

Eat Smarter Family Cookbook

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EAT-Lancet Commission Summary Report This report was prepared by EAT and is an adapted summary of the Commission Food in The Anthropocene: the EAT-Lancet Commission on Healthy Diets From Sustainable Food Systems. **The Planetary Health Diet - EAT** The EAT-Lancet Commission presents a global planetary health diet that is healthy for both people and planet. Discover the report's key takeaways and specific actions that we all can ... **EAT - The science-based global platform for food system** ... We are dedicated to transforming our global food system through sound science, impatient disruption and novel partnerships. Om EAT EAT er en global, ideell organisasjon som jobber med å transformere det globale matsystemet gjennom forskning, nytenking og samarbeid. **The 2025 EAT-Lancet Commission launches on October 3, 2025** On 3 October 2025, EAT and The Lancet will launch the 2025 EAT-Lancet Commission, a major scientific update to one of the most widely cited food systems reports of the past decade. The EAT-Lancet Commission on Food, Planet, Health The EAT-Lancet Commission delivered a scientific review of what constitutes a healthy diet from a sustainable food system. Find out more here. *About the 2025 EAT-Lancet Commission* The 2025 EAT- Lancet Commission is co-chaired by Walter Willett (Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health), Johan Rockström (Director of the ... **About EAT - EAT** About EAT EAT is a non-profit dedicated to transforming our global food system through sound science, impatient disruption and novel partnerships. About EAT What is EAT EAT is a non ... *2025 EAT-Lancet Commission* The 2025 EAT-Lancet Commission, co-chaired by Walter Willett, Johan Rockström, and Shakuntala Thilsted, brings together 24 Commissioners from 17 countries across various fields ... Stockholm Food Forum - EAT The Stockholm Food Forum, convened by EAT, is a carefully curated event open to up to 700 participants by invitation only. This results in a gathering of global thought leaders from ...

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