

What's on your plate?

811

232



Whole Grains

78

300



Vegetables

725

209



Protein

450

52



Add Fat

153

250



Dairy Foods

122

31



Tubers

120

31



Sugar

126

200



Fruits

calories

grams

Healthy Diets



Summary Report
of the EAT-Lancet
Commission, 2019

Scientific targets for a
planetary health diet,
with possible ranges, for
an intake of 2500 kcal/day.

www.feast20230.eu



#feast2030

Infographic by
B. Braun with icons
from the EAT Lancet



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