



Report on Food Consumption: WWF

Why in News

Recently, the [World Wildlife Fund](#) (WWF) has published the report “**Bending the Curve: The Restorative Power of Planet-Based Diets**”.

- The report offered a **detailed analysis of food consumption patterns** in 147 countries and six regions and the **national dietary guidelines** (NDGs) across 75 countries. For each country and region, the impacts of diets were **assessed on various environmental and health indicators**.

Key Points

- **Food consumption patterns vary widely** and can best be characterised by **massive inequality**.
 - **Different consumption patterns are observed in the richest and poorest countries**, with European countries consuming approximately 600 grams per day more food (1,800 g/day) than African countries (1,200 g/day).
 - Although **under-nutrition and obesity affect almost all countries**, the rate of underweight people is up to 10 times higher in the poorest countries as compared to other countries.
 - The rate of overweight/obese people is up to five times higher in the richest countries.
- **Major Concerns:**
 - **Premature deaths** in low- and middle-income countries **due to unhealthy diets, under-consumption** as well as **over-consumption**.
 - India needs to be extra careful in figuring out the changes in the diet because there could be an **increase in biodiversity loss** due to a shift to a healthier and planet-friendly diet and **extensively increased consumption**.
 - The country has to **first increase consumption of fruits, vegetables and dairy** to meet its nutritional requirements.
- **Suggestions:**
 - There is a need to strike a **balance in how countries consume their food as well as a shift to a plant-based diet** which is the need of the hour.
 - However, this dietary **shift will impact different countries differently**. While some countries will need to reduce their consumption of animal-source foods, others may need to increase them.
 - The shift will not only **improve human health by preventing over-consumption** of any food but will also **reverse the biological loss** that has occurred until now and improve environmental health.
 - The shift to more plant-based diets will **cut down carbon emissions** by 30%, wildlife loss by 46%, agriculture land use by 41% and premature deaths by 20%.
 - A **sustainable environment and human health can be achieved** by following a

few **lifestyle changes** that include **eating foods which are:**

- More sustainable.
 - More plant-based food and less animal-based.
 - Healthy and locally grown and minimally processed.
 - More diverse instead of just one kind.
- Countries **should not solely depend on the domestic production and biodiversity-rich countries**, including India, **should import** food from higher-yielding and less biodiverse nations.

▪ **New Launch:**

- The WWF has launched a new platform known as **Planet-Based Diets Impact and Action Calculator**.
- One can calculate their consumption and **find out the impact caused by their diet on the environment**.
- The platform **also shows national level impacts**. This will **help people living anywhere in the world to make a conscious decision** by finding out if their diet is good for them as well as their environment.

[Source: DTE](#)

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