



# Notes on sustainability

Nico van Belzen, PhD  
ScienceConsult

NutrEvent  
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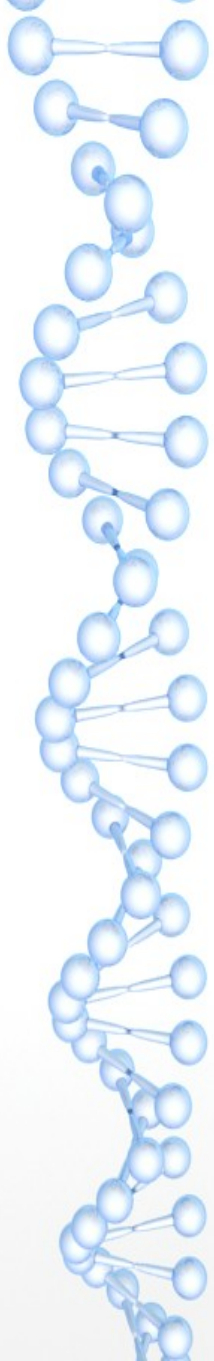
# The EAT-Lancet Commission



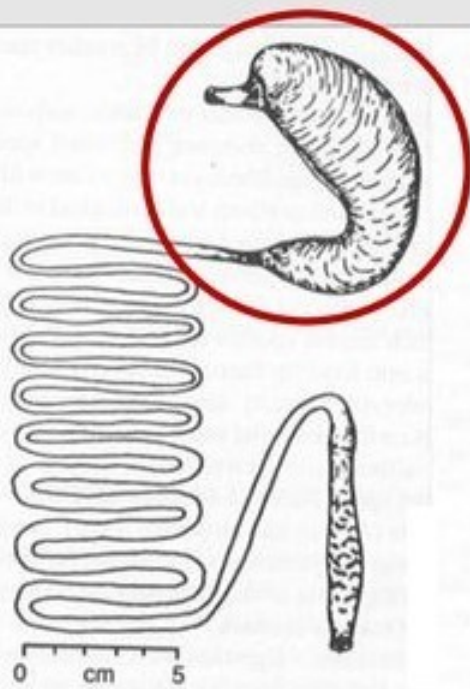
1 Goal – 2 Targets – 5 Strategies

To Achieve  
Planetary Health  
Diets for Nearly  
10 Billion People  
by 2050

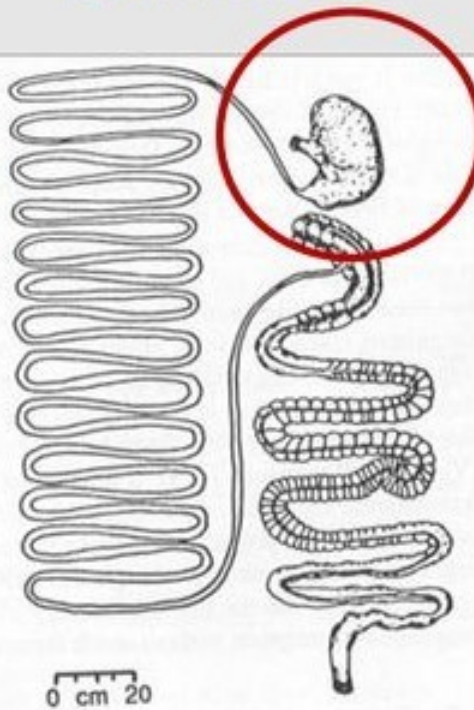
Healthy diets have an optimal caloric intake and consist largely of a diversity of plant-based foods, low amounts of animal source foods, contain unsaturated rather than saturated fats, and limited amounts of refined grains, highly processed foods and added sugars.



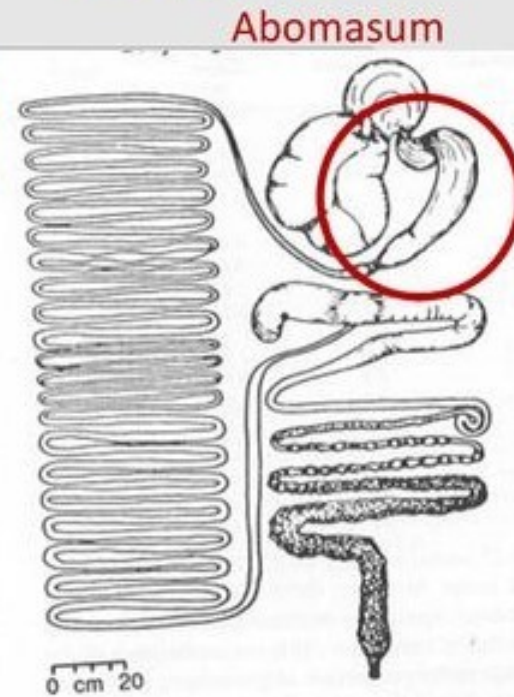
## Carnivore

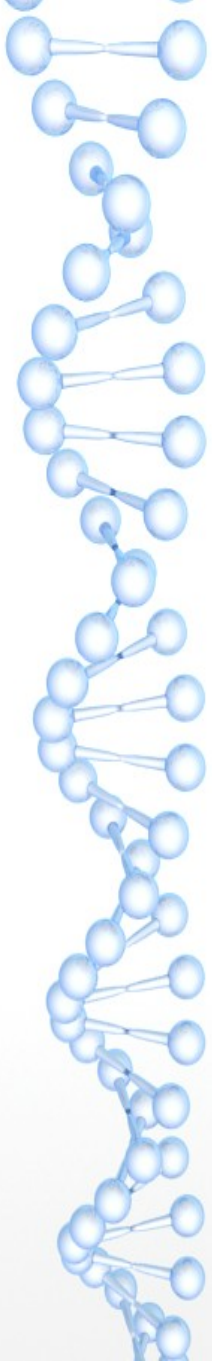


## Omnivore

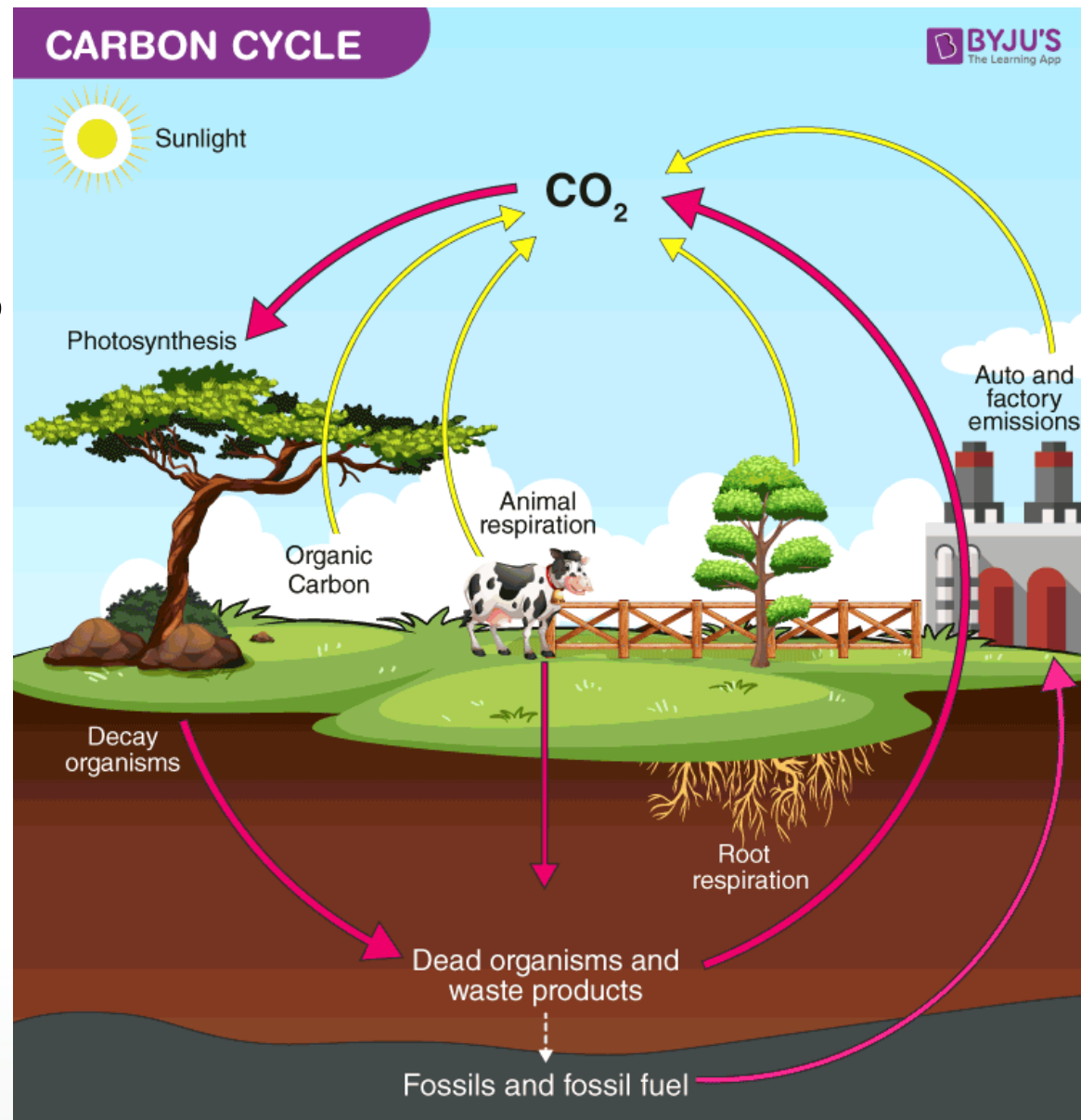


## Herbivore

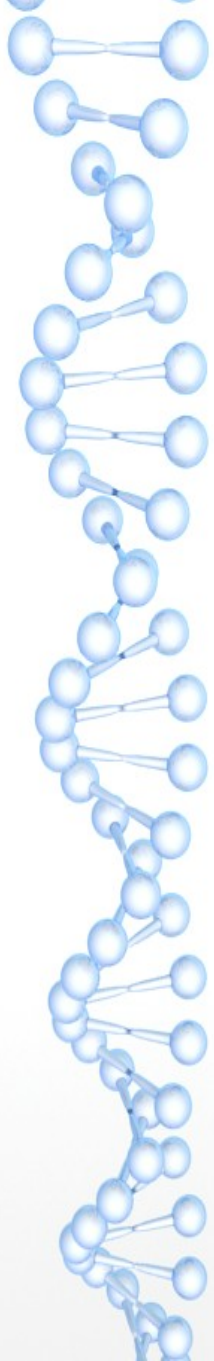




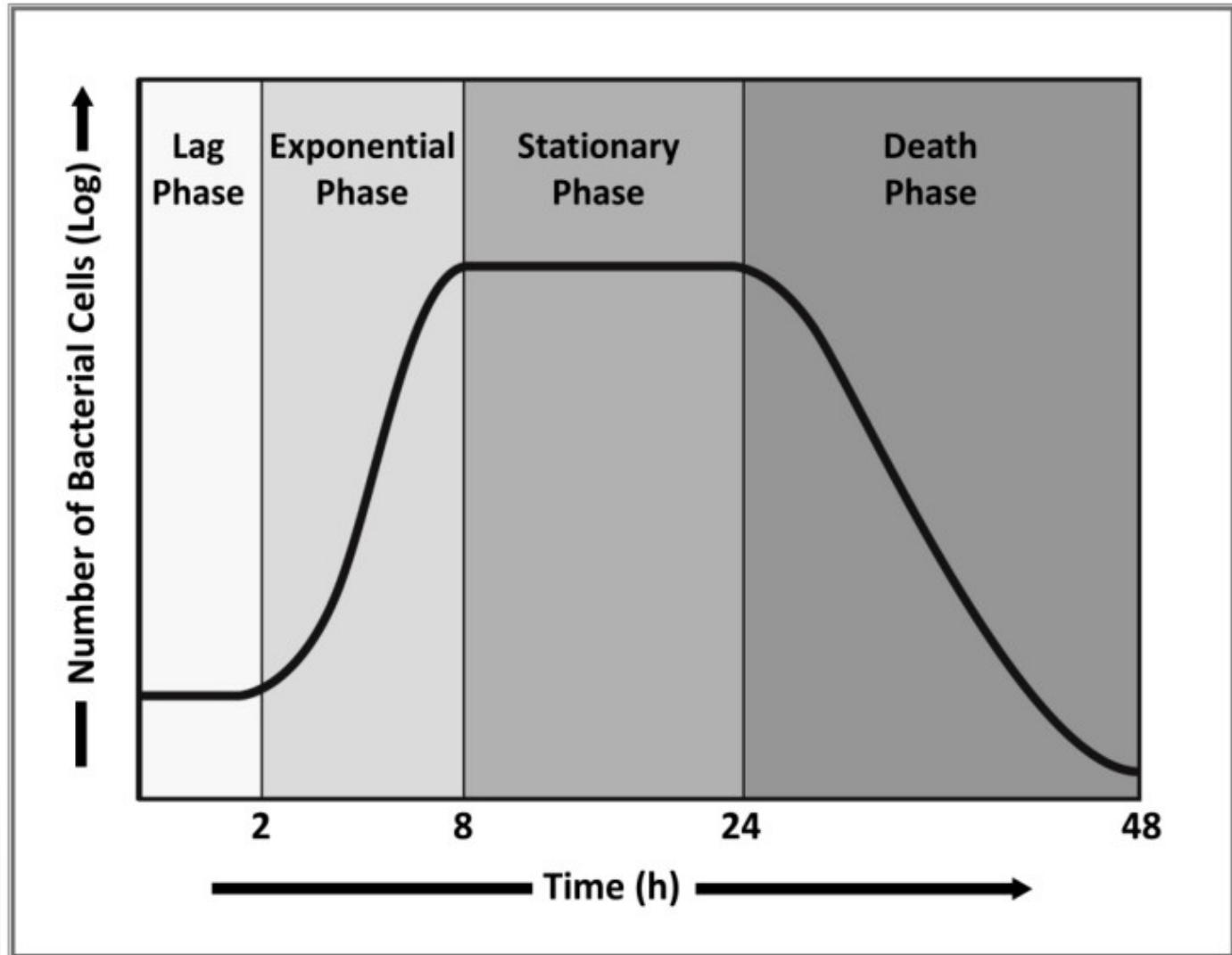
**Cows ≠ cars**



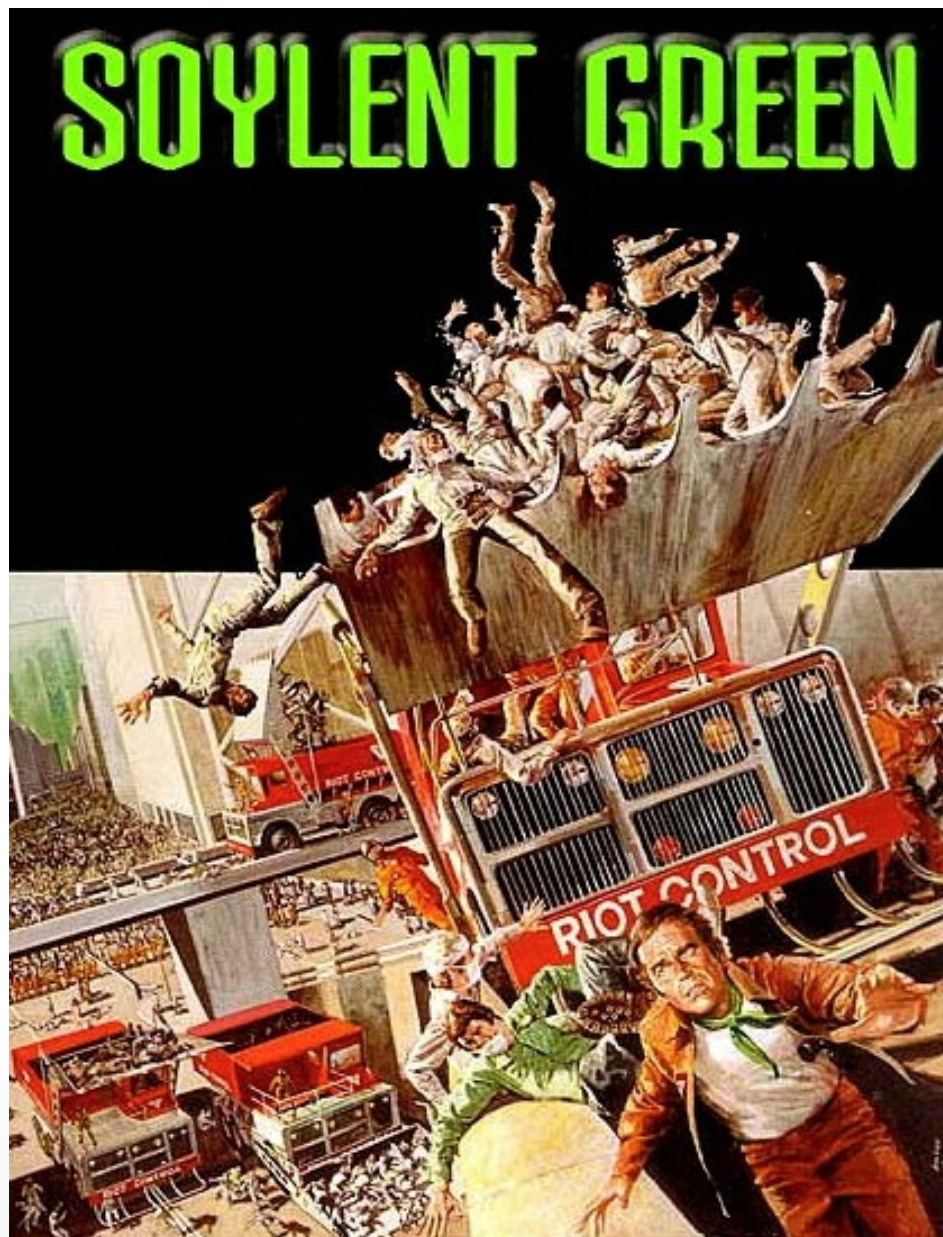
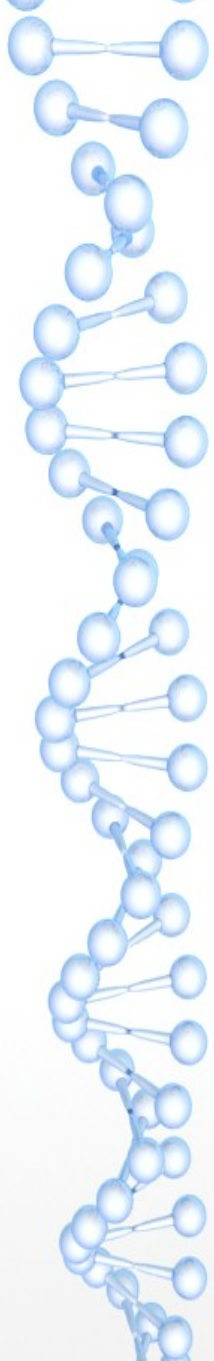
<https://byjus.com/biology/carbon-cycle/>



# Bacterial growth curve



Garrison, A & Huigens, R (2016) Curr Top Med Chem DOI: 10.2174/1568026617666161214150959



# Innovation examples

## Lab meat



- The Rolls-Royce of meats
- Not vegan (starter cells and fetal calf serum or GM growth factors)
- Plant-based 'meats' appear better alternative

## Yeast 'milk'



- Promising technology
- First product is on the market
- GM food?