

How To Eat Move And Be Healthy

Emilie Sanchez

1. *BRIEFING DECK | EAT Action Dialogues (Template V Jun 12, 2025 · EAT Website* EAT is a non-profit dedicated to transforming our global food system through sound science, impatient disruption, and novel partnerships. To ensure success, EAT connects and partners across science, policy, business, and civil society to achieve the “great food transformation”. 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 including human health, agriculture and livestock production, political science, behaviour change, food justice and environmental sustainability. **Om EAT** EAT er en global, ideell organisasjon som jobber med å transformere det globale matsystemet gjennom forskning, nytenking og samarbeid. *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. **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 science, politics, business, civil society and beyond. Register your interest and secure your participation for the Stockholm Food Forum here. *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 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 take to contribute to the Great Food Transformation. **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 Potsdam Institute for Climate Impact Research), and Shakuntala Thilsted (Global Lead, Nutrition and Public Health, WorldFish CGIAR, 2021 World Food Prize Laureate). **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. **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.

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