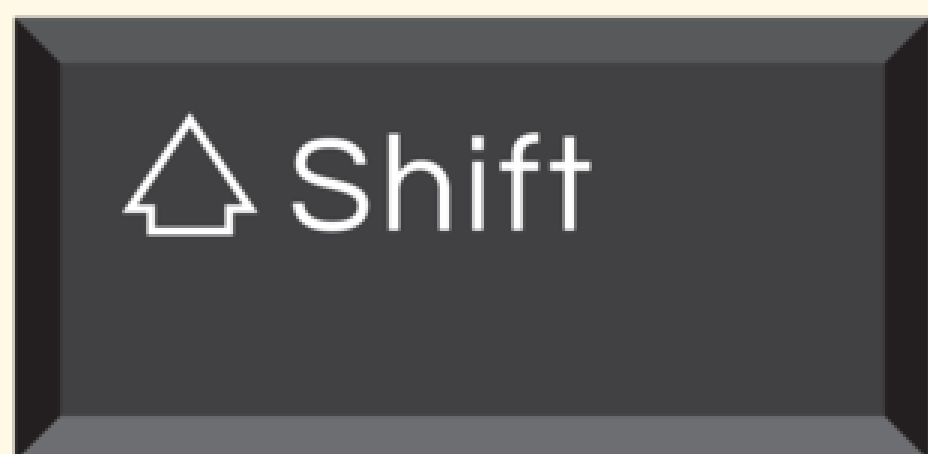
A **planetary health diet** combines both the concepts of planetary boundaries, and health boundaries to move towards a more sustainable food system. A suggested planetary health diet food plate is shown below:



(EAT-Lancet Commission, 2019)



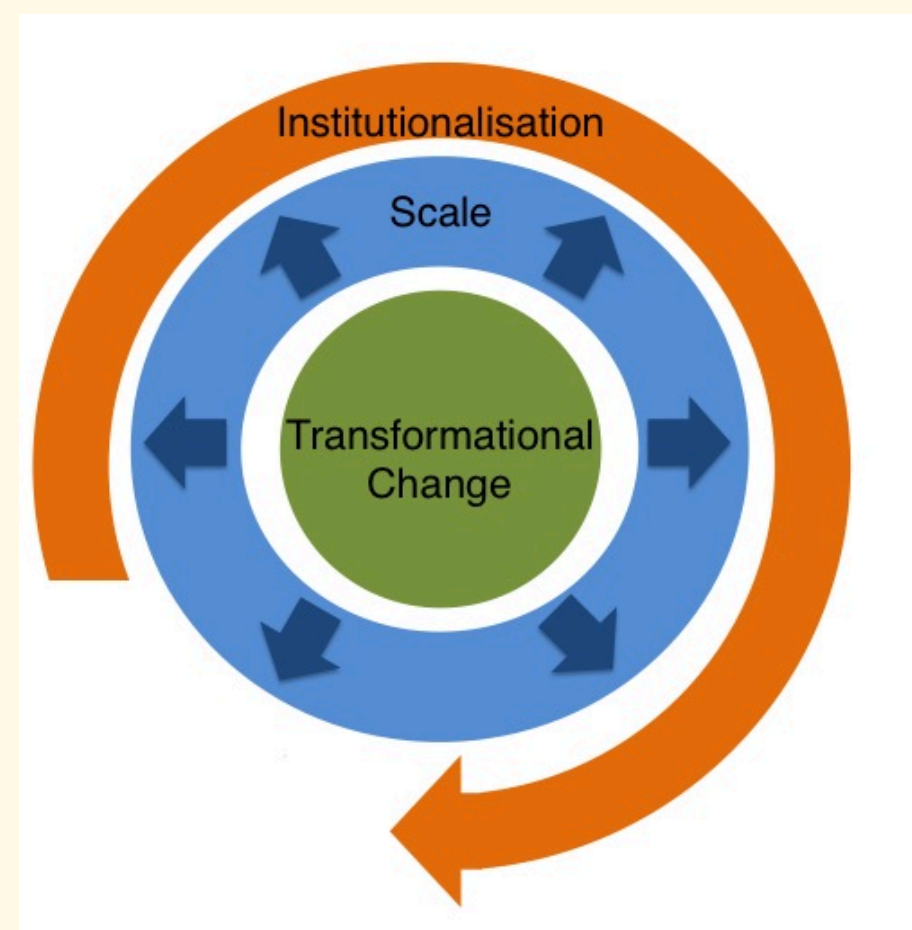
The adoption of a planetary health diet will require mass behaviour change



If we shift the UK's current overconsumption of animal products, towards a planetary health diet, this will significantly reduce the UK's emissions caused by livestock and aid the UK's move towards a Net Zero future.

(YMCAfit, 2015)

However this change in both food consumption and production will require mass systemic change in behaviour and will effect all UK citizens from consumers to farmers.



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