



Various Stakeholders - Reactions to the EAT-Lancet Commission report

EU Stakeholder - Press Releases

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The Association of European Cancer Leagues

The EAT-Lancet Commission report is an extremely valuable and urgent addition to our understanding about what constitutes a healthy diet. The report introduces to us the concept of the planetary health diet, emphasising how a healthy and nutritious diet for people can have significant co-benefits for our environment. We are especially pleased to see the prominence given to increasing the consumption of whole grains, which is consistent with the messages of the European Code Cancer, demonstrating how a planetary health diet can also make significant strides towards reducing the cancer burden. This report provides us with plenty of food for thought: now is the time for us to act!

The European Heart Network

The European Heart Network (EHN) welcomes the EAT-Lancet report. In its paper *Transforming European food and drink policies for cardiovascular health* ([link](#)) published in 2017, EHN set out that a cardiovascular health-promoting diet would mean a shift from an animal-based diet to a more plant-based diet. Such a diet includes vegetables, fruit and berries in abundance. It also includes whole grain products, nuts and seeds, fish, pulses, as well as low fat dairy products. This everyday dietary pattern limits consumption of red meat, processed meat products and foods or drinks with low content of vitamins, minerals and dietary fibre and/or a high content of free sugars, saturated/trans fats or salt.

More specifically, as a long-term population goal EHN proposed that total carbohydrates be up to 65% of calories. We specified that the carbohydrate should be derived principally from whole grain cereals, fruit berries, vegetables and legumes and that refined cereal products should be replaced with whole grain products.

EHN published its paper on the backdrop of the heavy burden of cardiovascular disease (CVD) – notably heart disease and stroke – on individuals and society. CVD is the leading cause of death in the EU. It is also a leading cause of illness with 47million living with CVD, and a very considerable cost to the EU economy, estimated at a total of €210 billion a year. Of all the risk factors that contribute to CVD, dietary factors are the largest accounting for 49% of all the years lost to cardiovascular death or disability in the EU.

Reflecting on the just published Lancet Commission report on *The Global Syndemic of Obesity, Undernutrition, and Climate Change*, at the highest political level EHN recommended, in its 2017 paper, the establishment of a global food convention.

The Healthgrain Forum

The Healthgrain Forum welcomes the efforts of the EAT-Lancet Commission to reach a global scientific consensus on diets that are healthy and sustainable. The Commission's report contributes to a global discussion on the needs to change existing food production systems into systems that ensure reduced environmental impacts, improved biodiversity, food security to produce healthy and acceptable diets for the predicted 10 billion people by 2050.

The Healthgrain Forum is a not-for-profit organisation with the aim of developing and promoting the consumption of healthy cereal-based foods, especially whole-grain foods. The Forum brings together agronomy, food technology and nutrition in a multi-disciplinary approach to strengthen the evidencebase for raising the profile of healthy cereal-based foods. So, we were particularly pleased to see the prominence given to whole grain in the recommended diet plan.

The Healthgrain Forum is convinced that grains should be an important part of most diets where their contribution to energy intake worldwide is essential. The importance of consuming cereals as whole grains in order to deliver bioactive nutrients and dietary fibers, is illustrated by their effects on prevention of many non-communicable diseases. The Healthgrain Forum envisions that whole grain and high fiber grain-based foods assist consumers in health maintenance worldwide, help reduce health care costs and provide added value for companies in the production chain from farm to fork. Consequently, we greatly support the emphasis on whole-grain foods in this report.

The Healthgrain Forum believes that increasing whole grain consumption is an essential area for engagement with Public Health Agencies, Industry and Academia. The transformation to healthy and sustainable diets worldwide, including the significant increase in whole grain intake in the proposals will need concerted actions, as indicated by the EAT-Lancet Commission, in the upcoming decades

The International Association for Cereal Science and Technology (ICC)

The International Association for Cereal Science and Technology (ICC) highly welcomes the efforts of the EAT-Lancet Commission to convene leading scientists from various countries and disciplines to globally agree scientific targets for healthy diets and sustainable food production.

The Commission's Report is a great step forward in placing the emphasis on healthy eating and sustainable food production being a driver for creating food systems which will work in harmony with the global challenges in agri-food production. Ensuring that the food production systems we utilise are in tune with the biodiversity and general ecology of the world are essential for the survival of future generations. Equally, food choice and the adaptation of healthy diets are crucial to redress issues around global malnutrition and over nutrition.

There is no doubt that cereal grains form the basis of many of our diets and their importance not only in terms of their contributions for calories but also in terms of bioactive nutrients and dietary fibre, go far beyond dietary intake and into human nutrition and disease prevention. It is therefore welcome to see the importance placed on wholegrain foods in this report.

From the view of the International Association of Cereal Science and Technology, harnessing the benefits of wholegrain nutrition is one of the key aspects which needs to be addressed by food and nutritional scientists in the very short term, so as to yield benefits for long term welfare of the population and the world.

In line with the EAT-Lancet Commission we believe that when increasing whole grain intake, efforts cannot be limited to one or two stakeholders, but must be addressed using the combined efforts of all parties involved in the food supply chain. For this reason, ICC invited more than 200 renowned experts and leading stakeholders, representing more than 35 countries, to the 6th International Whole Grain Summit 2017. The common goal is to create a collective action plan aiming to address strategies to help promote healthy eating patterns, particularly an increased variety of sustainable whole grain foods, and additionally

communication-promotion campaigns based on strong public private partnerships, such as the Danish Whole Grain Partnership.

The Vienna Whole Grain Declaration reflects the experts' consensus on four key goals and action points that must be met to drive whole grain acceptance and product availability, and to create and execute appropriate communication and education programmes:

- Reach consensus on a global whole grain definition.
- Establish a quantitative, science-based whole grain intake recommendation.
- Document the carbon footprint of whole grains, compared with other dietary choices.
- Form strong public-private partnerships to develop campaigns to encourage whole grain consumption.

To carry out the action points necessary to meet these key goals, it was agreed to establish a global interdisciplinary "Whole Grain Initiative" and to initiate international working groups dealing with different aspects of whole grains such as definition, intake recommendation, sustainability and whole grain promotion.

ICC would like to encourage all experts worldwide to consider the recommendations of the EAT-Lancet Report and initiatives like the global Whole Grain Initiative.

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