
Revising nutrition guidelines can cut CO₂ emissions

National nutritional guidelines recommend a diet that is healthy for humans — but often less so for the planet. ‘Even when the guidelines do take account of sustainability, they often assume the farming system will not change,’ says Hannah van Zanten, associate professor of Farming Systems Ecology. She is co-author of a new study in the journal *Lancet Planetary Health*, which examines how the guidelines can be adapted to fit with a circular food supply system. ‘The current recommended intake of animal protein according to the guidelines is not feasible using circular food production. If we want that, we need a big reduction in the number of animal products in our diet, especially chicken, eggs, fish and pork.’ Incidentally, you don’t need to produce so much animal protein anyway according to Van Zanten. Her study shows that someone who sticks to the guidelines eats too much protein. Carbon emissions can be cut by up to a quarter by reducing the animal products in the guidelines and introducing circular agriculture principles in livestock farming. ss