

# Planetary Diet Prescription

## TOP 5 ACTIONS TO EAT MORE SUSTAINABLY

ACTION	HEALTH BENEFIT	PLANETARY BENEFIT
Avoid processed meat (Smoked, salted, preserved meats such as hotdogs, ham, jerky)	Decrease colon cancer, cardiovascular disease and all-cause mortality	<p>Decreases your carbon footprint, energy, freshwater and land use, and pollution.</p> <p>It's one of our best tools to fight against climate change!</p>
Make a swap for red meat using chicken, fish or plant-based protein	Decrease stroke, cardiovascular disease, diabetes and all-cause mortality	
Make vegetables and fruits the main course (1/2 your plate)	Decrease hypertension, diabetes, cataracts, cardiovascular disease and all-cause mortality and potentially decrease medication	
Replace sugary drinks with tap water	Decrease obesity, diabetes, and cardiovascular disease	
Calculate your footprint	Knowledge is powerful!	

A key feature of a Planetary Health Diet is the recommended use of unsaturated oils (like canola and olive) as well as minimal intake of added sugar, refined grains and starchy vegetables.

## GREAT PLANETARY DIET RESOURCES TO GET STARTED

Learn	<ul style="list-style-type: none"> <li>• <a href="https://harvard-foodprint-calculator.github.io">Harvard-foodprint-calculator.github.io</a></li> <li>• <a href="#">Centering Your Meals with Plants</a> on eopcn.ca or YouTube</li> <li>• <a href="https://halfyourplate.ca">halfyourplate.ca</a></li> <li>• <a href="#">Vegetarian Sources of Protein</a> (eopcn.ca Resources&gt;Nutrition&gt;EOPCN Nutrition Handouts)</li> <li>• <a href="https://eatforum.org/lancet-commission/eatinghealthyandsustainable">eatforum.org/lancet-commission/eatinghealthyandsustainable</a></li> <li>• <a href="https://unlockfood.ca/en/Articles/Heart-Health/Facts-on-Fats">unlockfood.ca/en/Articles/Heart-Health/Facts-on-Fats</a></li> </ul>
Fun	<ul style="list-style-type: none"> <li>• Planetary Diet Bingo</li> </ul>
Shop	<ul style="list-style-type: none"> <li>• <a href="https://albertafarmersmarket.com/region/edmonton-area">albertafarmersmarket.com/region/edmonton-area</a></li> </ul>
Recipes	<ul style="list-style-type: none"> <li>• <a href="https://pulses.org/nap">pulses.org/nap</a></li> <li>• <a href="#">Plant Based Proteins Made Easy Peasy</a></li> </ul>

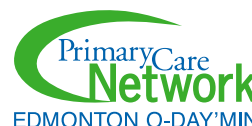


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# Planetary Diet Bingo

Try a meatless meal	Fill ½ your plate with vegetables and fruit	Watch <a href="#">Centering Your Meals with Plants</a> on eopcn.ca	Fill a reusable water bottle	Have a fruit for dessert
Use canola or olive oil	Check out a farmers' market	Try hummus as a raw veggie dip	Eat fruit instead of drinking juice	Visit <a href="https://harvard-foodprint-calculator.github.io">harvard-foodprint-calculator.github.io</a>
Try a new fruit or veggie	Eat leftovers for lunch	FREE SPACE	Try whole grain bread	Check out <a href="https://pulses.org">pulses.org</a> for quick meal ideas
Double veggies in existing recipes	Create your own salad	Plan a minimum 2 days worth of meals ahead of time	Add fruit to your breakfast	Replace a sugary drink with water
Try a veggie pizza	Snack on nuts or raw veggies	Grow an edible plant	Download <a href="#">Plant-based Recipes Made Easy Peasy!</a>	Replace red meat with chicken, fish or plant protein



# Planetary Diet Rx

Eating a plant-rich diet (in addition to limiting processed and red meat intake) is associated with **lower risks** for cardiovascular disease, diabetes, hypertension, cataracts, colon cancer and death. It is also one of our best tools to fight against **climate change**.

## TOP 5 ACTIONS TO EAT MORE SUSTAINABLY

### Avoid processed meat

(cured, salted, smoked, and preserved items like hot dogs, beef jerky, ham)

World Health Organization classification - Group 1 carcinogen

### Use unsaturated oils

(like canola and olive oil)

[unlockfood.ca/en/Articles/Heart-Health/Facts-on-Fats](https://unlockfood.ca/en/Articles/Heart-Health/Facts-on-Fats)

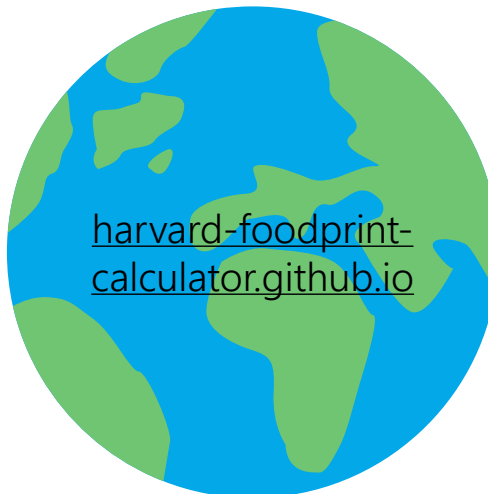
### Fill half your plate with vegetables and fruit

Find inspiration here: [halfyourplate.ca](https://halfyourplate.ca)

### Make a swap for red meat

Switch red meat for options such as legumes, chicken, or seafood

See [Plant Based Proteins Made Easy Peasy](#)

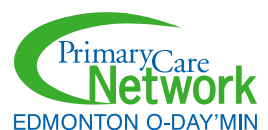


### Limit added sugars and refined grains

(try replacing sugary drinks with tap water)



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# Good for the planet and good for our bodies: Does a planetary health diet improve patient health?

## CLINICAL QUESTION

How effective and safe is encouraging a plant-rich, reduced-meat diet for patients, and how does it impact the earth?

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## BOTTOM LINE

**Low-consumption of red and processed meat paired with increased vegetable and fruit intake is associated with a reduced risk of cardiovascular disease, diabetes, hypertension, colorectal cancer and all-cause mortality. This diet has a smaller environmental footprint resulting in less freshwater, land and energy use and decreased greenhouse gas emissions.**

## EVIDENCE

Observational data suggests that consumption of cured, salted, smoked, dried and canned meats are associated with an increased risk of colon cancer,<sup>1,2</sup> type 2 diabetes,<sup>3</sup> cardiovascular mortality and all-cause mortality.<sup>4,5</sup>

Meta-analysis of 13 cohort studies showed processed meat consumption was associated with an increased risk of all-cause mortality in both men (RR 1.22; 95% CI 1.13-1.31) and women (RR 1.23; 95 % CI 1.19-1.27). The RR for a 50 g/d increase in processed meat intake was 1.25 (95 % CI 1.07-1.45).<sup>4</sup>

### Red Meat Substitutions

Replacing red meat with chicken, fish, or plant protein is associated with a lower incidence of type 2 diabetes,<sup>6</sup> coronary heart disease,<sup>7</sup> dementia,<sup>8</sup> cardiovascular,<sup>7,8</sup> and all-cause mortality.<sup>7,8</sup>

A meta-analysis of 13 prospective cohort studies showed that those in the highest category of plant protein intake had a lower risk of all-cause mortality (pooled effect size 0.92, 95% CI 0.87-0.97) than those in the lowest intake category. A 3% increase in plant protein for energy per day resulted in a 5% drop in mortality.<sup>7</sup>

### Plant-Rich Diets

Observational data has demonstrated that diets rich in fruits, vegetables, nuts and legumes decrease the incidence of hypertension,<sup>9</sup> type 2 diabetes,<sup>9,13</sup> coronary heart disease,<sup>10</sup> cataracts<sup>11</sup> and all-cause mortality.<sup>12,13</sup>

A systematic review and meta-analysis of 12 prospective cohort studies with 508,861 participants demonstrated improved hazard ratios for the highest adherence to plant-based diets (PBDs) as compared to the lowest level of adherence - 0.90 (95% CI: 0.82-0.99) for all-cause mortality and 0.77 (95% CI: 0.70-0.86) for coronary heart disease (CHD) mortality.<sup>13</sup>

### Environmental Implications

Plant-rich diets are more sustainable with lower greenhouse gas emissions,<sup>14,15,17</sup> and lower rates of land,<sup>14,15</sup> water<sup>14,15,16</sup> and energy use.<sup>15</sup>

### Limitations

The majority of evidence supporting dietary interventions relies on observational data, which may be subject to multiple confounders.

## CONTEXT

The EAT-Lancet Commission aims to develop global targets based on best evidence for healthy diets and sustainable food production. The suggested planetary diet is not only rich in vegetables, fruits, nuts, whole grains and legumes with minimal or no consumption of processed and red meat, it also promotes unsaturated oil use and limited intake of added sugar and refined carbohydrates.<sup>18</sup>

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