


# Unleashing the Power of the Plate to Stem Cascading Risks

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Olav Kjørven  
*Senior Director of Strategy,  
EAT*



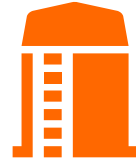


# We have a big problem!

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- Hunger is on the rise again
- Diets are the biggest driver of ill health around the world
- 1/3 of the climate problem
- 60-80 percent of the nature/biodiversity problem
- Increasing risk of pandemics
- A livelihoods and income crisis for food producers and workers
- Escalating food insecurity destabilizing societies, undermining democracy, giving rise to conflict
- Because of our extreme dependence on a few staple crops from a few breadbaskets, our food systems are extremely vulnerable to being weaponized

# The big shifts we need



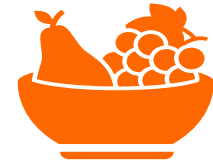
## Transforming

Transforming to regenerative, nature-positive food production—no more destructive mining of soils and waters for food



## Securing

Securing fair, equitable livelihoods for food producers and food workers



## Shifting

Shifting our diets: foods that are healthy and sustainably produced



## Slashing










Slashing food loss and waste out of the system



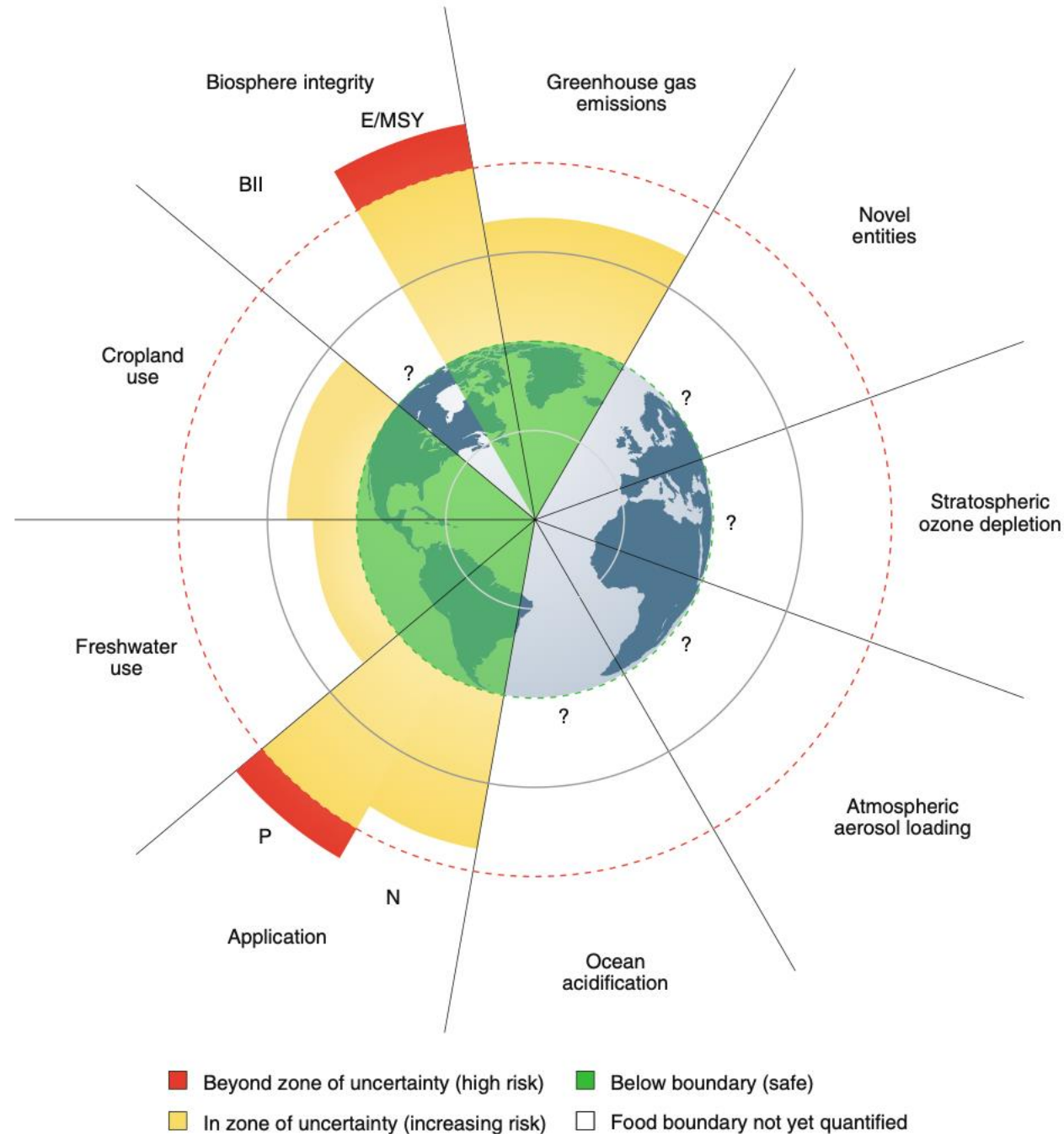
# Defining Healthy Diets

2500 kcal/day



		Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
	Whole grains Rice, wheat, corn and other	232	811
	Tubers or starchy vegetables Potatoes and cassava	50 (0–100)	39
	Vegetables All vegetables	300 (200–600)	78
	Fruits All fruits	200 (100–300)	126
	Dairy foods Whole milk or equivalents	250 (0–500)	153
	Protein sources		
	Beef, lamb and pork	14 (0–28)	30
	Chicken and other poultry	29 (0–58)	62
	Eggs	13 (0–25)	19
	Fish	28 (0–100)	40
	Legumes	75 (0–100)	284
	Nuts	50 (0–75)	291
	Added fats		
	Unsaturated oils	40 (20–80)	354
	Saturated oils	11.8 (0–11.8)	96
	Added sugars		
	All sugars	31 (0–31)	120

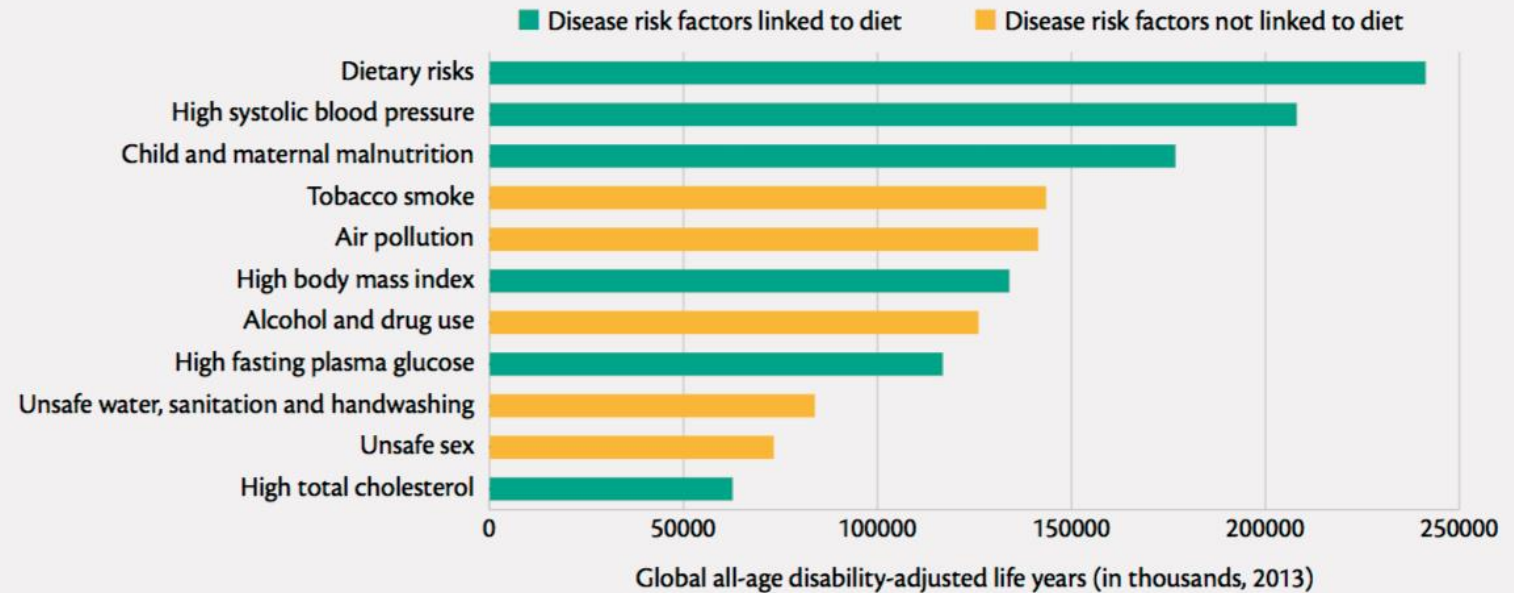
Shifting our diets is the greatest contribution we can make to keep the Earth stable





*Shifting our diets is the most powerful change we can make for our own health*

**FIGURE 1: Six of the top 11 risk factors driving the global burden of disease are related to diet**



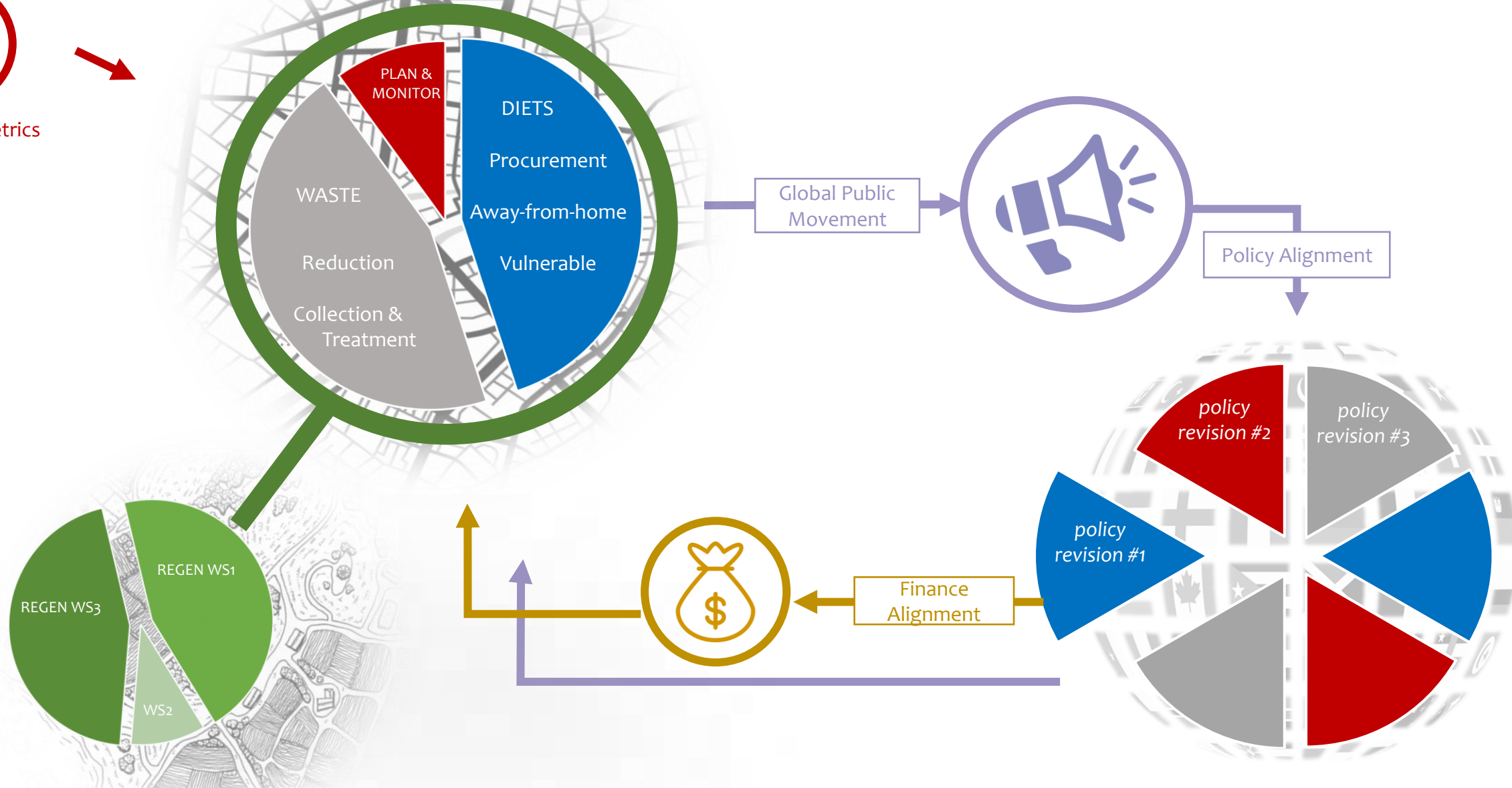
Source: Global Burden of Disease Study 2013 Collaborators (2015), Figure 5

Note: The graph shows global disability-adjusted life years (DALYs) attributed to level 2 risk factors in 2013 for both sexes combined.

# Cities can drive the change we need



Targets & Metrics



# Don't forget:

Tackling the triple whammy of climate change, Covid and conflict is impossible without dietary shift





**Thank You**

*#foodcanfixit*

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