



The planetary health diet is a hot topic right now



Tipp von Esther Kern



Most people associate the word diet with healthy eating, calories and losing weight. But there is a new diet that has a much greater purpose - the health of the entire planet. The planetary health diet has been the catalyst for a worldwide discussion on what humans can eat if they want to eat sustainably and remain healthy.

In principle, the diet promotes flexitarianism or 'casual vegetarianism': in other words, a diet comprising almost exclusively plant-based products, with the occasional inclusion of a little meat, fish or dairy. The diet is also very low in sugar and high-starch vegetables such as potatoes. Low-starch vegetables make up 50% of the planetary health diet.

This type of food is nothing new for many of us. But thanks to the planetary health diet, we now have a term that expresses what many are wanting - namely to eat sustainably with a clear conscience while not having to compromise on enjoyment.



The planetary health diet was developed by renowned medical publication The Lancet and the EAT platform. EAT is a non-profit start-up dedicated to transforming our global food system and making it more sustainable.

More information: www.eatforum.org