



EAT ETHICS

Dr Jonathan Witt





EAT LANCET

- Collaborative Commission

THE LANCET

- EAT
- The Lancet

THE EAT LANCET REPORT

The Lancet Commissions

Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems



Walter Willett, Johan Rockström, Brent Loken, Marco Springmann, Tim Lang, Sonja Vermeulen, Tara Garnett, David Tilman, Fabrice DeClerck, Amanda Wood, Malin Jonell, Michael Clark, Line J Gordon, Jessica Fanzo, Corinna Hawkes, Rami Zurayk, Juan A Rivera, Wim De Vries, Lindiwe Majele Sibanda, Ashkan Afshin, Abhishek Chaudhary, Mario Herrero, Rina Agustina, Francesco Branca, Anna Lartey, Shenggen Fan, Beatrice Crona, Elizabeth Fox, Victoria Bignet, Max Troell, Therese Lindahl, Sudhvir Singh, Sarah E Cornell, K Srinath Reddy, Sunita Narain, Sania Nishtar, Christopher J L Murray

	Macronutrient intake (possible range), g/day	Caloric intake, kcal/day
Whole grains*		
Rice, wheat, corn, and other†	232 (total gains 0–60% of energy)	811
Tubers or starchy vegetables		
Potatoes and cassava	50 (0–100)	39
Vegetables		
All vegetables	300 (200–600)	..
Dark green vegetables	100	23
Red and orange vegetables	100	30
Other vegetables	100	25
Fruits		
All fruit	200 (100–300)	126
Dairy foods		
Whole milk or derivative equivalents (eg, cheese)	250 (0–500)	153
Protein sources‡		
Beef and lamb	7 (0–14)	15
Pork	7 (0–14)	15
Chicken and other poultry	29 (0–58)	62
Eggs	13 (0–25)	19
Fish§	28 (0–100)	40
Legumes		
Dry beans, lentils, and peas*	50 (0–100)	172
Soy foods	25 (0–50)	112
Peanuts	25 (0–75)	142
Tree nuts	25	149
Added fats		
Palm oil	6.8 (0–6.8)	60
Unsaturated oils¶	40 (20–80)	354
Dairy fats (included in milk)	0	0
Lard or tallow	5 (0–5)	36
Added sugars		
All sweeteners	31 (0–31)	120

RECOMMENDATIONS

- Whole grains
- Fruits
- Dairy Foods
- Legumes & Tree Nuts
- Unsaturated Fats



RECOMMENDATIONS

- Universal adoption
- Environmental sustainability
- Transform Agriculture
- Influence Governments



ETHICS RECAP

3 MAIN BRANCHES



META-ETHICS

Attempts to establish the nature of ethics



NORMATIVE ETHICS

Attempts to establish the morality of actions



APPLIED ETHICS

Attempts to apply ethical principles to specific issues

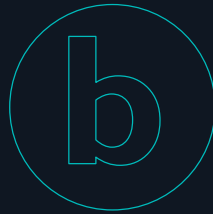
NORMATIVE ETHICS

3 MAIN BRANCHES



VIRTUE

Speaks to
developing
character



DUTY

Based on
principles of
obligation



CONSEQUENTIALIST

Weighs the
consequences of
actions



UTILITARIANISM

- Used in social and government policy
- Open to subjective manipulation
- Potential danger for abuse



AUTONOMY



BENEFICENCE



NON MALEFICENCE



JUSTICE



INFORMED CONSENT

APPLIED ETHICS

BIOETHICS



BACK TO THE DIET

IS IT ETHICAL TO PRESCRIBE A DIET TO THE WORLD?



THE LANCET

EAT LANCET

- Ethical Issues
 - Rights Based Ethics
 - Categorical Imperative
 - Utilitarian Assumption
 - Autonomy
 - Beneficence
 - Justice
 - Informed Consent

BUT WAIT, THERE'S MORE...



WHO IS EAT?

- Stordalen Foundation
- Stockholm Resilience Centre
- Wellcome Trust



WHO IS EAT?

- Walter Willett

AUTHORS

[Lancet](#), 2019 Feb 2;393(10170):447-492. doi: 10.1016/S0140-6736(18)31788-4. Epub 2019 Jan 16.

Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems.

[Willett W](#)¹, [Rockström J](#)², [Loken B](#)³, [Springmann M](#)⁴, [Lang T](#)⁵, [Vermeulen S](#)⁶, [Garnett T](#)⁷, [Tilman D](#)⁸, [DeClerck F](#)⁹, [Wood A](#)¹⁰, [Jonell M](#)¹¹, [Clark M](#)¹², [Gordon LJ](#)¹¹, [Fanzo J](#)¹³, [Hawkes C](#)⁵, [Zurayk R](#)¹⁴, [Rivera JA](#)¹⁵, [De Vries W](#)¹⁶, [Majele Sibanda L](#)¹⁷, [Afshin A](#)¹⁸, [Chaudhary A](#)¹⁹, [Herrero M](#)²⁰, [Agustina R](#)²¹, [Branca F](#)²², [Larley A](#)²³, [Fan S](#)²⁴, [Crona B](#)¹¹, [Fox E](#)²⁵, [Bignet V](#)¹¹, [Troell M](#)²⁶, [Lindahl T](#)²⁶, [Singh S](#)²⁷, [Cornell SE](#)¹¹, [Srinath Reddy K](#)²⁸, [Narain S](#)²⁹, [Nishtar S](#)³⁰, [Murray CJL](#)¹⁸.

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WHO NEEDS THE SCIENTIFIC METHOD?!



**“REDUCING THE RATE OF POPULATION
GROWTH WILL BE ESSENTIAL FOR ACHIEVING
HEALTHY AND SUSTAINABLE DIETS”**

“WE HAVE A HIGH LEVEL OF CONFIDENCE, BASED ON MANY REPRODUCIBLE LINES OF EVIDENCE, THAT THE REFERENCE DIET THAT WE HAVE DEFINED WILL MEET NUTRITIONAL REQUIREMENTS FOR CHILDREN OLDER THAN 2 YEARS AND ADULTS, AND REDUCE THE INCIDENCE OF NCD AND OVERALL MORTALITY”

46 PAGE REPORT

15 PAGES ON NUTRITION


16 PAGES ON CLIMATE CHANGE

7 PAGES ON POLICY CHANGE

The Shift Wheel: Changing Consumer Purchasing



wri.org/shiftingdiets

 WORLD RESOURCES INSTITUTE

SCIENCE ACTIVISM

- Climate Medicine
- HAES
- Transgender Athletes

PREDICTIONS IN 1970

“Population will inevitably and completely outstrip whatever small increases in food supplies we make...The death rate will increase until at least 100-200 million people per year will be starving to death during the next ten years.” – Paul Ehrlich

“It is already too late to avoid mass starvation” – Dennis Hayes

PREDICTIONS IN 1970

“Scientists have solid experimental and theoretical evidence to support...the following predictions: In a decade, urban dwellers will have to wear gas masks to survive air pollution...by 1985 air pollution will have reduced the amount of sunlight reaching earth by one half...” - Life Magazine

“The world has been chilling sharply for about twenty years,” he declared. “If present trends continue, the world will be about four degrees colder for the global mean temperature in 1990, but eleven degrees colder in the year 2000. This is about twice what it would take to put us into an ice age.” - Kenneth Watt



THANK YOU!

References on request



Literally
anything

Government

[gunshots]

[adultswim.com]



Government

This is a tragedy. I need more money
and authority.