Dietitians call on action against food pollution - Media release

Sunday 5 June 2022 is World Environment Day, with dietitians urging the Albanese government to address unhealthy diets and food waste as a key driver toward climate change.

A recently published report by Dietitians Australia explored the environmental impacts of the nation's diet and how six and a half planet Earths would be needed to produce food by 2050 should the world adopt Australia's eating habits.

With food price inflation and supply shortages disrupting Australia's weekly shopping list, Chief Executive Officer of Dietitians Australia explained why it's time to embrace change in the way Australians eat.

"By food pollution we're referring to the greenhouse gas emissions of Australia's diet which is the highest per capita of all G20 countries," Robert said.

"Yet, at the same time we're observing an increase in food insecurity as the cost of fresh food rises, and diet-related illnesses are also rising as people turn toward highly processed, energy-dense, and nutrient-poor food.

"As a nation we clearly need to rethink the way we eat to improve our health, save the cost of food to households, and our planet."

To combat food pollution and produce a more healthy and sustainable food system, Dietitians Australia is calling on the Albanese government to revive the Labor government's 1992 National Nutrition Policy.

By doing so the organisation hopes that Australians can save money through affordable nutritious food regardless of socio-economic and geographic influences, which would prevent diet-related illnesses and reduce environmental impacts of unsustainable food systems.

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Media enquiries

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Note to editors: Dietitians Australia is the leading voice of nutrition in Australia, representing dietitians nationally and advocating for healthier communities. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government as the quality standard for nutrition and dietetics services in Australia.