

Seeds of the Future: Eating in the Anthropocene

How We Eat Shapes the World

Our diet is far more than what ends up on our plates. It influences both our way of life and the Earth's ability to maintain its natural ecological functions.

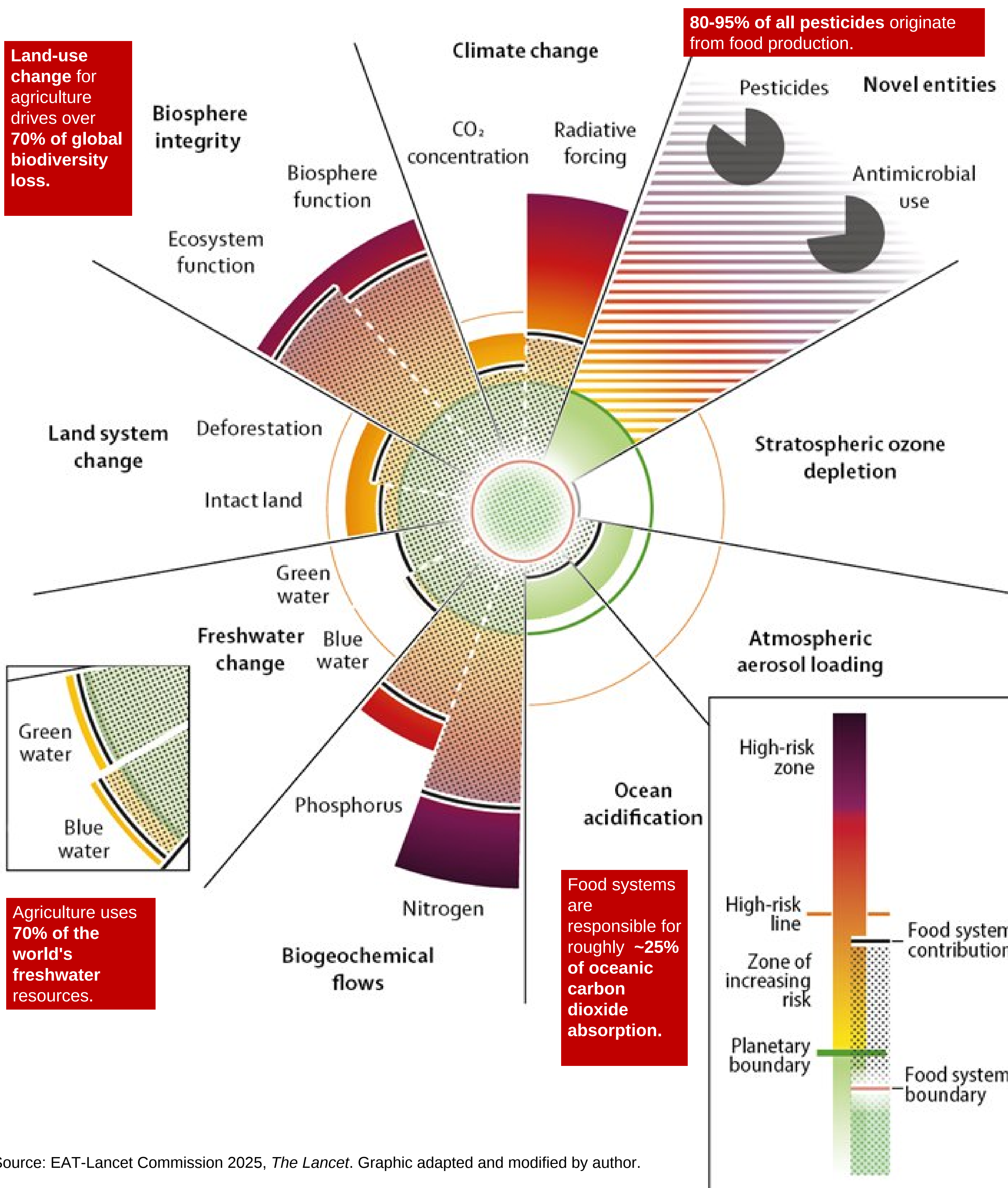
Today's challenges:

- Around **one-third of all global greenhouse gases** come from the food system.
- Every day, around **one-third of all food is thrown away**, which corresponds to **775 kcal per person per day** (~20% of our agricultural land output).
- Around **44% of Earth's habitable land area** is currently used for **agriculture**, with around **80% of agricultural land** used for **livestock farming**.
- **Almost the entire global excess of nitrogen and phosphorus** comes from agricultural fertilizers.
- **Around 70% of global biodiversity loss** is due to changes in agriculture and forestry land use, in particular the conversion to agricultural and grazing land.
- Agriculture consumes about **70% of the world's freshwater** for irrigation.
- At the same time, **733 million people (one in every 11)** are starving, while **over 2.5 billion (one in every 4)** are overweight.
- The way we eat **limits or exceeds almost every ecological boundary on Earth**.

➔ Nutrition is one of the **biggest global challenges** and, at the same time, one of the **most powerful solutions** we have.

When Food pushes the Planet to it's Limits

The "**Planetary Boundaries**" describe the ecological thresholds, within which Earth's systems remain stable. Once these limits are exceeded, the risk of irreversible environmental change rises sharply. Our food systems play a central role and is in fact the **main driver behind 5 of the 6 boundaries we have already surpassed**.



The Planetary Health Diet: Good for Everyone!

The Planetary Health Diet (PHD) was developed by the **EAT-Lancet Commission**, an international group of scientists, to achieve **two goals at the same time**: 1) provide **healthy diets** for 10 billion people by 2050, and 2) **drastically reduce environmental pressures** by keeping global warming below 2°C and protecting biodiversity.



What makes PHD so special? The PHD brings together **health and sustainability**, without sacrificing taste. And it is flexible enough to **adapt to different cultures** and food traditions around the world.

The good news: Food can shape our future for the better.

The **EAT-Lancet Commission (2025)** estimates that a global shift towards more sustainable diets could prevent up to **15 million premature deaths every year**, that is about **27 % of all deaths**. Sustainable nutrition can strengthen our **health**, protect the **environment** and **animals**, and at the same time **feed the growing world population** in a sustainable manner and be **socially just**!

What does this mean for us?

- **More plants on our plates.**
- **Less strain on the planet.**
- **Fair and resilient food systems.**
- **A healthier future – for everyone!**

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For the German version:**

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