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## A study to explore adherence to the EAT-Lancet planetary health diet in 27 European countries

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**INTRODUCTION and AIM:** Plant-based diets should be promoted being environmentally sustainable and healthy. The EAT-Lancet planetary health diet (ELPD) introduced in 2019 (Willett et al., 2019), promotes such a dietary pattern. This study aimed to obtain a broad picture of the distribution of the adherence to healthy and sustainable diets' (HSDs) in Europe.

**METHODS:** The whole European dataset of FEAST project was used (n=**25803** observations, 50% females) involving 27 European countries representing 5 food regions (Southern, Central, Scandinavian, Eastern, Anglosaxon). **ELFI index** was computed for each respondent (Miranda et al., 2025) and population was categorized into 3 groups: low (L < 23), medium (23 ≤ M ≤ 25) and high (H >25) ELFI. Main variables collected were: frequency of consumption of different food categories (FFQ), facilitators and barriers to adopting HSDs, contextual elements affecting food choice, and perceived sustainability of the diet.

## RESULTS

➤ Southern region showed the highest mean ELFI index ( $25.5 \pm 0.1$ ) while Anglosaxon the lowest ( $23.3 \pm 0.1$ ).

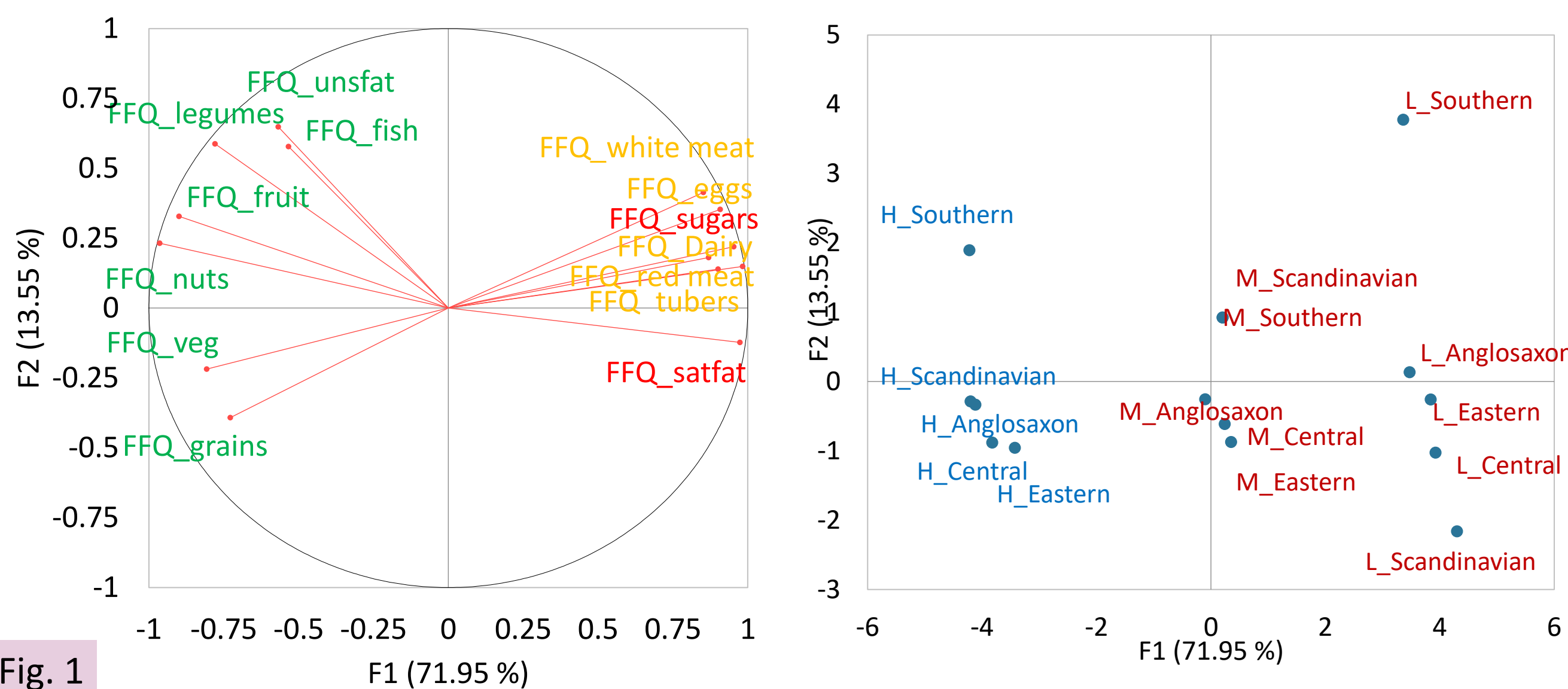


Fig. 1

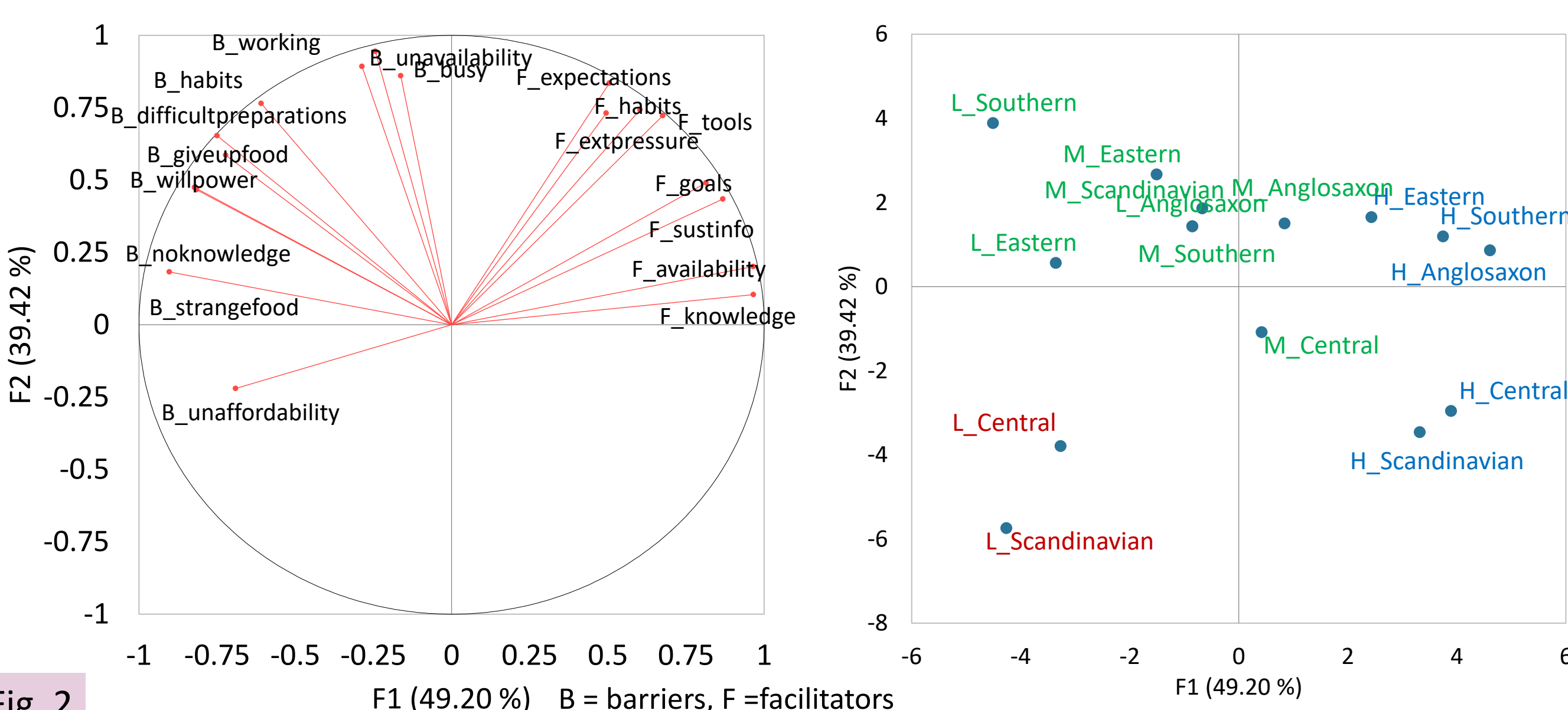


Fig. 2

Plots from Principal Component Analyses done respectively on FFQ (fig. 1) and barriers and motivations (fig. 2).  
L- low , M-medium, H= high ELFI index

## CONCLUSIONS

- The Southern food region has a higher density of HSDs.
- Specific dietary patterns, barriers and facilitators were highlighted across food regions for different ELFI groups.
- The development of specific policies and field interventions based on dietary profiles in different European regions is recommended.

## REFERENCES

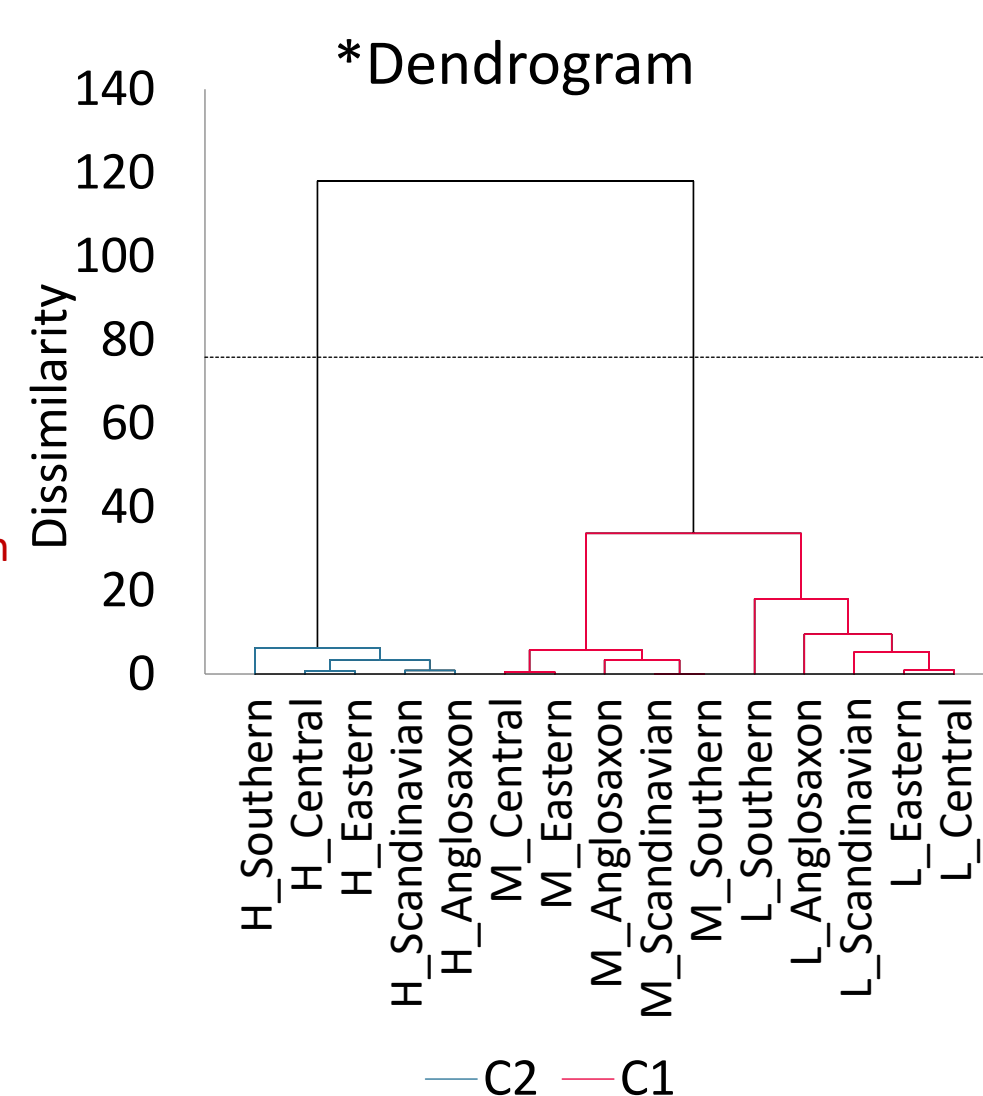
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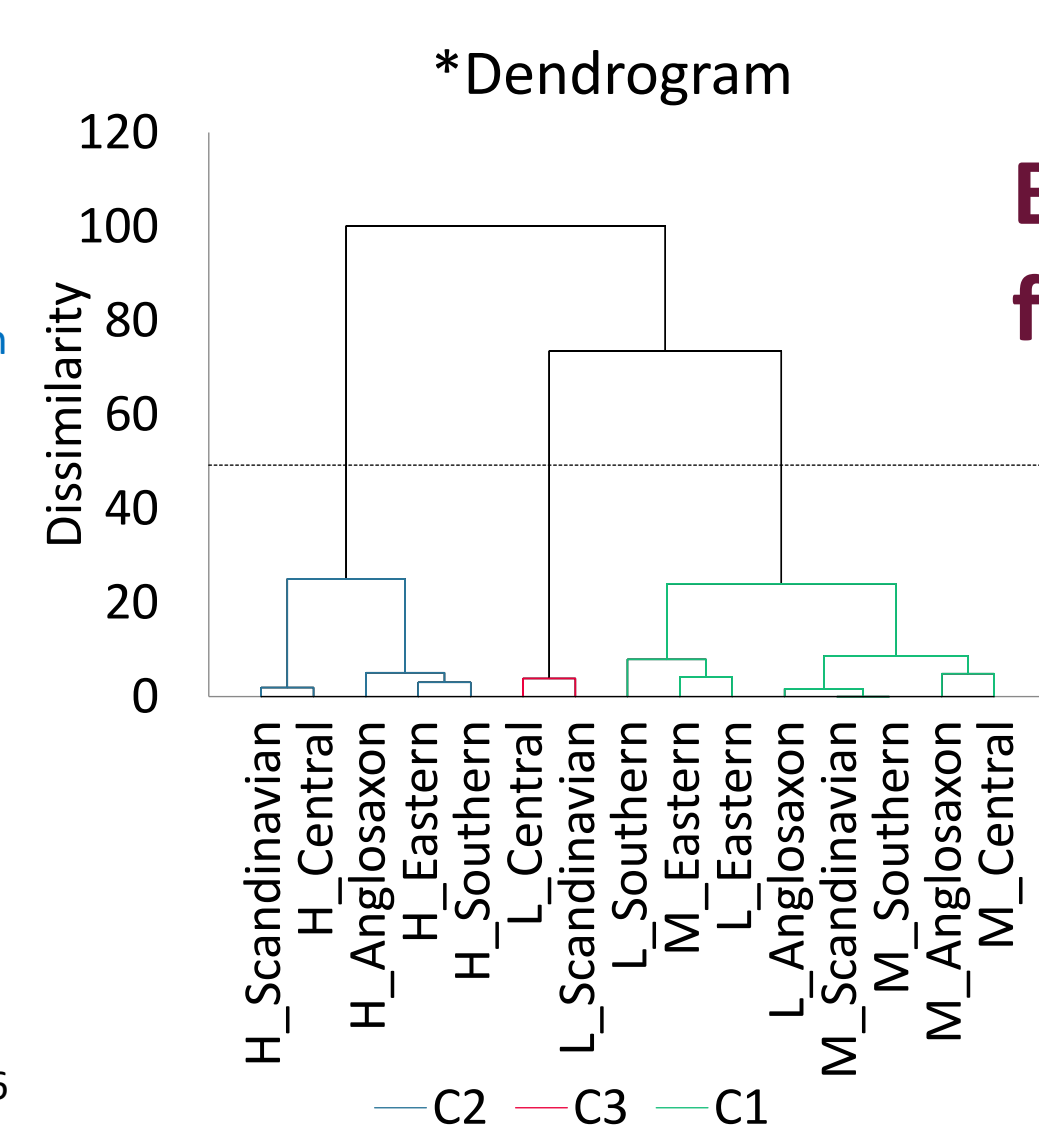
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## Diets (fig. 1)

- Overall, H had more HSDs. Conversely, L groups tend to consume more animal-derived foods and fewer plant-based items.
- **Southern** and **Scandinavian** regions generally exhibit higher intake of fruits, vegetables, and fish compared with **Anglo-Saxon** countries, where meat and dairy consumption remain higher.
- L\_Scandinavians consumed significantly lower amounts of legumes and unsaturated fats while L\_Southerns had the highest sugar consumption.



## Barriers and facilitators (fig. 2)

- Low ELFI across Europe experience higher barriers towards HSDs.
- L\_Central and L\_Scandinavian are more sensitive to unfamiliar food and unaffordability.

\*Hierarchical cluster analysis on factor scores of first 5 axes of Principal Component Analyses.  
C= cluster