Planetary Healthy Food, not tobacco

Concept of Planetary Health Diet

World No Tobacco Day 2023 Webinar, 25 May 2023, 3pm (CEST)

Margarethe Scheffler, Öko-Institut
Challenges

Feeding a growing population under changing climate conditions and saving the planet!

Main Restriction:
- Land use area

Main Problems
- GHG Emissions
- Biodiversity losses
Land use area needed – Example of Germany

Land use
- Population increase
- Nature protection – biodiversity area, rewetting of peatland
- Higher risks of yields due to climate change
- Natural sinks for carbon sequestration

Source: Öko-Institut, based on destatis
Greenhouse Gas (GHG) Emissions

- GHG Neutrality until 2050 = Zero Emissions
- Residual emissions from agriculture, industry, waste remain
- Compensation of residual emissions by natural or technical sinks (e.g. direct air capture) necessary

Source: https://uba.co2-rechner.de/en_GB/

Carbon Footprint Germany

- > 10 t CO2e /capita/year

- Public Consumption
- Other Consumption
- Transportation and Travel
- Housing and Electricity
- Food

GHG neutral

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Planetary Health Diet

- **EAT LANCET KOMMISSION**: 37 scientists from 16 countries and different disciplines e.g. climate research, nutrition scientists

- Developing a sustainable and healthy dietary recommendation for a growing world population

- Consideration of planetary boundaries (water, land, biodiversity, climate, nitrogen and phosphorus)

- 2500 kcal per person per day

- Report published 2019
Planetary Health Diet as a solution? – Case study for Germany

• Drastically reduce animal products (milk and meat)
• Much more vegetables, pulses, nuts
Advantages of the dietary change at a glance – Case study for Germany

**TODAY**

8.3 t CO2e/ha

Nutrition for 8.5 people per hectare + environmental targets

**PLANETARY HEALTH DIET**

2.5 t CO2e/ha

Nutrition for 11.3 people per hectare

**13% Environment**

26% plant based nutrition

40% free area

**PLANETARY HEALTH DIET**

83 Mio. People

Nearly THG-neutral agriculture

6.2 Mio. ha area to use

**Food for Export**

Additional food for 70 Mio. People

153 Mio. People

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Source: Öko-Institut 2022
Conclusion

Benefits of a change in diet for climate and nature are evident *but not yet reflected in political action*

- same taxes for animal based and plant based products
- Plant based substitutes still more expensive than animal products

...there is hope!!!

- Meat consumption per capita decreased from 61 kg in 2018 to 52 kg in 2022 in Germany
- German Society for Nutrition revises its dietary recommendations
- A citizens’ council on the topic of “nutrition in transition: *between private concern and state tasks*” will be established
Thank you for your interest!

Any Questions?

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