

SUSTAINABILITY NEWS

BY: Christine McCullum-Gomez, PhD, RDN



Dear Vegetarian Colleagues:

I've highlighted resources you can use to integrate sustainability and planetary health into your personal and professional lives in 2024. The resources are divided into three categories: 1) food loss and waste; 2) food systems, food policy, and climate change; and 3) healthy and sustainable diets.

Sustainably Yours.

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Christine is a food and nutrition consultant based in Bogotá, Colombia. Her research and work experience lie in food security and sustainable food systems. Dr. McCullum-Gomez is a Column Editor for the *Journal of Hunger & Environmental Nutrition*. She is also Chair of the Global Member Interest Group

(GMIG) of the Academy of Nutrition and Dietetics.

Sustainability Resources

Food Loss and Waste

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Mishra, K., Green, A., Burkard, J. et al. Valorization of cocoa pod side streams improves nutritional and sustainability aspects of chocolate. *Nature Food*. 2024. 5:423-432.

Friedman-Heiman A, Miller SA. The impact of refrigeration on food losses and associated greenhouse gas emissions throughout the supply chain. *Environmental Research Letters*. 2024;19:064038.

United Nations Environment Programme (UNEP). *Food Waste Index Report 2024: Think Eat Save: Tracking Progress to Halve Global Food Waste*. Nairobi, Kenya: UNEP. March 2024.

United States Department of Agriculture (USDA). Biden-Harris Administration Announces National Strategy to Reduce Food Loss and Waste and Recycle Organics. Release No. 0112.24. June 12, 2024.

Food Systems, Food Policy, and Climate Change

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Good Food Institute. 2023 State of Global Policy Report. Public investment in alternative proteins to feed a growing world. Washington DC: Good Food Institute. June 2024.

Harwatt H, Hayek M, Behrens P, Ripple WJ. Options For A Paris Compliant Livestock Sector. Timeframes, targets and trajectories for livestock sector emissions from a survey of climate scientists. Brooks McCormick Jr. Animal Law & Policy Program Harvard Law School, Harvard University. March 2024.

Kanerva M, Efstathiou S and Ben 'e C. Editorial: How to achieve a planetary health diet through system and paradigm change? *Frontiers in Sustainability*. 2024;5:1404141.

Kassam S. Plant-based diets – an underutilized way to tackle our health and climate crises. *The Royal College of Pathologists*. March 6, 2024.

Miguel IS. Editorial: Exploring consumers' willingness to adopt climate-friendly diets. *Frontiers in Sustainable Food Systems*. 2024;8:1448455.

Verkuijl, C., Dutkiewicz, J., Scherer, L. et al. FAO's 1.5 °C roadmap for food systems falls short. *Nature Food*. 2024;264–266.

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Healthy and Sustainable Diets

Álvarez-Álvarez L, Rubín-García M, Vitelli-Storelli F et al. Effect of a nutritional intervention based on an energy-reduced Mediterranean diet on environmental impact. *Science of the Total Environment*. 2024; 928:172610.

Andrade J (Edited by). Nourishing 9 billion people by 2050: The role of alternative proteins in low- and middle-income countries. *Current Developments in Nutrition*. 2024;8(Supplement 1):

Bui LP, Pham TT, Wang F, et al. Planetary health diet index and risk of total and cause-specific mortality in three prospective cohorts. *The American Journal of Clinical Nutrition*. 2024;120(1):80-91.

Buratto A, Lotti L. Encouraging sustainable food consumption through nudges: An experiment with menu labels. *Ecological Economics*. 2024;216:108024.

Cutroneo S, Prandi B, Pellegrini N, et al. Assessment of protein quality and digestibility in plant-based meat analogues. *Journal of Agricultural and Food Chemistry*. 2024;72(14): 8114–8125.

Dahm CC. Editorial: Evaluating population diets and planetary health – Shining new light. *The American Journal of Clinical Nutrition*. 2024;120(1):1-2. doi: 10.1016/j.ajcnut.2024.04.016.

Elliott PS, Devine LD, Gibney ER, O'Sullivan AM. What factors influence sustainable and healthy diet consumption? A review and synthesis of literature within the university setting and beyond. *Nutrition Research*. 2024;126:23-45.

Frank, S.M., Jaacks, L.M., Meyer, K. et al. Dietary quality and dietary greenhouse gas emissions in the USA: a comparison of the planetary health diet index, healthy eating index-2015, and dietary approaches to stop hypertension. *International Journal of Behavioral Nutrition and Physical Activity*. 2024; 21:36.

Ginn J, Sparkman G. Can you default to vegan? Plant-based defaults to change dining practices on college campuses. *Journal of Environmental Psychology*. 2024;93:102216.

Humane Society of the United States. *Food Service Industry Protein Sustainability Scorecard*. Washington DC: Humane Society of the United States. April 23, 2024.

[Humpenöder F, Popp A, Merfort L, et al. Food matters: Dietary shifts increase the feasibility of 1.5°C pathways in line with the Paris Agreement. *Science Advances*. 2024;10\(13\):eadj3832.](#)

[Kraak VI, Aschemann-Witzel J. The future of plant-based diets: aligning healthy marketplace choices with equitable, resilient, and sustainable food systems. *Annual Review in Public Health*. 2024;45\(1\):253-275.](#)

[Li, Y., He, P., Shan, Y. et al. Reducing climate change impacts from the global food system through diet shifts. *Nature Climate Change*. 2024.](#)

[Loken B, Dhar M, Rapando NP. Healthy and sustainable diets must be culturally acceptable too. *Nature Food*. 2024;doi: 10.1038/s43016-024-01042-6.](#)

[Maier M. Increasing the uptake of plant-based diets: An analysis of the impact of a CO2 food label. *Journal of Environmental Psychology*. 2024;93:102216.](#)

[Nájera Espinosa S, Hadida G, Jelmar Sietsma A, et al. Mapping the evidence of novel plant-based foods: a systematic review of nutritional, health, and environmental impacts in high-income countries. *Nutrition Reviews*. 2024;nuae031.](#)

[Pollicino D, Blondin S, Attwood S. *The Food Service Playbook for Promoting Sustainable Food Choices*. Washington DC: World Resources Institute. May 7, 2024.](#)



HOUSE OF DELEGATES (HOD) UPDATE

By: Lindsay R Schmitz, MS, RD, LDN - HOUSE OF DELEGATE REPRESENTATIVE

This update will expand on the information provided in the

Summer, 2024 edition of Plant-Powered Perspectives: The Green Fork Report.

This describes the Critical Issue Process:

1. A summary document and links to forms of all the submissions from members for the last quarter are sent to delegates. (Delegates have one month to complete the remaining steps)
2. Delegates work with the group's leadership to establish a plan for communications.
3. Delegates form outreach strategies.
4. Delegates gather input from constituents on submissions up for evaluation.
5. Delegates synthesize input into the online forms for the House Leadership ("HLT").
6. HLT reviews submissions and submits their thoughts through a second online form.
7. All members who submitted issues will receive a response.

There are two topics to evaluate this quarter:

- Impact on quality of care and competence from virtual education and virtual care
- Student Leadership

We will discuss each topic from a variety of angles to evaluate the topic in terms of:

- Likelihood of the issue to open opportunities for the profession
- Likelihood of the issue to pose a threat to the profession
- Overall perceived importance of this as an issue affecting the profession
- Rating the Academy's current efforts to address this issue

Thank you to all who provided comments on the critical issues up for evaluation this quarter. Every voice matters.

Best,

Lindsay R Schmitz, MS, RD, LDN

Contact me at vn@eatright.org with "HOD" in the subject line.