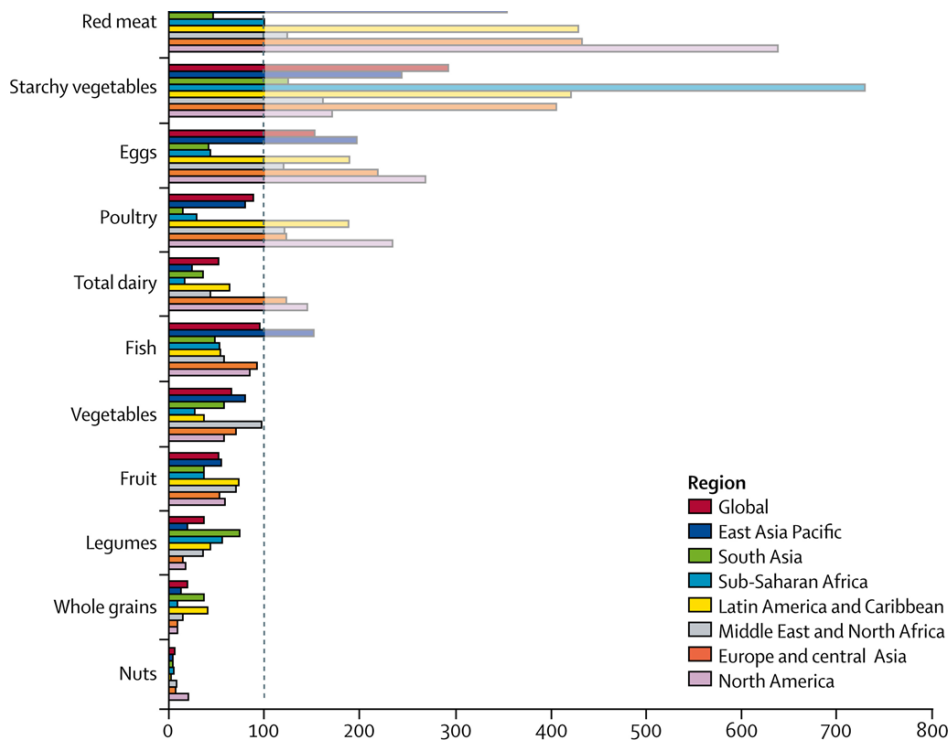


Sustainable food production. Changing diets across the world.

Comparing current consumption with the proposed planetary diet.

Examine the data in figure 1.

What does the dotted line represents the recommended intake.



Use these words/figures to complete the passages below

Increase, Sustainable, less, 5/6th, legumes, highest, 1/6th

North Americans have the **highest** meat consumption on the planet. The planetary diet requires them to cut their consumption by **5/6ths**. They will also have to reduce consumption of eggs by 2/3rd and poultry by more than 1/2. They can increase their consumption of vegetables, **legumes** (beans and lentils), grains and nuts.

People in Sub-Saharan Africa currently eat a level of meat which would be **sustainable** for the whole planet. They have the highest consumption of starchy vegetables in the world and need to cut this to **1/6th** of current levels. The planetary diet would allow people in Sub Saharan Africa to eat more of every other food group.

People in South Asia generally eat **less** than the planetary diet would provide, only in starchy vegetables do they slightly exceed the recommended levels. South Asia has the highest proportion of legumes (beans and lentils) in the diet. Adopting the planetary diet would **increase** consumption in all the other food groups.