

# Aligning sustainable and healthy diets with the productive capacity of sustainable food systems

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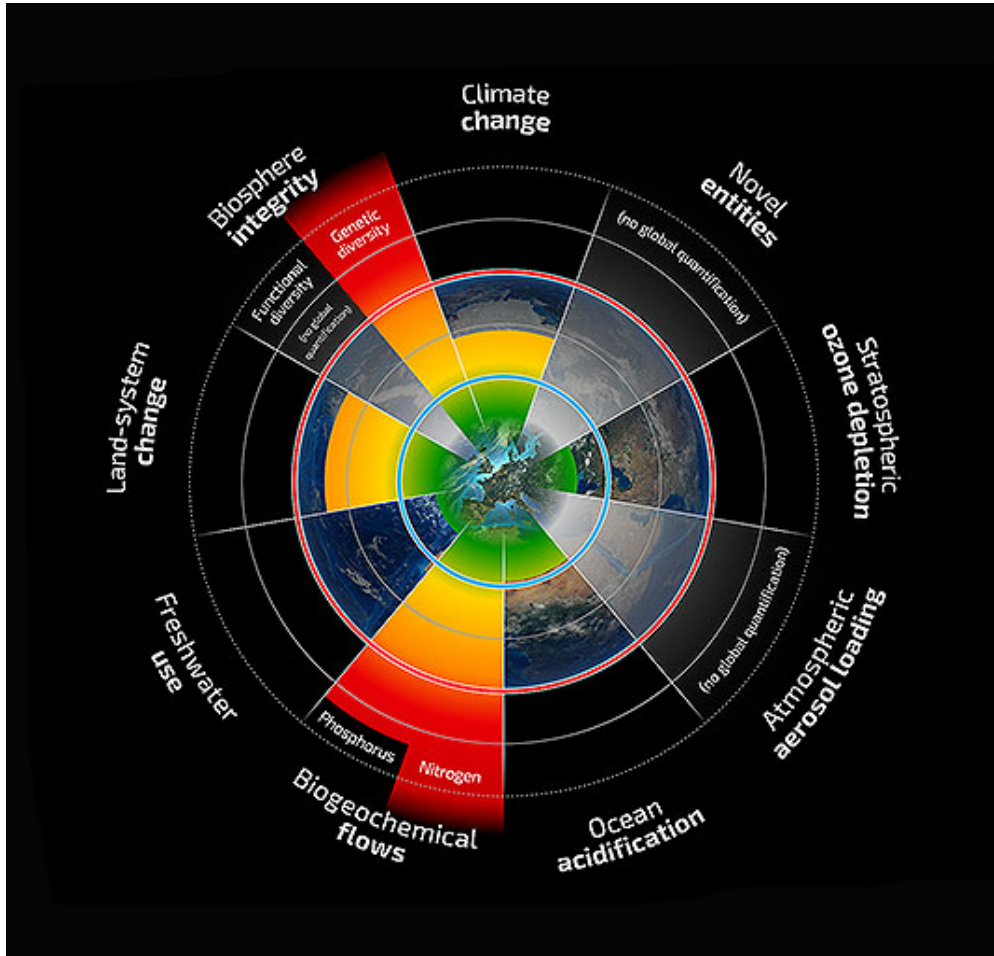








# The Global Environmental Crisis



Planetary Boundaries  
EAT Forum / Stockholm Resilience Institute

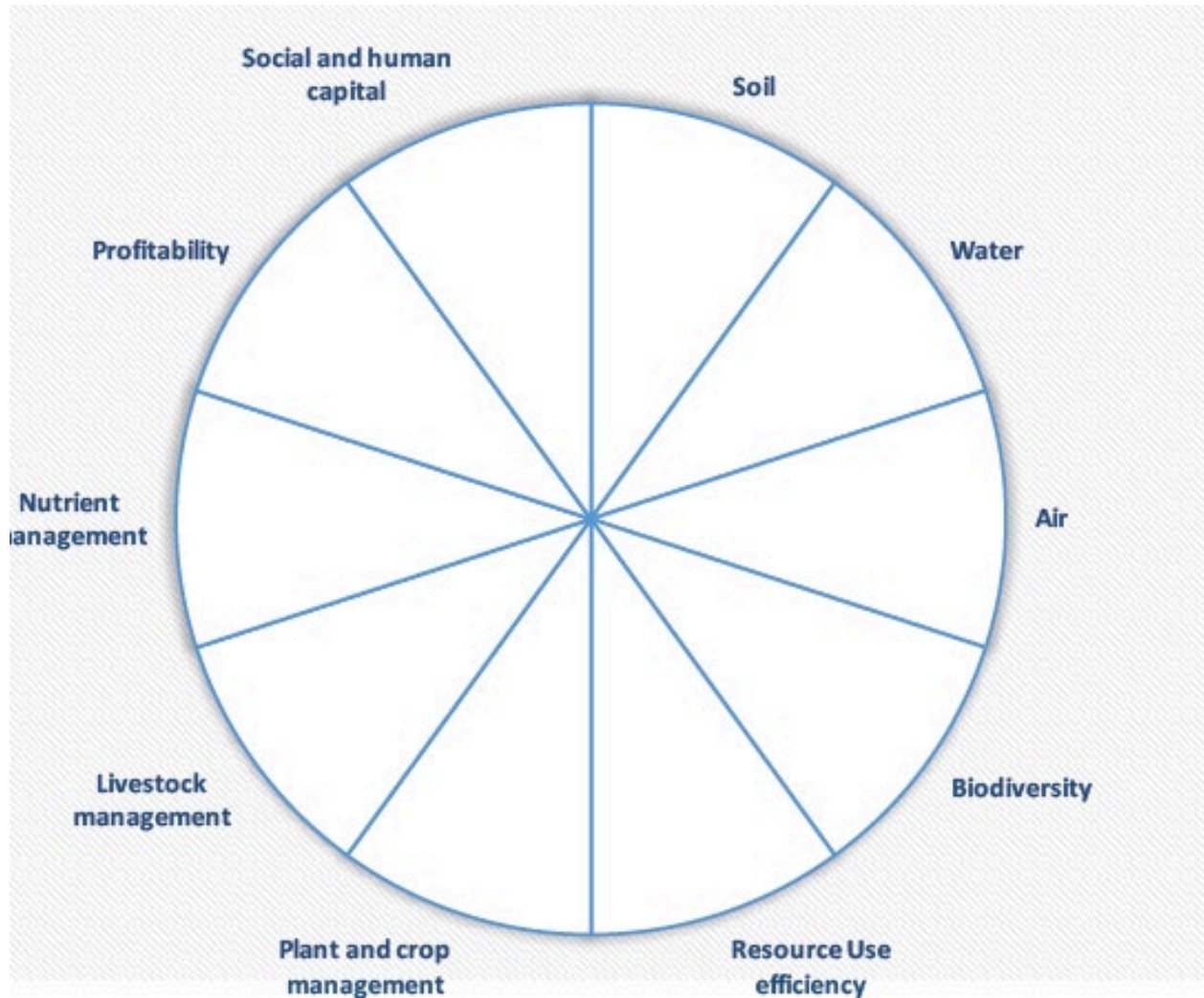


# Multiple and Overlapping Audits





# Harmonised categories of assessment





# Hidden Cost of UK Food, 2017





# For every £1 spent on food, another £1 is spent in hidden ways...

Breakdown of hidden £1:

|                               |              |
|-------------------------------|--------------|
| Natural capital degradation   | 25.7p        |
| Biodiversity loss             | 10.6p        |
| Production-related ill-health | 13.4p        |
| Diet-related disease          | 37.3p        |
| Imported food                 | 7.8p         |
| Farm support payments         | 2.5p         |
| Regulation and research       | 2.7p         |
| <b>Total</b>                  | <b>£1.00</b> |



Public confusion about  
sustainable and healthy  
diets



# EAT-Lancet c/w UK Production

- EAT Lancet a maximum of **98g/week** red meat (beef, lamb or pork);

*A typical 4 ounce burger weighs 112 grams*

- UK **Beef** production\*: **175g** per week
- UK **Lamb** production: **67g** per week
- UK **Pork** production: **164g** per week
- UK **Red Meat Offal** production: **42.7g** per week
- UK **Total Red meat** production: **448.7g** per week
- French EU study, 'Ten Years for Agriculture' (UK translation – by the Soil Association) recommends 31g/day of beef, 5g/day of sheep/goat, and 36g/day of pork, totalling **504g/week**.

\* All UK production figures for 2017, from AHDB Yearbook



# UK Red Meat and Pork Production

- EAT Lancet Report recommends **0-14g/day of beef/lamb** (average 7g), exchangeable with **0-14g/day of pork** (average 7g). This comes to a maximum total of **100g/week** of beef, lamb and/or pork.
- 2017, UK **beef and veal** production equivalent to 9.1kg/person p.a. (including all ages) or about **25g/day** (175g/week), butchered and boned out.
- 2017, UK **lamb and mutton** production equivalent to 3.49kg/person/year, or about **9.6g/day** (67g/week), butchered and boned out.
- 2017, UK **pork** production equivalent to 8.55 kg/person/year, or about **23.4g/day** (163.8g/week), butchered and boned out
- 2017, UK **offal** production equivalent to 2.22kg/person/year, or about **6.1g/person/day** (42.7g/week)
- In total, the UK currently produces 64.1g of red meat and pork/person/day, or **448.7g/week**



# How might production change under sustainable methods?

- **Beef** – less grain-fed and nitrogen fertiliser, therefore small reduction, but more cattle in total to graze short term grass/clover leys in arable rotations. Modest reduction in dairy cow numbers due to reduced intensification therefore less cow beef but likely overall small increase in UK beef production.
- **Lamb** – little change in numbers or production on permanent grasslands as some grasslands currently under-grazed, but as with beef an overall small increase in production, due to increased grass area in arable crop rotations, and need to stock with grazing animals.
- **Pork** – UK only produces 40% of the pork consumed. Reduced intensity would reduce production, though better use of food waste would limit this.



# Campaigns against red meat

Almost 10% of the population now claim to eat no meat or poultry, and approximately 20% of those under 25. [Mintel August 2017]

Growing concern about livestock transport and the impersonal nature of industrial scale slaughter, which gives the impression that each animal is not appreciated as an individual. Such trends appear likely to grow.

Lamb consumption by age group (grams per week)

| Age     | Lamb | Age     | Lamb |
|---------|------|---------|------|
| 75+     | 57g  | 40 - 49 | 29g  |
| 65 - 74 | 58g  | 30 - 39 | 23g  |
| 50 - 64 | 45g  | < 30s   | 15g  |

Source: NSA, unpublished data