



Eat colourful, live green!

The Planetary Health Diet is a global reference for a balanced diet for adults. It is symbolically visualised by a plate half filled with fruit and vegetables, while the other half contains mainly whole grain products, vegetable proteins such as beans, lentils, pulses and nuts, as well as unsaturated vegetable oils. Moderate consumption of meat and dairy products, some added sugar and starchy vegetables complete the picture.

The main aim of this dietary guideline is to feed all 10 billion people on earth a healthy diet by 2050 without jeopardising our planet. According to estimates by the EAT-Lancet Commission, around 11 million deaths due to malnutrition or deficiency could be avoided each year if the Planetary Health Diet were adhered to. Designed to be flexible, it provides guidelines for different food groups that together promote optimal nutrition for human health and environmental sustainability. In particular, it emphasises a plant-based diet in which whole grains, fruit, vegetables, nuts and pulses make up a significant part of the dietary intake.

The Federal Centre for Nutrition has developed an exemplary nutrition plan that serves as a general frame of reference for a healthy and environmentally friendly diet. Roughly outlined, the Planetary Health Diet envisages a worldwide doubling of the consumption of vegetables, pulses, fruit and nuts, while the consumption of meat and sugar should be halved. Moderate amounts of fish, seafood and poultry supplement the diet.

Sustainable nutrition is a holistic approach that takes into account both our health and that of our planet. By making conscious choices, we can protect the environment and promote our own well-being. A sustainable diet should support all aspects of our health while having a low environmental impact. This diet includes organic, regional, seasonal and fairly produced, resource-conserving and plant-based foods with a low level of processing. In the long term, this contributes to improving living and environmental conditions worldwide and to promoting global justice.

Organic production is based on the principle of closed cycles, which means that biodiversity, soil fertility and other natural resources are utilised and promoted with care. Less raw materials and energy are used and the use of chemical-synthetic substances is strictly regulated or prohibited. This reduces the overall environmental impact by reducing the nutrient and pollutant load.

Less processed staple foods are not only cheaper than highly processed products, but also require fewer resources and produce less waste. Eating plant-based foods also consumes fewer resources and reduces greenhouse gas and pollutant emissions.

The massive breeding and slaughter of 80 billion animals per year for food has a devastating impact on our planet, especially due to the enormous amount of land used for animal feed such as soya, maize or grass. This leads to the destruction of habitats, excessive water consumption, deforestation and the extinction of wild animals. A diet high in meat and animal fat is also linked to health problems such as obesity, type 2 diabetes and cardiovascular disease.

Tips for a sustainable diet:

- Favour plant-based foods
- Eat organically produced food
- Go for seasonal, regional products
- Choose minimally processed products
- Look for environmentally friendly packaging
- Buy fairly traded goods
- Think about enjoyment and wholesomeness
- Do not waste food

Another important step in this direction is shopping in sustainable markets such as unpackaged shops or green buildings, which not only save electricity but also use green electricity. These places reduce their ecological footprint and offer products that are organic, regional, seasonal and fairly produced.

By focussing on plant-based food, organic production and fair trade, we can help to preserve the health of people and the environment in the long term. Everyone can play their part in achieving the goal of the Planetary Health Diet. There are numerous recipes based on this diet plan that can inspire healthy and environmentally conscious eating. ([Planetary Health Diet: Plan und Rezepte | EDEKA](#))

Quellen

- [Nachhaltigere REWE Märkte: Entdecke, wie wir sie bauen](#)
- [Nachhaltigkeit - Ziele für Nachhaltige Entwicklung | DGE](#)
- [Nachhaltige Ernährung: umweltbewusst und gesund | EDEKA](#)
- [Was macht eine nachhaltige Ernährung aus? | Umweltbundesamt](#)
- [26 Wege für ein nachhaltigeres Leben | National Geographic](#)
- [The Planetary Health Diet - EAT \(eatforum.org\)](#)
- [Planetary Health Diet: gesunde Ernährung für alle Menschen \(aok.de\)](#)