

SUSTAINABILITY NEWS

BY: Christine McCullum-Gomez, PhD, RDN



Dear Vegetarian DPG 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,
Christine McCullum-Gomez, PhD, RDN

Sustainability Resources

Food Loss and Waste

BioCycle. *EPA Reports Include Food Recovery Hierarchy Replacement – And Great Methane Data*. October 24, 2023. Available at: www.biocycle.net/new-epa-reports-include-food-recovery-hierarchy-replacement-and-great-methane-data/

Compass Group. *Stop Food Waste Day: April 24, 2024*. Available at: www.stopfoodwasteday.com/en/about.html

ReFED. *Food waste is a solvable problem – here's how to do it*. Available at: refed.org/food-waste/the-solutions/

US Department of Agriculture (USDA): *Food loss and waste: Consumers*. Available at: www.usda.gov/foodlossandwaste/consumers

US Environmental Protection Agency (EPA). *From Field to Bin: The Environmental Impacts of U.S. Food Waste Management Pathways (Report)*. October 2023. Available at: www.epa.gov/land-research/field-bin-environmental-impacts-us-food-waste-management-pathways

Food Systems, Food Policy, and Climate Change

Feigin SV, Wiebers DO, Lueddeke G, et al. *Proposed solutions to anthropogenic climate change: A systematic literature review and a new way forward*. *Heliyon*. 2023;9(10):e20544. Available at: pubmed.ncbi.nlm.nih.gov/37867892/

Laderchi Ruggeri C, Lotze-Campen H, DeClerck F, et al. *The Economics of the Food System Transformation (Global Policy Report)*. Food System Economics Commission Potsdam Institute for Climate Impact Research (PIK), The Food and Land Use Coalition (FOLU) and EAT; January 2024. Available at: foodsystemeconomics.org/wp-content/uploads/FSEC-Global_Policy_Report.pdf

Pastorino S, Springmann M, Backlund, U., et al. *School meals and food systems: Rethinking the consequences for climate, environment, biodiversity, and food sovereignty*. White Paper. London School of Hygiene & Tropical Medicine, London; December 2023. Available at: cgspace.cgiar.org/items/ab277ee5-9810-4e4b-93cd-9b7a5b4a224e

Project Drawdown. *Climate Solutions: Food, Agriculture, and Land Use*. Available at: drawdown.org/sectors/food-agriculture-land-use

The Plant Based Treaty. Available at: plantbasedtreaty.org/the-pbt/

World Wildlife Fund (WWF) and Climate Focus. *Food Forward NDCs. Action on food production, consumption and loss and waste is critical if we are to limit global warming to 1.5 degrees Celsius and adapt to our changing climate*. February 27, 2024. Available at: foodforwardndcs.panda.org/

Healthy and Sustainable Diets

Bunge, A.C., Mazac, R., Clark, M. et al. Sustainability benefits of transitioning from current diets to plant-based alternatives or whole-food diets in Sweden. *Nat Commun.* 2024;15:951. Available at: pubmed.ncbi.nlm.nih.gov/38296977/

Cediel G, Mendonça RD, Meireles AL, et al. Editorial: Ultra-processed foods and human and planetary health. *Front Nutr.* 2023;10:1297262. Available at: pubmed.ncbi.nlm.nih.gov/37841412/

Costa MP, Saget S, Zimmermann B. Environmental and land use consequences of replacing milk and beef with plant-based alternatives. *J Clean Prod.* 2023;424:138826. Available at: www.sciencedirect.com/science/article/pii/S0959652623029840

Craig WJ, Messina V, Rowland I, et al. Plant-based dairy alternatives contribute to a healthy and sustainable diet. *Nutrients.* 2023;15(15):3393. Available at: pubmed.ncbi.nlm.nih.gov/37571331/

Craig WJ, Fres´an U. *Plant-Based Diets. Working towards a Sustainable Future.* Basel, Switzerland; May 2023. 196 pp. This book is a reprint of the Special Issue Plant-Based Diets: Working towards a Sustainable Future that was published in *Nutrients.* Available at: www.mdpi.com/books/reprint/7233-plant-based-diets-working-towards-a-sustainable-future

de Moraes CM, Poínhos R, Uçar A. Editorial: Plant-based diets for a sustainable future. *Front. Nutr.* 2024;10:1342174. Available at: pubmed.ncbi.nlm.nih.gov/38299184/

Frank SM, Jaacks LM, Adair LS, et al. Adherence to the planetary health diet index and correlation with nutrients of public health concern: An analysis of NHANES 2023-2018. *Amer J Clin. Nutr.* 2024;119:384-391. Available at: pubmed.ncbi.nlm.nih.gov/38309827/

García S, Pastor R, Monserrat-Mesquida M. Ultra-processed foods consumption as a promoting factor of greenhouse gas emissions, water, energy, and land use: A longitudinal assessment. *Sci Total Environ.* 2023;891:164417. Available at: pubmed.ncbi.nlm.nih.gov/37236477/

Kenny TA, Woodside JV, Perry IJ, Harrington JM. Consumer attitudes and behaviors toward more sustainable diets: a scoping review. *Nutr Rev.* 2023;81(12):1665-1679. Available at: pubmed.ncbi.nlm.nih.gov/37014671/

Kozicka, M., Havlik, P., Valin, H. et al. Feeding climate and biodiversity goals with novel plant-based meat and milk alternatives. *Nat Commun.* 2023;14:5316. Available at: www.nature.com/articles/s41467-023-40899-2

Lane MM, Gamage E, Du S, et al. Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses. *BMJ.* 2024;384:e077310. Available at: pubmed.ncbi.nlm.nih.gov/38418082/

Loken B. Editorial: It's time to put healthy and sustainable diets on the table. *Amer J Clin Nutr.* 2024;119:248-249. Available at: pubmed.ncbi.nlm.nih.gov/38182444/

Neta RSO, Lima SCVC, Nascimento LLD, et al. Indices for measurement of sustainable diets: A scoping review. *PLoS One.* 2023;18(12):e0296026. Available at: pubmed.ncbi.nlm.nih.gov/38117768/

Parker MK, Misyak SA, Gohlke JM et al. Cross-sectional measurement of adherence to a proposed sustainable and healthy dietary pattern among United States adults using the newly developed Planetary Health Diet Index for the United States. *Am J Clin Nutr.* 2023;118(6):1113-1122. Available at: pubmed.ncbi.nlm.nih.gov/37742929/

Sleboda, P, de Bruin WB, Gutsche T, et al. Don't say "vegan" or "plant-based": Food without meat and dairy is more likely to be chosen when labeled as "healthy" and "sustainable." *J Environ Psychol.* 2024;93:102217. Available at: www.sciencedirect.com/science/article/pii/S0272494423002657

UN Environment Program (UNEP). *What's Cooking? An assessment of potential impacts of selected novel alternatives to conventional animal products.* December 8, 2023. Available at: www.unep.org/resources/whats-cooking-assessment-potential-impacts-selected-novel-alternatives-conventional

Williams, R. Law and policy can support sustainable diets. *Commun Earth Environ.* 2023;4:375. Available at: www.nature.com/articles/s43247-023-01038-3



Christine McCullum-Gomez, PhD, RDN 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-Elect of the Global Member Interest Group (GMIG) of the Academy of Nutrition and Dietetics.