EcoBalance

National Institute for Environmental Studies, Japan

PLANETARY HEALTH DIET

Today's meals shape tomorrow







What is the Planetary Health Diet?

A practical, science-based guide
to sustaining healthy diets
for people and a healthy planet.

A diet that's right for people and the planet

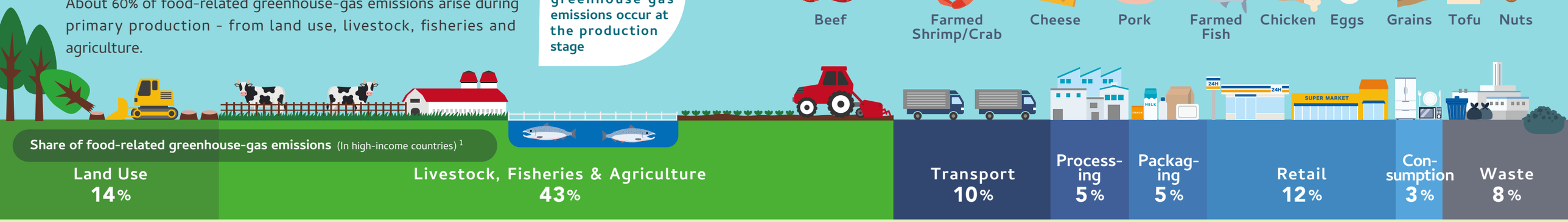
PLANETARY HEALTH DIET

Food choices and planetary health are inseparable. Land use, production, processing, transport and waste all drive climate change, water use, soil pollution and biodiversity loss. What we eat affects both our personal health and the global environment.

Does producing food affect the climate?

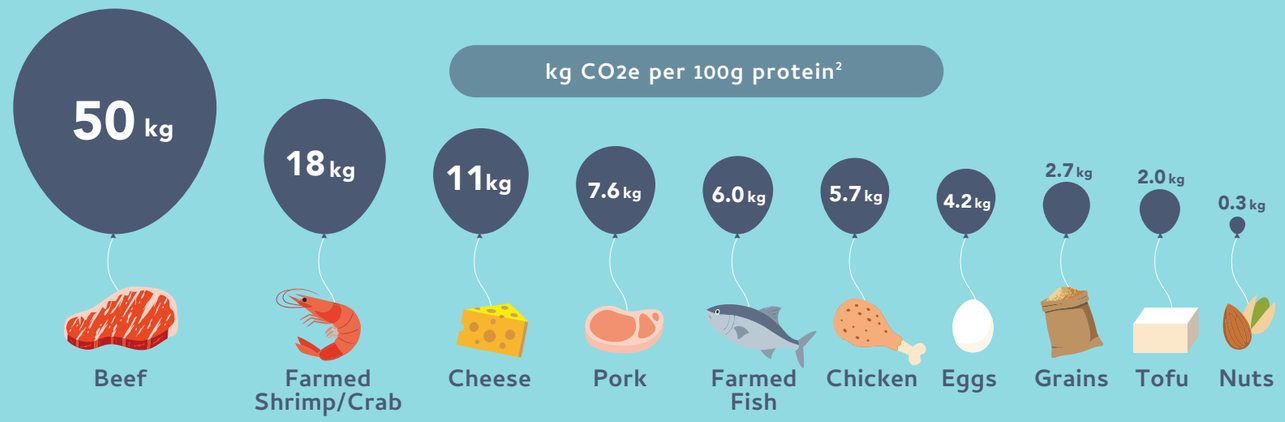
About 60% of food-related greenhouse-gas emissions arise during primary production - from land use, livestock, fisheries and agriculture.

60% of food-related greenhouse gas emissions occur at the production stage



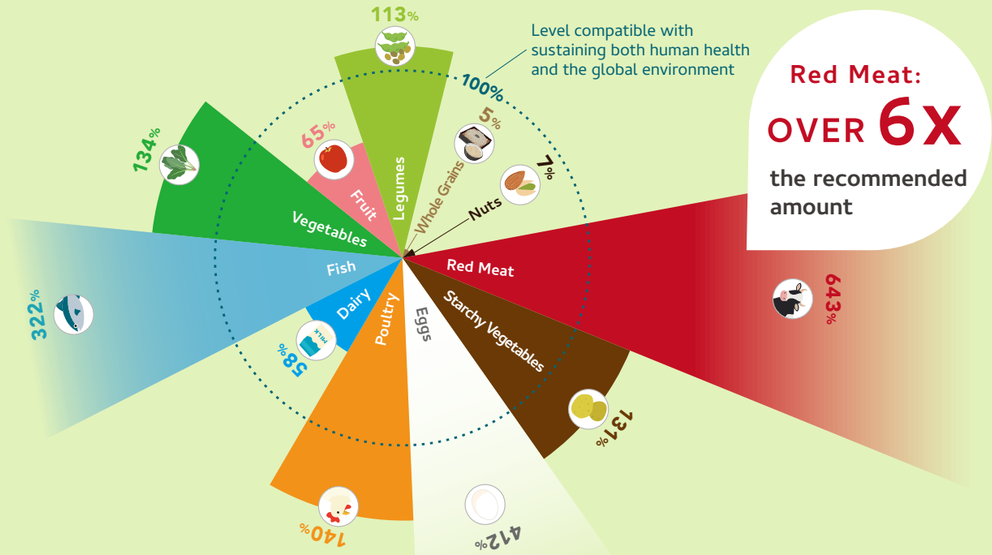
Do animal-based foods emit more greenhouse gases than plant-based foods?

For the same 100 g of protein, emissions vary sharply between plant-based foods (e.g., Tofu, beans, grains) and animal-based foods (e.g., beef, shrimp/crab, cheese, pork).



The gap between a Japanese diet and a planet-friendly diet

The EAT-Lancet Commission[3] recommends less red meat and added sugar, and more fruit, vegetables, legumes and nuts. The dotted circle represents a level compatible with protecting human health and the planet.

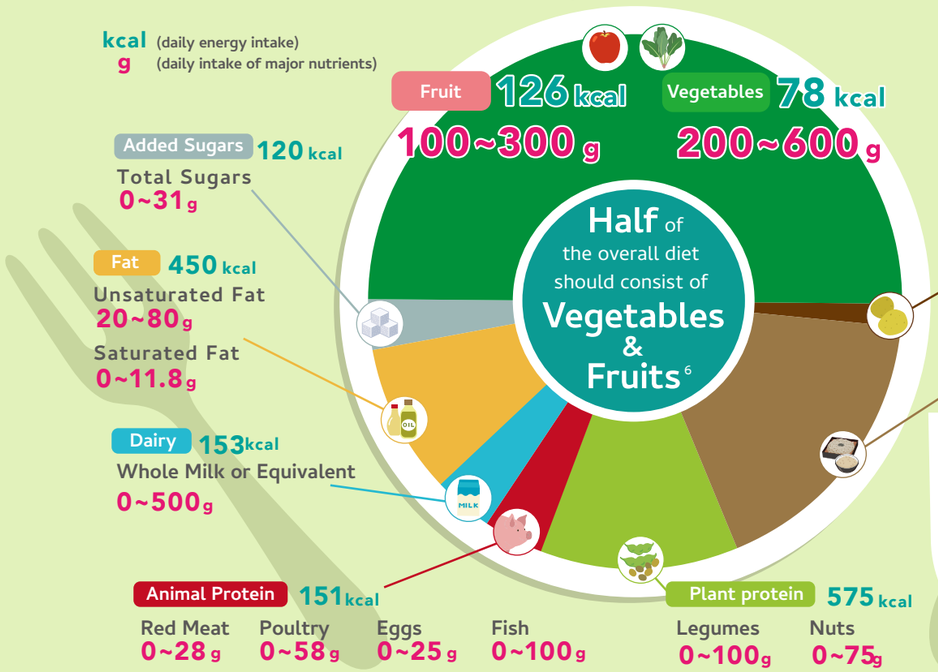


Red Meat: OVER 6X the recommended amount

Comparison of the current Japanese diet with a diet that can sustainably protect both human health and the global environment [4]

A balanced plate for people and the planet [5]

Roughly half the food on your plate should be vegetables and fruit. Base the remainder mainly on whole grains, legumes and other plant foods, with moderate amounts of meat, fish and dairy.



Adopting this dietary pattern could prevent an estimated 11 million diet-related deaths worldwide each year.[7] Replacing one serving of red-meat with legumes has also been associated with lower mortality risk and reduced greenhouse-gas emissions in Japanese adults[8].

Choose more **whole grains** ★ and **plant-based** proteins

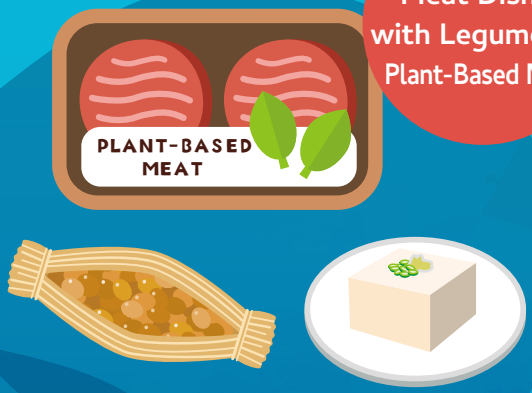
★Whole-grain foods instead of white rice or refined wheat

PLANETARY HEALTH DIET: WHAT EACH OF US CAN DO

Choose Lower-Impact Animal Proteins



Replace Meat Dishes with Legumes or Plant-Based Meat



Put Vegetables and Legumes First



Use Sustainability-Certified and Local Ingredients



温室効果ガス削減
生物多様性保全

海のエコラベル
持続可能な漁業で獲られた水産物
MSC認証
www.msc.org/jp

Right Foods, Right Amounts, Less Waste



1 Crippa et al., Nature Food 2(3), 198-209 (2021), Fig. 3(b).
2 Poore & Nemecek, Science 360(6392), 987-992 (2018).
3 The EAT-Lancet Commission is an international scientific commission of 37 experts from 16 countries spanning health, agriculture, environment and political science.
4 Comparison with EAT-Lancet target intakes (100%), adjusted from 2,500 kcal to Japan's average 1,915 kcal; Japan intake: Nomura et al., Frontiers in Nutrition 10, 116105 (2023); whole grains: Micha et al., BMJ Open 5(9), e008705 (2015).
5 Based on the EAT-Lancet Commission, Healthy Diets from Sustainable Food Systems: Food, Planet, Health (2025). Ranges are flexible global goals for 2050, not strict daily prescriptions.
6 Approximately half by food volume.
7 EAT-Lancet Commission (2025).
8 Watanabe et al. Environmental Health Perspectives 132(11), 117002, 2024.

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