

2025 EAT-Lancet Commission Report

Prelims: Current events of national and international importance

Why in news?

*Food systems largest violators of planetary limits: **2025 EAT-Lancet Commission on Healthy, Sustainable and Just Food Systems.***

- The 2025 report shows how food systems are at the centre of the overlapping climate, biodiversity, water, and pollution crises.
- **Published by** - EAT-Lancet Commission.

***EAT-Lancet Commission** - A global, interdisciplinary group of leading researchers with expertise in nutrition, health, agriculture, sustainability, social justice, and policy.*

- **Planetary boundaries** - Scientifically defined **limits to human-induced environmental pressures**, limits beyond which the environment will not be able to self-regulate.
- **9 boundaries** - Climate change, ocean acidification, ozone depletion, nitrogen cycle, freshwater use, land system change, biosphere integrity, chemical pollution, aerosol loading.

Key Findings

- **Planetary Health Diet (PHD)** - Developed by the Commission to **foster a global shift** toward healthy eating and sustainable food systems.
 - **Composition** - 75% plant-based: fruits, vegetables, legumes, nuts, whole grains
 - 25% moderate animal-source foods, minimal added sugars, saturated fats, and salt
 - Potential to halve food-related GHG emissions.
- **Food systems (largest contributor)** - Breaching 5 of 9 planetary boundaries already crossed - includes climate change, land system

change, freshwater use, nitrogen cycle, biosphere integrity.

- **India-Specific Insights -**

- **Poor performance** – Nitrogen overloading, pesticide pollution, loss of intact natural land (below 50–60% benchmark).
- **Consequences** – loss of ecological functioning, decline in pollination, soil carbon sequestration.
- **Dietary trends (opposite direction)** – towards excessive ultra-processed foods, increase in obesity & anemia, widening health inequalities.

- **Environmental inequality** – The **wealthiest 30%** of people cause 70% of food-related environmental impacts.

- **Safe & Just Space** – **Less than 1%** of the global population lives in a “safe and just space”, where food needs & rights are met within planetary boundaries – highlights the urgent need for justice-centric food system reforms

- **Justice-Centric Policy Transformation -**

- Agricultural policy must prioritize fair livelihoods, not just yield or efficiency.
- Trade policy should be evaluated based on its impact on producer welfare.
- Corporate accountability must ensure decent work and transparent supply chains.

- **Policy recommendations** – Emphasized the importance of everyone’s right to healthy food and called for making the PHD accessible and affordable **using policy tools** such as subsidies, taxes on unhealthy foods, and restrictions on marketing.

Reference

[The Hindu | 2025 EAT-Lancet Commission](#)