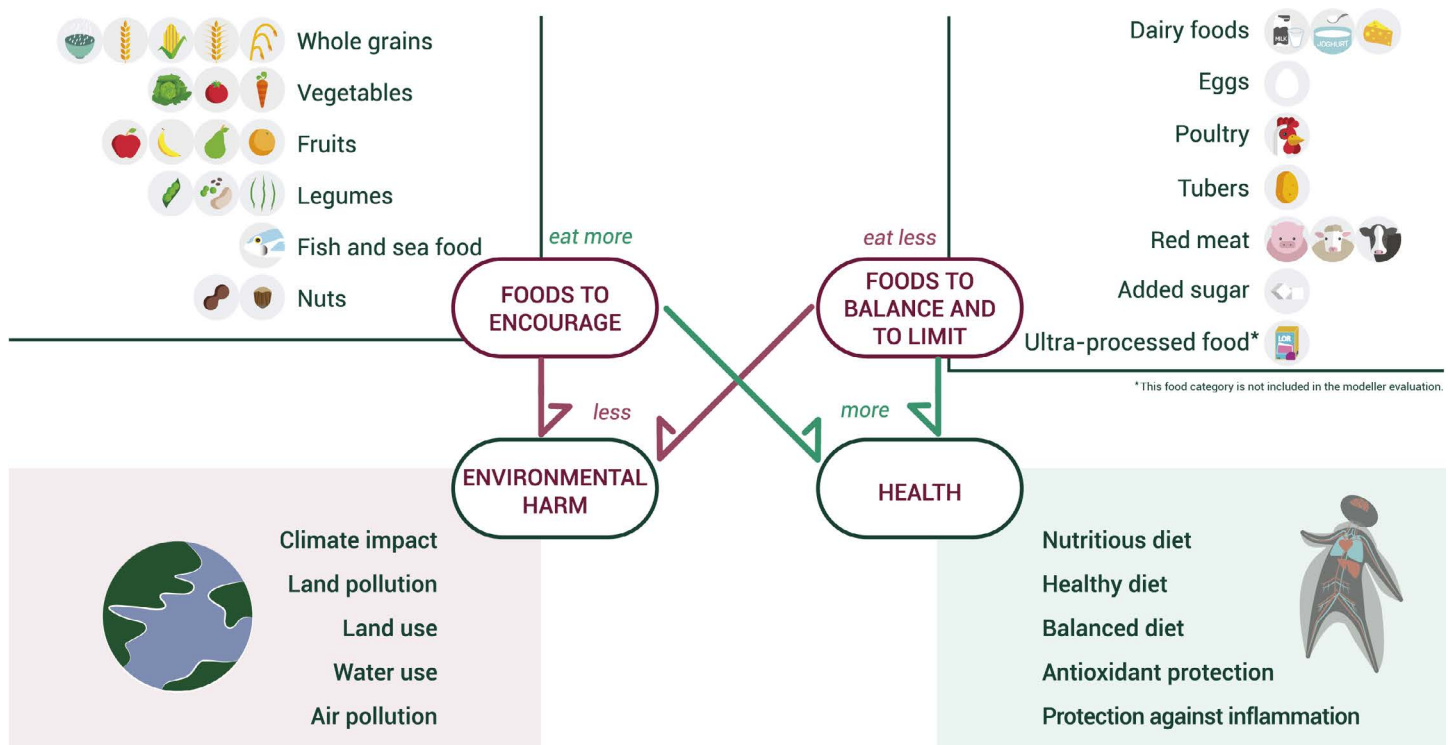


FEAST

The Planetary Health Diet: An evidence-based guide to healthier and more sustainable food choices



There is general agreement from people across Europe that they want to live a long and healthy life. A healthy diet is a key factor in supporting people to be healthy, and it is also good for the planet, but there is often times confusion about what a healthy diet actually is.

This study helps make it easier to understand. We developed a simple tool to measure how closely people's diets align with the Planetary Health Diet, a way of eating that is proposed to promote health and shown to be better for the environment.

We developed this tool using data from over 27,000 adults across Europe and checked its accuracy with results from a previous national nutrition survey. The tool shows which foods are better for health and for the planet, and how current eating habits compare to these goals.

Our hope is that this work helps people, communities, businesses and policy-makers move toward food choices that are healthy, fair, and sustainable for all.

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Infographic: B. Braun - os4os & V. Le Hoai with additional icons from EAT Lancet 1.0, // A. Jani - University Heidelberg, A. Miranda - IRD, E. Verger - IRD, 2025

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