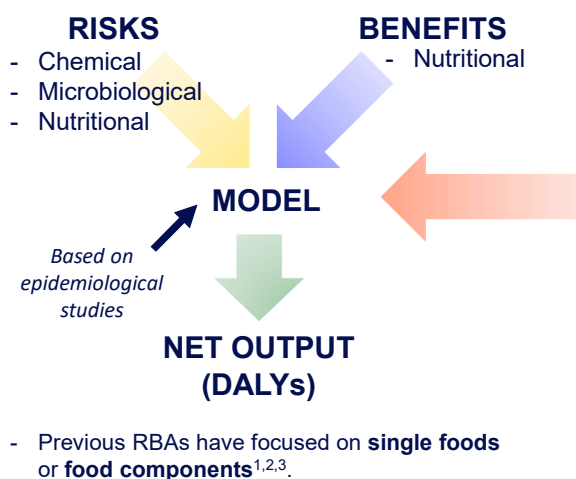


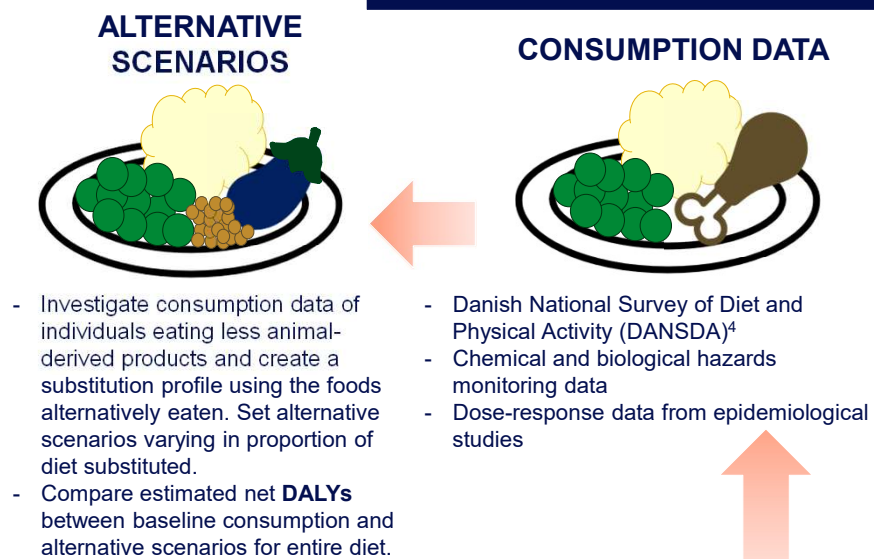
Applying Burden of Disease Methods to a Whole Diet Risk-Benefit Assessment: A Framework for Assessing Sustainable Diets

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Background



Methods



Results and Discussion

- Preliminary results from a Danish-adapted EAT-Lancet dietary scenario compared to current consumption patterns in Denmark.

1000% ↑ in nuts consumption needed

23,000 DALYs AVERTED PER YEAR

6400% ↑ in legumes consumption needed

100% ↑ in bread and cereals

40% ↑ in fruits and berries

Identified Nutritional Risks and Benefits from Epidemiological Studies

Food Group	Identified Risks/Benefits
Whole Grains	↓ Risk T2D, CRC, IHD, CVD
Peanuts and Tree Nuts	↓ Risk CVD, IHD
Legumes	↓ Risk IHD
Vegetables	↓ Risk stroke, CRC, IHD
Fruits and Berries	↓ Risk IHD, stroke, T2D
Dairy	↓ Risk T2D, CRC, hypertension
Fish	↓ Risk IHD, stroke
Red Meat	↑ Risk CRC, T2D

- These changes are quite large – additional alternative scenarios will be defined based on consumption data.

Key Messages

Whole-diet RBAs can provide valuable health information for dietary transitions

Scenarios based on current consumption may provide evidence for more feasible dietary transitions



- Whole-diet RBA offers a promising opportunity to holistically evaluate dietary changes at the population level.



- Consumption-based substitution scenarios should allow for more realistic and culture-specific understandings of sustainable dietary transitions.



- Evidence for realistic and feasible dietary transitions can aid policy decisions and recommendations.

Conclusion

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