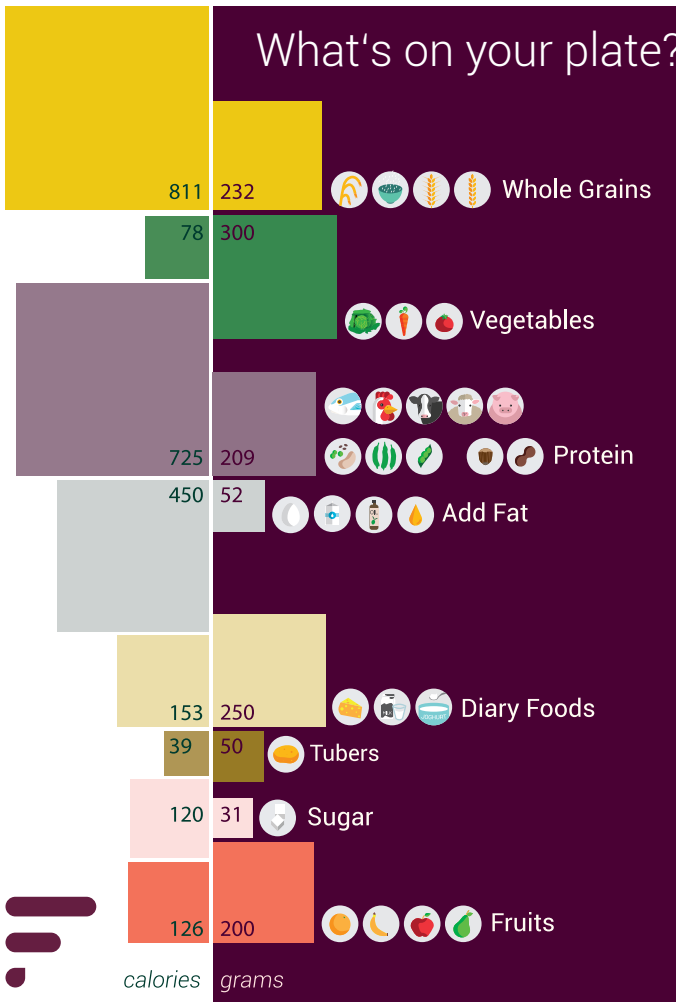


What's on your plate?



www.eatforum.org



Source: Summary
Report of the
EAT-Lancet
Comision, 2019

Planetary Health Diet

Scientific targets with possible ranges,
for an intake of 2500 kcal/day.

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*Infographic by
B. Braun &
V. Le Hoai with
additional icons
from the EAT
Lancet*



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What's on your plate?

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232 g/day
811 kcal/day



31 g/day
120 kcal/day



250 g/day
153 kcal/day

200 g/day
126 kcal/day



300 g/day
78 kcal/day



50 g/day
39 kcal/day

51 g/day
450 kcal/day



209 g/day
726 kcal/day



What's on your plate?











Planetary Health Diet

Scientific targets with possible ranges, for an intake of 2500 kcal/day.



Source: Summary Report of the EAT-Lancet Commission, 2019

www.eatforum.org

	Whole grains (Rice, wheat, corn and other)	232 g/day		Tubers or starchy vegetables (Potatoes and cassava)	0–100 g/day
	Fruits	100–300 g/day		Protein sources	
	Vegetables	200–600 g/day		Beef, lamb and pork	0–14 g/day
	Diary foods (Whole milk or equivalents)	0–500 g/day		Pork	0–14 g/day
	Sugar	0–31 g/day		Chicken and other poultry	0–58 g/day
	Add Fat			Eggs	0–25 g/day
	<i>Palm oil</i>	0–6.8 g/day		Fish	0–100 g/day
	<i>Unsaturated oils</i>	20–80 g/day		Legumes	
	<i>Lard or tallow</i>	0–5 g/day		Dry beans, lentils, and peas	0–100 g/day
				Soy foods	0–50 g/day
				Peanuts	0–75 g/day
				Nuts	25 g/day

