Australia must act on the updated global blueprint for healthy and sustainable diets - Media release

Dietitians Australia is urging all levels of Government in Australia to closely examine the findings of the 2025 Eat-Lancet Commission and prioritise the recommended actions to achieve a healthier, sustainable, and more equitable food supply in the country.

The call follows the release of EatLancet 2.0, unveiled over the weekend at the Stockholm Food Forum, which provides the most up-to-date scientific consensus on how we can eat and shape our food systems to ensure both people and the planet are supported in their health.

The EAT Lancet Commission recommends a dietary pattern that promotes health and can be adapted at a national level to suit what's most appropriate for the local environment and people.

"Prioritising a sustainable food system is essential to secure food, nutrition, and hydration for Australians now and in the future," said Dietitians Australia President Dr Fiona Willer.

"Food systems are at the heart of our current predicaments in climate, biodiversity, health and food security. They are also central to the solutions.

“Transforming our food system demands coordinated action at every level, from farm to fork, including agricultural production, food processing and manufacturing, distribution, retail and consumption, and avoiding food waste at every stage.

“Dietitians Australia has long been advocating for the development of a coordinated national approach to food and nutrition, through a National Nutrition Strategy.

“To ensure food security for future generations while maintaining ecological integrity, we must transition towards smarter, more sustainable dietary patterns,” Nicole Senior, Advanced Accredited Practising Dietitian and Co-Convenor of the Dietitians Australia Food and Environment Interest Group said.

“An optimal diet is one that meets nutritional needs, protects against chronic disease, minimises environmental harm, and remains equitable, culturally relevant, enjoyable and accessible to all.
“The EatLancet2.0 Planetary Health Diet prioritises vegetables, wholegrains, legumes, fruit and nuts, embraces traditional food practices, and guides people toward foods that support their health while minimising environmental impact.

“Dietitians Australia is heartened that the Australian Dietary Guidelines Expert Committee has established a Dietary Guidelines Sustainability Working Group, to ensure sustainability considerations are at the forefront of our updated guidelines, as recommended by EAT Lancet 2.0 and adopted by countries,” Dr Fiona Willer said.

“We urge the Committee and Working Group to examine the evidence and recommendations presented within this EAT Lancet 2.0 report.

“Australia needs a more sustainable food system to ensure true food and nutrition security, and Dietitians Australia is committed to helping government, the health and food sectors, and the community achieve this change.

The call comes ahead of World Food Day, which will be celebrated on October 16.

For media enquiries and interviews, contact our Media Manager Amy Phillips on 0409 661 920.

Note to Editors: Dietitians Australia is the leading voice in nutrition and dietetics, 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.