

PRESS RELEASE

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Is EAT-Lancet’s solution for people and planet more idealism than hard science?

ANH-Intl releases comprehensive 24-page analysis of the Lancet Commission’s findings



Two weeks after the publication of a Lancet Commission’s report on healthy eating and planetary transformation, the UK-based, non-profit, campaign, research and education organisation, the Alliance for Natural Health (ANH) International has today released its 24-page, scientifically-backed, critique. This critique, entitled *“Has the EAT-Lancet Commission found a ‘win-win’ for people, food and planet?”* represents the most detailed critical analysis to be placed into the public domain since the publication of the EAT-Lancet report, which has, to-date, received broadly positive acclaim.

While strongly supportive of the Commission’s overall objective, ANH’s science unit, led by its founder and scientific director Robert Verkerk PhD, makes clear its concerns.

“The vilification of meat and saturated fats, along with the proposal to get most of the protein from plant sources, most fats from Omega-6 rich vegetable oils and most carbs from grains, isn’t as revolutionary as some are claiming,” says Dr Verkerk.

“But it’s great that EAT-Lancet has put the link between food and health and food and planetary sustainability firmly on the map and in the minds of the public, policy makers and the food industry,” Verkerk maintained. *“The report,”* he continued, *“carries an air of detachment from the real issues driving disease in today’s society, as well as what’s required to tailor sustainable agriculture in different regions of the world.”*

Among its concerns, ANH has criticised the graphical representation of the so-called ‘Planetary Health Diet’ prepared by the Lancet Commission collaborator and co-founder, Norway’s EAT Forum. The ‘plate’ graphic is used to represent different amounts of food that should be eaten and has been widely circulated around the world. ANH’s complaint stems from its use of different units on the left and right sides (volume and energy, respectively). ANH argues this is misleading to the public and may have been done to make the ‘plate’ look healthier than it really is.

In its critique, ANH-Intl has prepared graphics of two plates using the EAT-Lancet recommendations that represent fresh weight and energy, respectively. They reflect quite different perspectives and health implications of the ‘Planetary Health Diet’. The ANH has also created different eating scenarios to test the flexibility of the diet, including for vegans. They show that nutritional inadequacies are likely for some interpretations.

The ANH critique explores the sustainability proposals and claims with supporting scientific evidence that the implications of removing as much livestock as proposed from farming systems could ultimately be worse for climate change, biodiversity, soil conservation and water management.

ANH embraces the release of the EAT-Lancet Commission report, Dr Verkerk indicating,

“The real work starts now if humans are to be serious about finding solutions that work for people and planet. One thing’s for sure, there’s a lot more than one solution needed and, as we’ve learned from multiple failures with dietary dictats over the years, top-down preaching, is a sure fire way of alienating the public.”

ENDS.

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NOTES TO THE EDITOR

Download full report at:

<https://www.anhinternational.org/resources/documents/anh-intl-special-report-analysis-on-the-eat-lancet-commission-report/>

ABOUT THE ALLIANCE FOR NATURAL HEALTH INTERNATIONAL

www.anhinternational.org

The Alliance for Natural Health (ANH) International is an independent, non-governmental organisation established in 2002 that promotes and protects natural, sustainable and bio-compatible approaches to health optimisation. Our approach is based on ‘good science’ and ‘good law’ and our core activities cover campaigns, activism, research and education.

ANH-Intl’s quest to help more people optimise health by working with, rather than against nature, means we engage with a broad range of issues relating to health and disease prevention, especially those involving dietary and lifestyle modification. We support the increased adoption of scientifically validated, natural and sustainable approaches to healthcare and disease prevention, taking into account cultural needs and individual requirements. The threat of uncertainty, as well as regulatory and other pressures, including from large food and pharmaceutical lobbies, continues to limit freedom of choice in the field of natural health. At ANH, we strive to protect these freedoms along with individual empowerment and engagement.

ANH-Intl was founded by Robert Verkerk PhD, an internationally acclaimed expert in agricultural and health sustainability. Our international office is based in Dorking, UK, while our US base (www.anh-usa.org) operates out of Atlanta, GA. We collaborate with a diverse cross-section of interests, including scientists, lawyers, medical doctors, other health professionals, politicians, companies and, above all, citizens.