**Research on the Planetary Health Diet**

1. A Harvard group has published a study of the planetary health diet based on records of more than 200,000 women and men over a period of up to 34 years. <https://www.hsph.harvard.edu/news/press-releases/planetary-health-diet-associated-with-lower-risk-of-premature-death-lower-environmental-impact/?fbclid=IwZXh0bgNhZW0CMTEAAR2zSuRJd-PIm4A2avoVJBqE3w08WNCIZxpPtraMLADXVrNrmxKqn4ngIKM_aem_ZmFrZWR1bW15MTZieXRlcw&sfnsn=mo>

The study, “Planetary Health Diet Index and risk of total and cause-specific mortality in three prospective cohorts,” appeared in the American Journal of Clinical Nutrition June 10, 2024. <https://ajcn.nutrition.org/article/S0002-9165(24)00389-7/abstract> The team divided the subjects into quintiles by the degree to which their reported diet conformed to the planetary health diet, a regimen first described in a Lancet article in 2019.

“The study found that the risk of premature death was 30% lower in the top 10% of participants most closely adhering to PHD compared to those in the lowest 10%. Every major cause of death, including cancer, heart disease, and lung disease, was lower with greater adherence to this dietary pattern.

“In addition, the researchers found that those with the highest adherence to the PHD had a substantially lower environmental impact than those with the lowest adherence, including 29% lower greenhouse gas emissions, 21% lower fertilizer needs, and 51% lower cropland use.” (From Harvard’s press release)

2. A Harvard study, Options for a Paris-Compliant Livestock Sector, found that cutting meat consumption is the best way to reduce the 11-20% of emissions which come from livestock farming. <https://animal.law.harvard.edu/wp-content/uploads/Paris-compliant-livestock-report.pdf> (March, 2024)

“To have any hope of meeting the central goal of the Paris Agreement, which is to limit global warming to 2°C or less, our carbon emissions must be reduced considerably, including those coming from agriculture. Clark et al. show that even if fossil fuel emissions were eliminated immediately, emissions from the global food system alone would make it impossible to limit warming to 1.5°C and difficult even to realize the 2°C target. Thus, major changes in how food is produced are needed if we want to meet the goals of the Paris Agreement.” Science, 6 November 2020. <https://www.science.org/doi/10.1126/science.aba7357>

3. An article in Nature Climate Change projects that global adoption of the Planetary Health Diet would reduce greenhouse gas emissions by 17%. In overconsuming countries such as the US, the reduction would be about 32.4%. The study looked at consumption of 140 food products in 139 countries. <https://phys.org/news/2024-08-planetary-health-diet-emissions-environmental.html>

4. If you are wondering what you can do by way of climate action that would be effective, Project Drawdown offers a table comparing the options. <https://drawdown.org/solutions/table-of-solutions>

You may notice that food and food waste provide by far the most rewarding areas for action. <https://drawdown.org/insights/whats-the-best-climate-action-you-can-take-you-tell-me>

The Project has a graph comparing the impact of your twenty best options for climate action. <https://drawdown.org/insights/the-powerful-role-of-household-actions-in-solving-climate-change>

The Planetary Health Diet serves the needs of the planet, your health, and world hunger. It is a flexible diet which provides options for modest servings of meat and dairy. The EAT-Lancet Summary Report describes the diet in some detail. <https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/>

5. An inflammatory diet has been linked strongly to dementia. (The Planetary Health Diet is anti-inflammatory.) <https://medicalxpress.com/news/2024-12-inflammatory-dietary-habits-linked-higher.html?utm_source=nwletter&utm_medium=email&utm_campaign=daily-nwletter>

6. "The future of humanity and all life on our planet depends on sustainability, and the data indicate that we will not succeed on the issue of climate change unless we change the way that we produce and consume food." <https://phys.org/news/2025-01-based-diet-mitigate-climate.html>

7. A new study published in Nature Sustainability explores what changes in our management of agricultural and water resources would facilitate global adoption of the Planetary Health Diet. We could reduce cropland by 37-40% and lower use of irrigation water by 78% while managing global heating and becoming healthier. The change would be a major part of building a sustainable way of living with the earth. <https://phys.org/news/2025-01-global-diet-environmental-impact.html>

Compiled February, 2025