Convegno

# MetaNO!
## COLTIVIAMO UN ALTRO CLIMA

## METANO E SISTEMI AGROALIMENTARI
QUALI SCELTE PER LA RIDUZIONE DELLE EMISSIONI CLIMALTERANTI

**LUNEDÌ 10 NOVEMBRE 2025**
ORE 09:30 - 13:00

**Cascina Nascosta**
Viale Emilio Alemagna 14, Milano

# Prodotti di origine animale e salute alimentare, il costo sanitario dell'eccesso: ridurre il gap tra consumi e assunzioni raccomandate
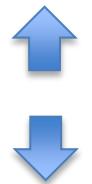
Beatrice Biasini

Unità di Nutrizione Umana, Dipartimento di Scienze degli Alimenti e del Farmaco
Università di Parma

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Human Nutrition Unipr
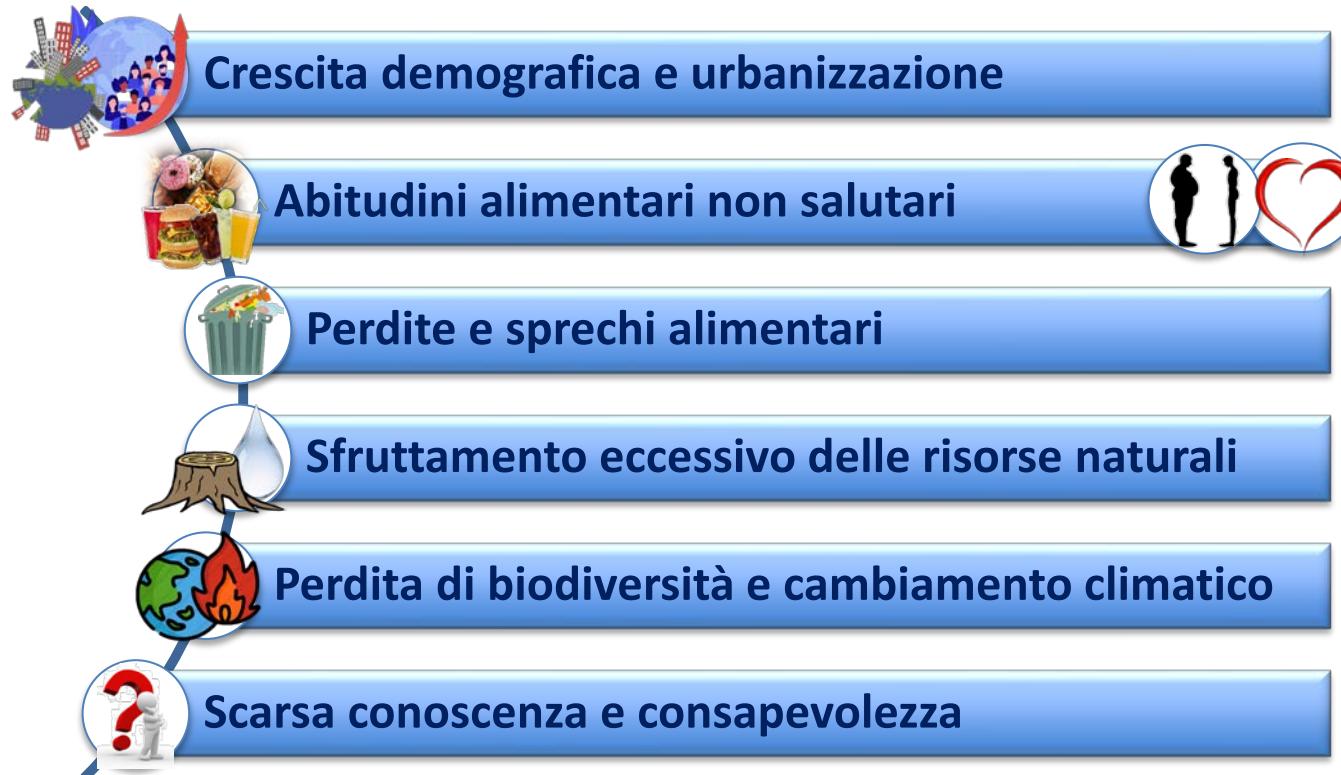
# Impatto e sfide del sistema agroalimentare

Innovazione tecnologica:

↑ Disponibilità e sicurezza alimentare

↓ Fame, denutrizione, povertà e mortalità

**Crescita demografica e urbanizzazione**

**Abitudini alimentari non salutari**

**Perdite e sprechi alimentari**

**Sfruttamento eccessivo delle risorse naturali**

**Perdita di biodiversità e cambiamento climatico**

**Scarsa conoscenza e consapevolezza**
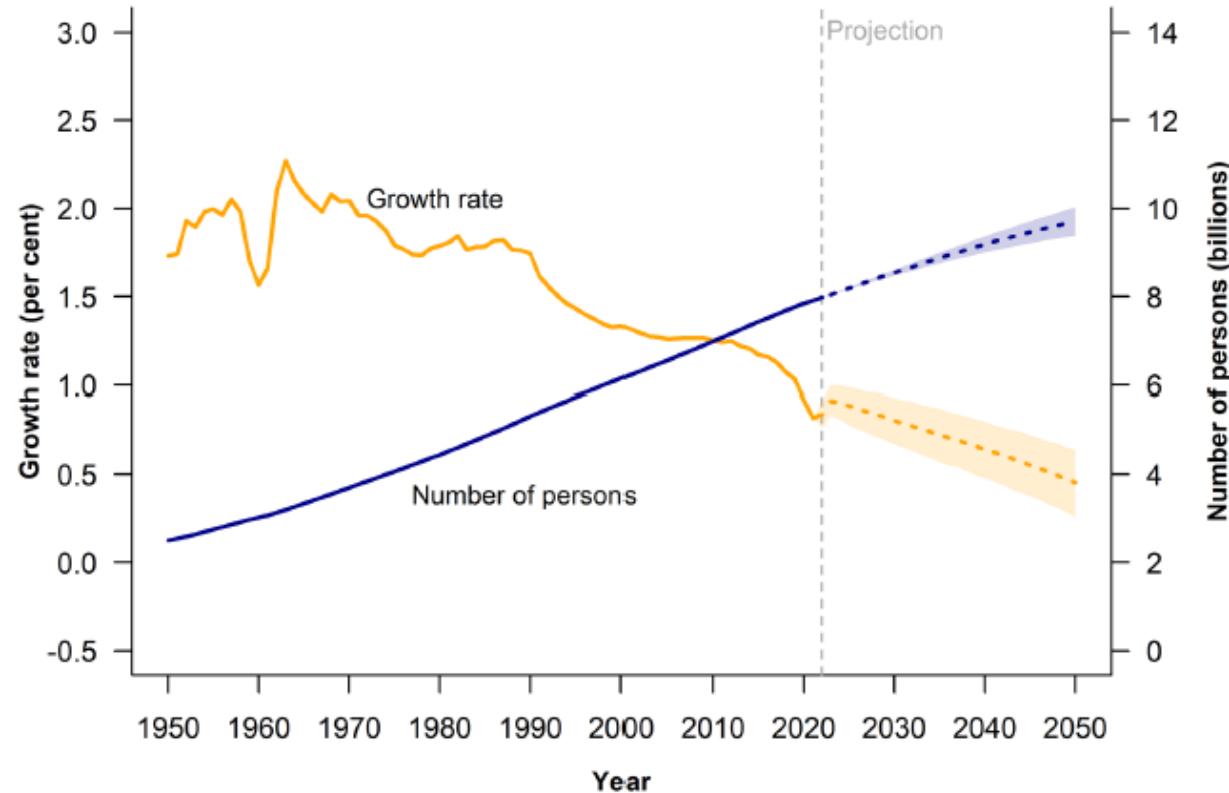
# Crescita demografica e urbanizzazione

8 novembre 2025

## Current World Population

# 8,257,043,625
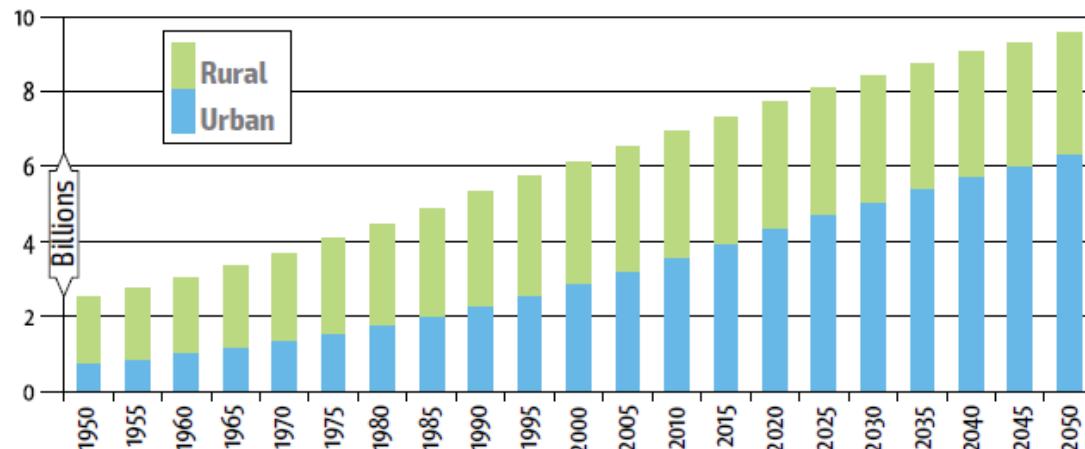
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# Crescita demografica e urbanizzazione
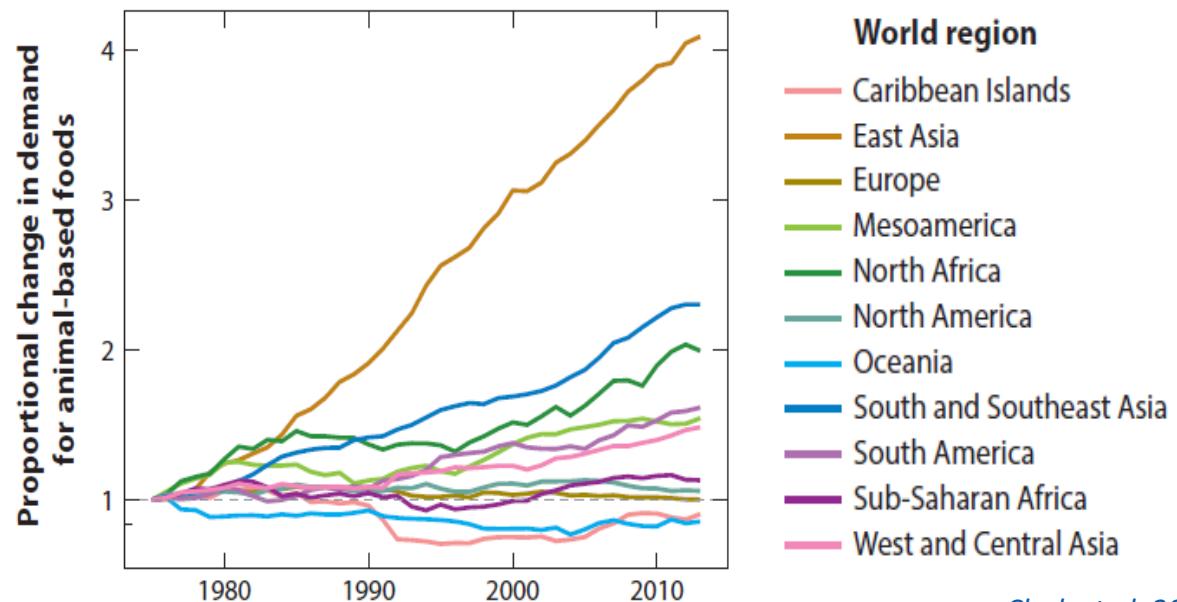
- **La crescita demografica e l'urbanizzazione** impattano sulle scelte di consumo e abitudini alimentari e contribuiscono a **spostare l'occupazione** all'interno dei sistemi alimentari.



Growth in global urban and rural populations to 2050

Source: UN, 2015.



World region
- Caribbean Islands
- East Asia
- Europe
- Mesoamerica
- North Africa
- North America
- Oceania
- South and Southeast Asia
- South America
- Sub-Saharan Africa
- West and Central Asia
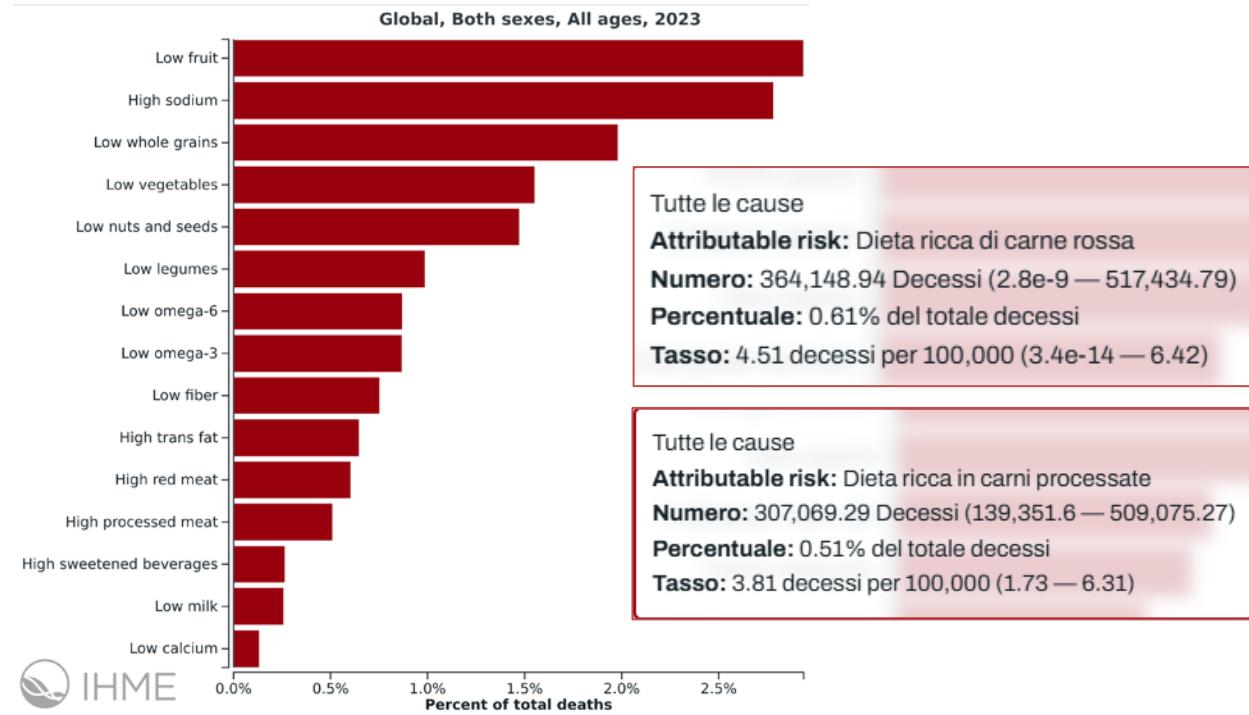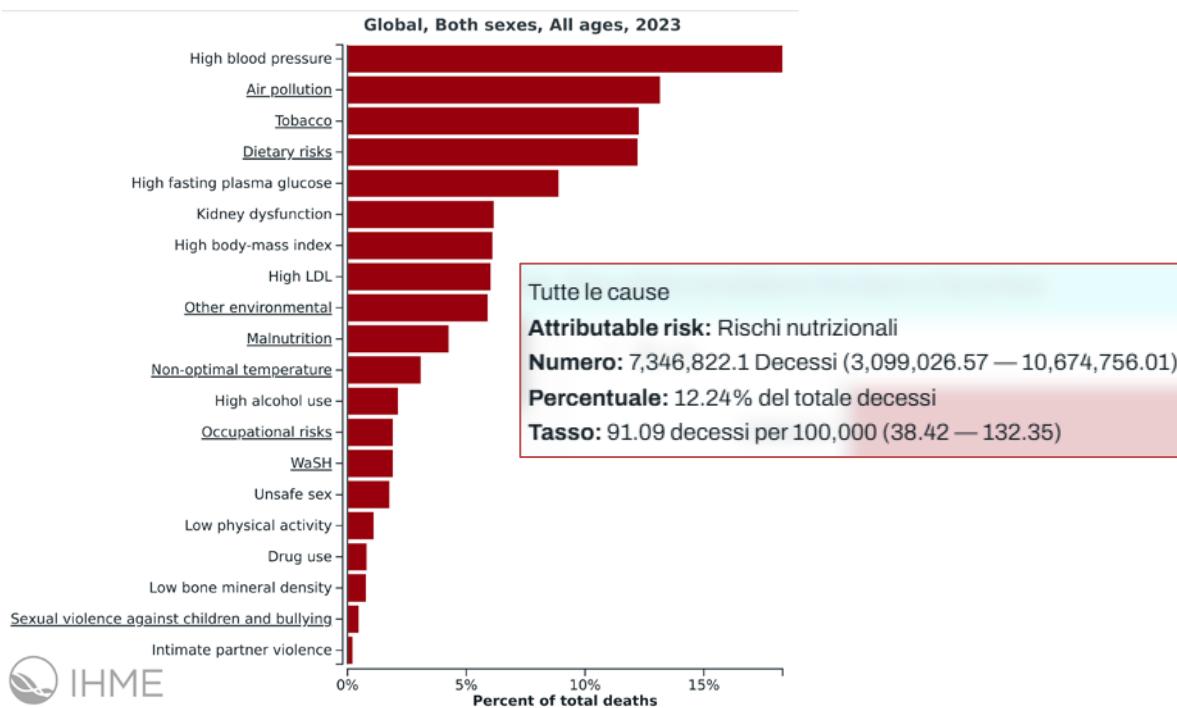
*Clark et al, 2018*

# Abitudini alimentari non salutari

- Le diete inadeguate, non salutari, sono caratterizzate da un **basso apporto** di **frutta** e **verdura**, **cereali integrali**, **frutta secca** e semi, **fibre,** latte, **calcio**, acidi **grassi insaturi**; e da un **alto** apporto di **sodio**, **carne rossa**, carne **trasformata**, **bevande zuccherate**, acidi **grassi trans**.

- Tali diete costituiscono uno dei **principali fattori di rischio di morte e malattia** a livello mondiale.



**Global, Both sexes, All ages, 2023**

Tutte le cause
Attributable risk: Rischi nutrizionali
Numero: 7,346,822.1 Decessi (3,099,026.57 — 10,674,756.01)
Percentuale: 12.24% del totale decessi
Tasso: 91.09 decessi per 100,000 (38.42 — 132.35)

Tutte le cause
Attributable risk: Dieta ricca di carne rossa
Numero: 364,148.94 Decessi (2.8e-9 — 517,434.79)
Percentuale: 0.61% del totale decessi
Tasso: 4.51 decessi per 100,000 (3.4e-14 — 6.42)

Tutte le cause
Attributable risk: Dieta ricca in carni processate
Numero: 307,069.29 Decessi (139,351.6 — 509,075.27)
Percentuale: 0.51% del totale decessi
Tasso: 3.81 decessi per 100,000 (1.73 — 6.31)

# Malnutrizione per eccesso nel mondo e in Europa

Prevalence of overweight and obesity among adults in the WHO European Region, by sex (1975–2016)

Fig. 1.3

**Overweight (including obesity)**

M (63%)
M&F (59%)
F (54%)

**Obesity**

F (25%)
M&F (23%)
M (22%)

Sources: WHO estimates, 2016 (29); NCD-RisC, 2017 (30).

Adulti nel mondo (2022):
43% in sovrappeso
16% con obesità

*WHO, 2025*
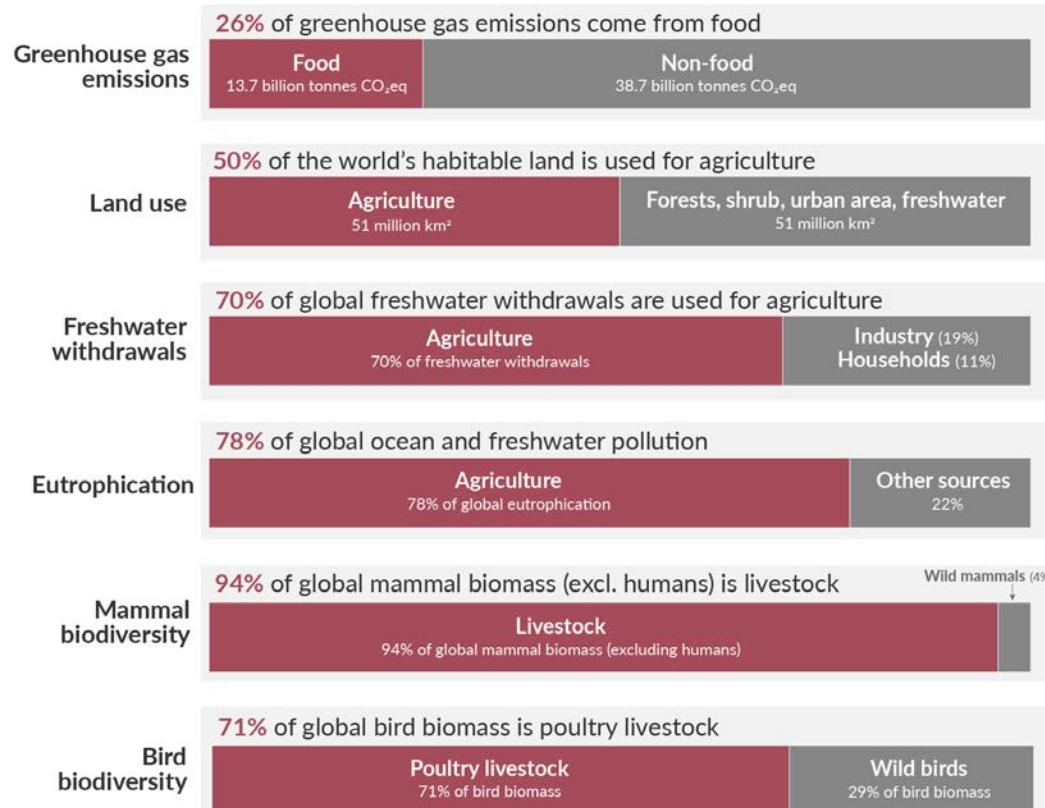
| Regione EU (WHO) | Età | Sovrappeso e obesità (%) | Obesità (%) |
|---|---|---|---|
| M | 5-9 anni | 32,1 | 14,0 |
| F | | 26,6 | 9,1 |
| M&F | | 29,5 | 11,6 |
| M | 10-19 anni | 26,7 | 8,6 |
| F | | 22,9 | 5,6 |
| M&F | | 24,9 | 7,1 |

*WHO Regional Office for Europe; 2022*

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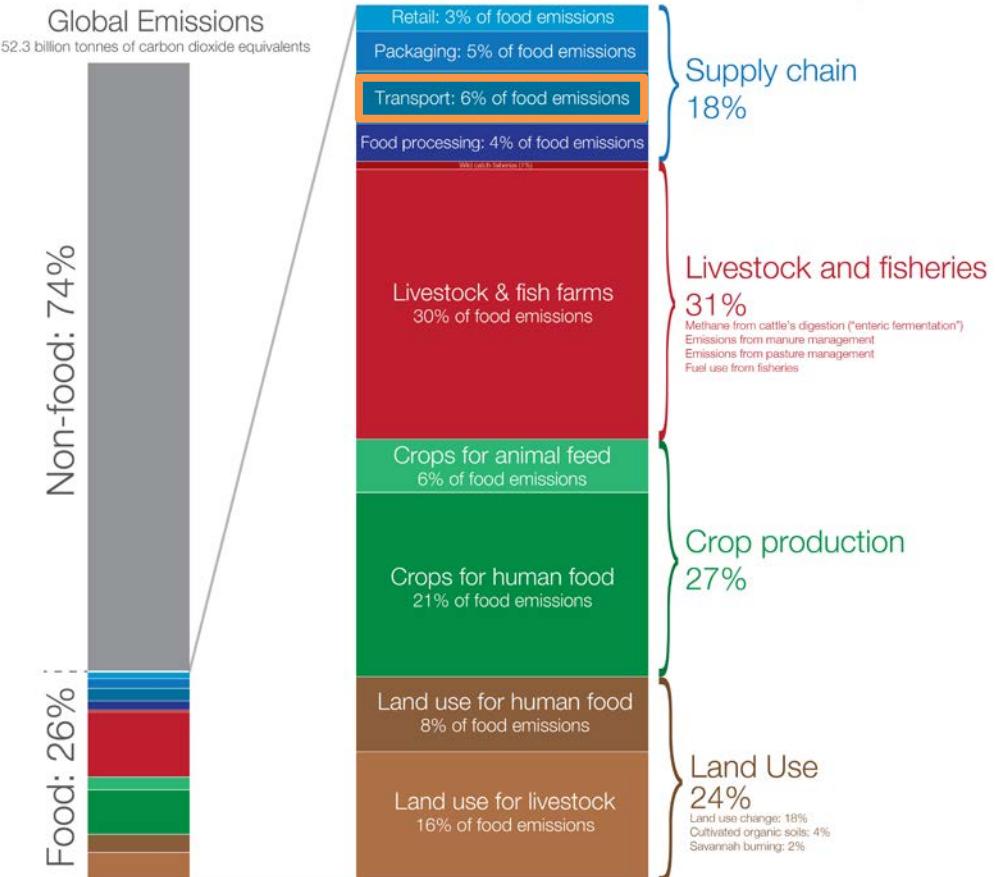
# Sfruttamento delle risorse e cambiamento climatico

- Il settore agroalimentare, in primis l'**agricoltura**, contribuiscono al **cambiamento climatico, al degrado ambientale e alla perdita di biodiversità.**



Data sources: Poore & Nemecek (2018); UN FAO; UN AQUASTAT; Bar-On et al. (2018).
OurWorldinData.org – Research and data to make progress against the world's largest problems.
Licensed under CC-BY by the author Hannah Ritchie.



Data source: Joseph Poore & Thomas Nemecek (2018). Reducing food's environmental impacts through producers and consumers. Published in *Science*.
OurWorldinData.org – Research and data to make progress against the world's largest problems. Licensed under CC-BY by the author Hannah Ritchie.
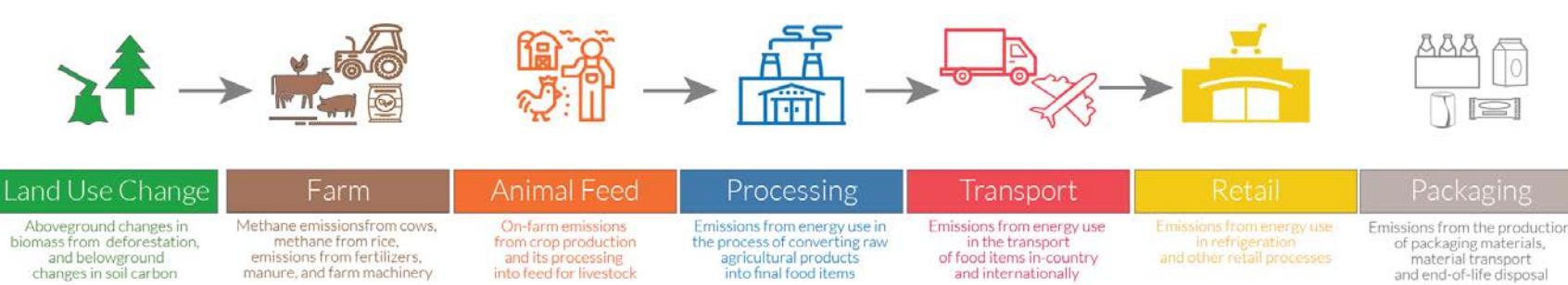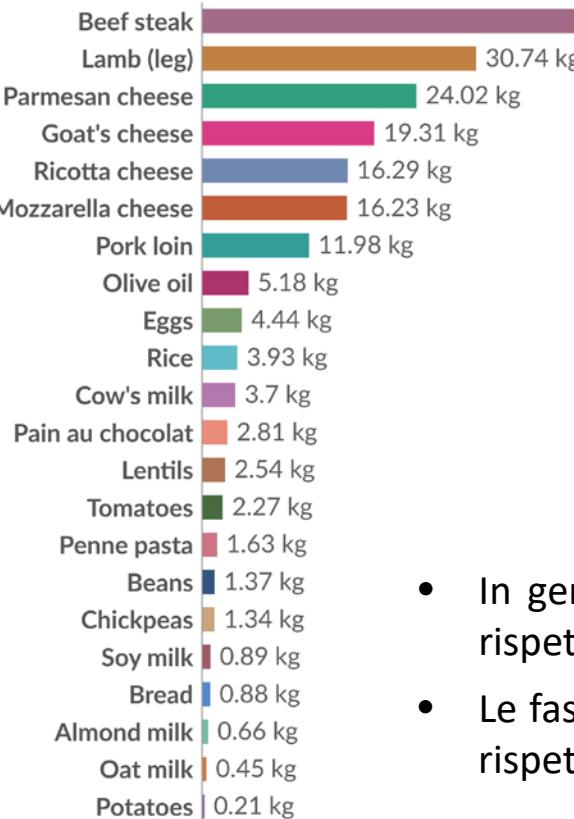
# Impronta carbonica degli alimenti

## Greenhouse gas emissions per kilogram of food

Emissions are measured in carbon dioxide equivalents (CO2eq). This means non-CO2 gases are weighted by the amount of warming they cause over a 100-year timescale.

Our World in Data

| Food | Emissions |
|------|-----------|
| Beef steak | 129.75 kg |
| Lamb (leg) | 30.74 kg |
| Parmesan cheese | 24.02 kg |
| Goat's cheese | 19.31 kg |
| Ricotta cheese | 16.29 kg |
| Mozzarella cheese | 16.23 kg |
| Pork loin | 11.98 kg |
| Olive oil | 5.18 kg |
| Eggs | 4.44 kg |
| Rice | 3.93 kg |
| Cow's milk | 3.7 kg |
| Pain au chocolat | 2.81 kg |
| Lentils | 2.54 kg |
| Tomatoes | 2.27 kg |
| Penne pasta | 1.63 kg |
| Beans | 1.37 kg |
| Chickpeas | 1.34 kg |
| Soy milk | 0.89 kg |
| Bread | 0.88 kg |
| Almond milk | 0.66 kg |
| Oat milk | 0.45 kg |
| Potatoes | 0.21 kg |

| Land Use Change | Farm | Animal Feed | Processing | Transport | Retail | Packaging |
|-----------------|------|-------------|------------|-----------|--------|-----------|
| Aboveground changes in biomass from deforestation, and belowground changes in soil carbon | Methane emissions from cows, methane from rice, emissions from fertilizers, manure, and farm machinery | On-farm emissions from crop production and its processing into feed for livestock | Emissions from energy use in the process of converting raw agricultural products into final food items | Emissions from energy use in the transport of food items in-country and internationally | Emissions from energy use in refrigeration and other retail processes | Emissions from the production of packaging materials, material transport and end-of-life disposal |

- In generale, le emissioni di gas serra associate ai prodotti a base vegetale sono 10-50 volte inferiori rispetto a quelle associate ai prodotti a base animale.

- Le fasi intermedie delle filiere alimentari contribuiscono all'impronta carbonica in misura molto minore rispetto alla fase di produzione.
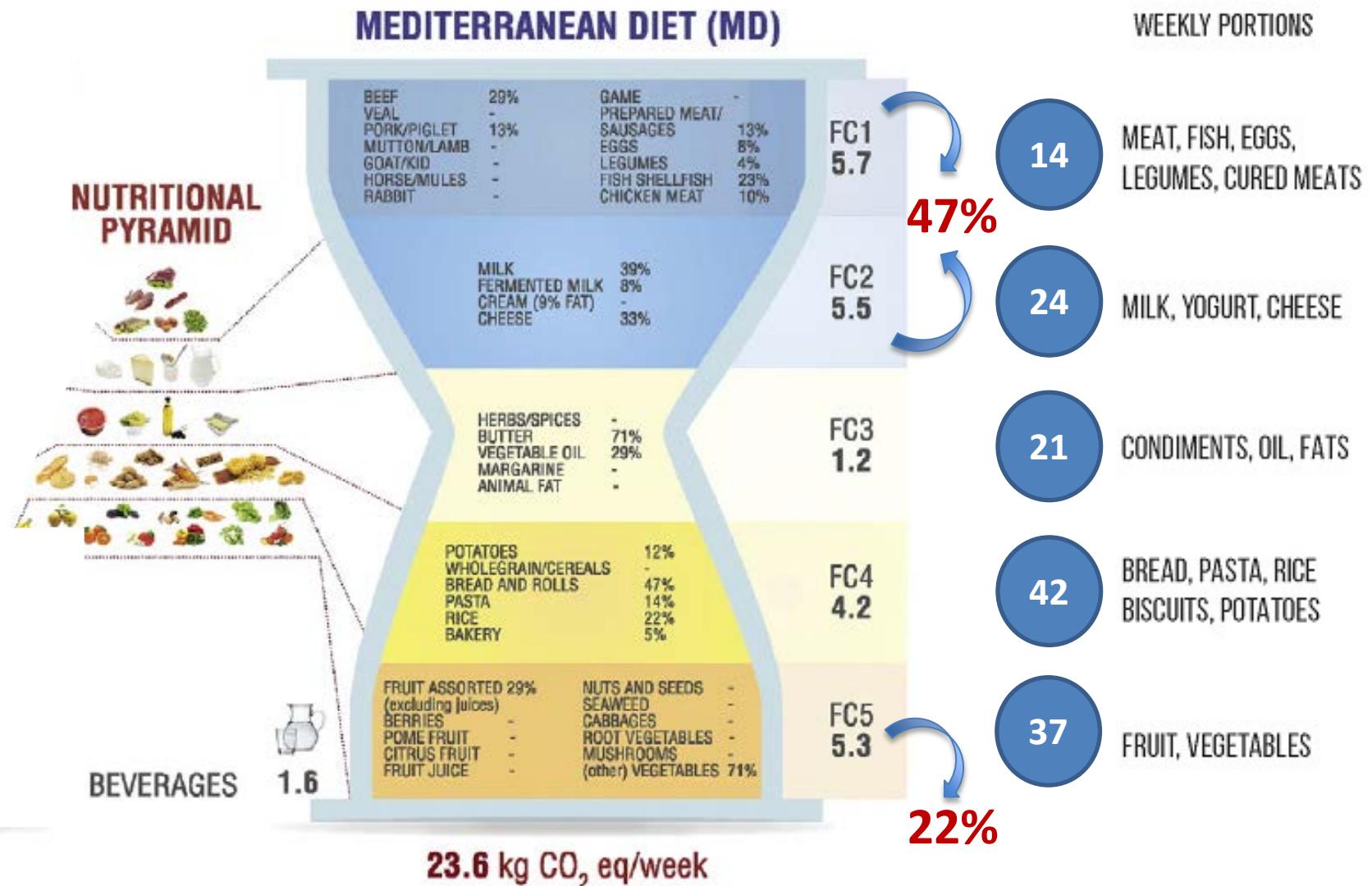
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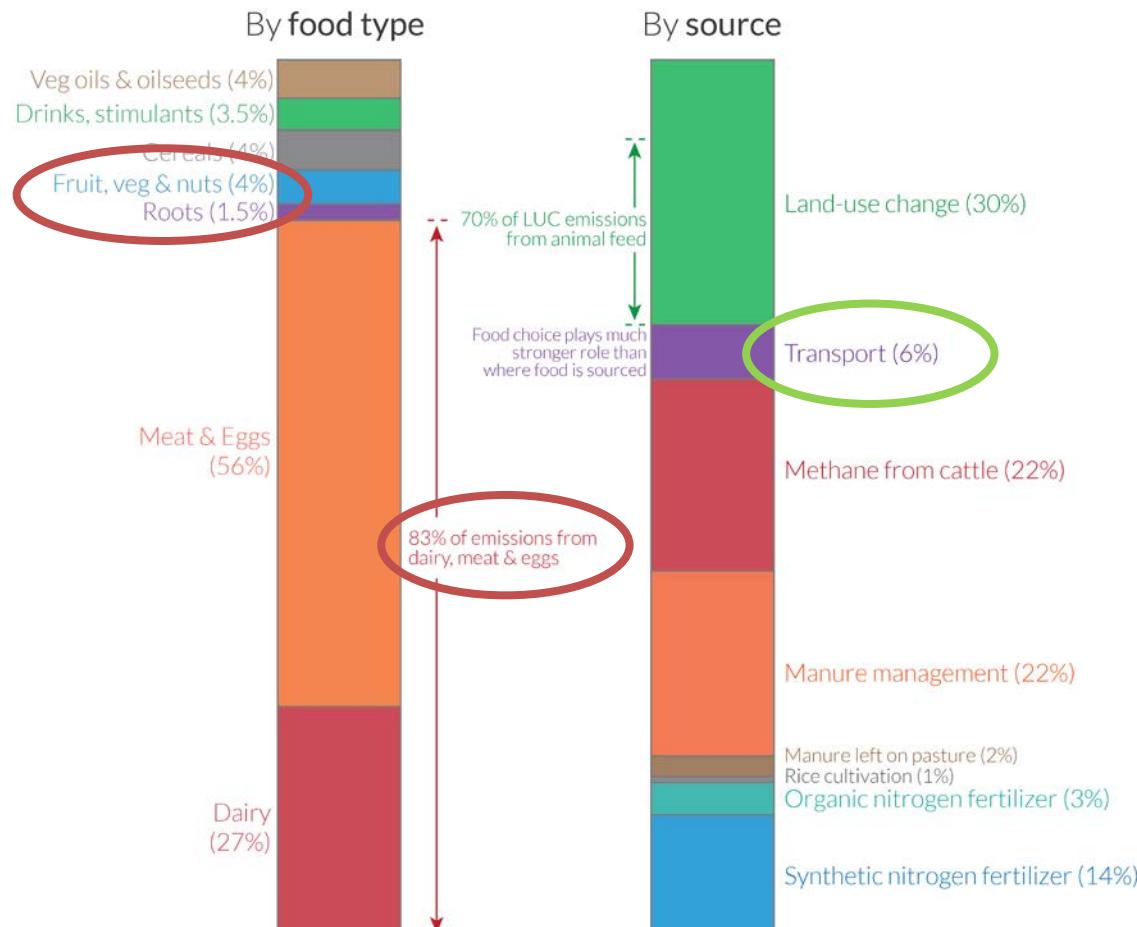
# La clessidra alimentare



MEDITERRANEAN DIET (MD)

NUTRITIONAL PYRAMID

| | | | | |
|---|---|---|---|---|
| BEEF | 29% | GAME | - | FC1 5.7 |
| VEAL | - | PREPARED MEAT/ | | |
| PORK/PIGLET | 13% | SAUSAGES | 13% | |
| MUTTON/LAMB | - | EGGS | 8% | |
| GOAT/KID | - | LEGUMES | 4% | |
| HORSE/MULES | - | FISH SHELLFISH | 23% | |
| RABBIT | - | CHICKEN MEAT | 10% | |

| | | |
|---|---|---|
| MILK | 39% | FC2 5.5 |
| FERMENTED MILK | 8% | |
| CREAM (9% FAT) | - | |
| CHEESE | 33% | |

| | | |
|---|---|---|
| HERBS/SPICES | - | FC3 1.2 |
| BUTTER | 71% | |
| VEGETABLE OIL | 29% | |
| MARGARINE | - | |
| ANIMAL FAT | - | |

| | | |
|---|---|---|
| POTATOES | 12% | FC4 4.2 |
| WHOLEGRAIN/CEREALS | - | |
| BREAD AND ROLLS | 47% | |
| PASTA | 14% | |
| RICE | 22% | |
| BAKERY | 5% | |

| | | | | |
|---|---|---|---|---|
| FRUIT ASSORTED | 29% | NUTS AND SEEDS | - | FC5 5.3 |
| (excluding juices) | | SEAWEED | - | |
| BERRIES | - | CABBAGES | - | |
| POME FRUIT | - | ROOT VEGETABLES | - | |
| CITRUS FRUIT | - | MUSHROOMS | - | |
| FRUIT JUICE | - | (other) VEGETABLES | 71% | |

BEVERAGES 1.6

**23.6 kg $CO_2$ eq/week**

WEEKLY PORTIONS

**47%**

14 — MEAT, FISH, EGGS, LEGUMES, CURED MEATS

24 — MILK, YOGURT, CHEESE

21 — CONDIMENTS, OIL, FATS

42 — BREAD, PASTA, RICE BISCUITS, POTATOES

37 — FRUIT, VEGETABLES

**22%**

Ulaszewska et al, 2017

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# Impronta carbonica delle abitudini alimentari in Europa



By food type

Veg oils & oilseeds (4%)
Drinks, stimulants (3.5%)
Cereals (4%)
Fruit, veg & nuts (4%)
Roots (1.5%)

70% of LUC emissions from animal feed

Food choice plays much stronger role than where food is sourced

Meat & Eggs (56%)

83% of emissions from dairy, meat & eggs

Dairy (27%)

Data source: Sandström et al. (2018). The role of trade in the greenhouse gas footprints of EU diets.
OurWorldinData.org – Research and data to make progress against the world's largest problems.

By source

Land-use change (30%)

Transport (6%)

Methane from cattle (22%)

Manure management (22%)

Manure left on pasture (2%)
Rice cultivation (1%)
Organic nitrogen fertilizer (3%)

Synthetic nitrogen fertilizer (14%)

Licensed under CC-BY by the author Hannah Ritchie.

Data source: total and per capita food supply in 28EU countries, 2009-2011 (FAO).

Fish and other seafood, offal, and animal fats were excluded from the analysis due to a lack of data.

*Sandström et al, 2018.*

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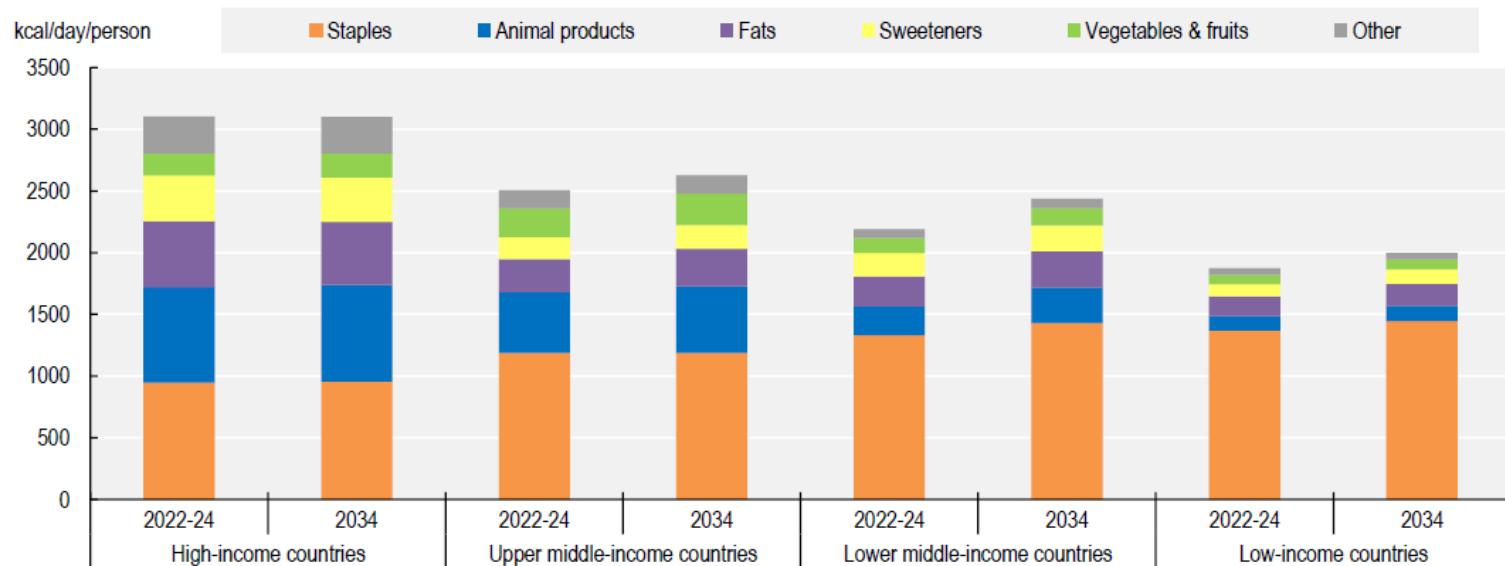
# Consumo alimentare

- Il **contributo dei prodotti di orgine animale** all'assunzione calorica si reduce con il diminuire del livello di reddito dei paesi, al contrario aumenta il contributo degli alimenti base (cereali, tuberi, legumi).

OECD-FAO Agricultural Outlook 2025-2034

Figure 1.5. Contribution of food groups to total daily per capita caloric food intake



Note: Estimates are based on historical food supply time series from the FAOSTAT Food Balance Sheets database which are extended with the Outlook database and adjusted to account for estimated distributional and household wastes. Products not covered in the Outlook are extended by trends. Staples include cereals, roots and tubers and pulses. Animal products include meat, dairy products (excluding butter), eggs and fish. Fats include butter and vegetable oil. Sweeteners include sugar and HFCS. The category 'Other' includes other crop and animal products.
Source: OECD/FAO (2025), "OECD-FAO Agricultural Outlook", OECD Agriculture statistics (database), http://data-explorer.oecd.org/s/1hc.
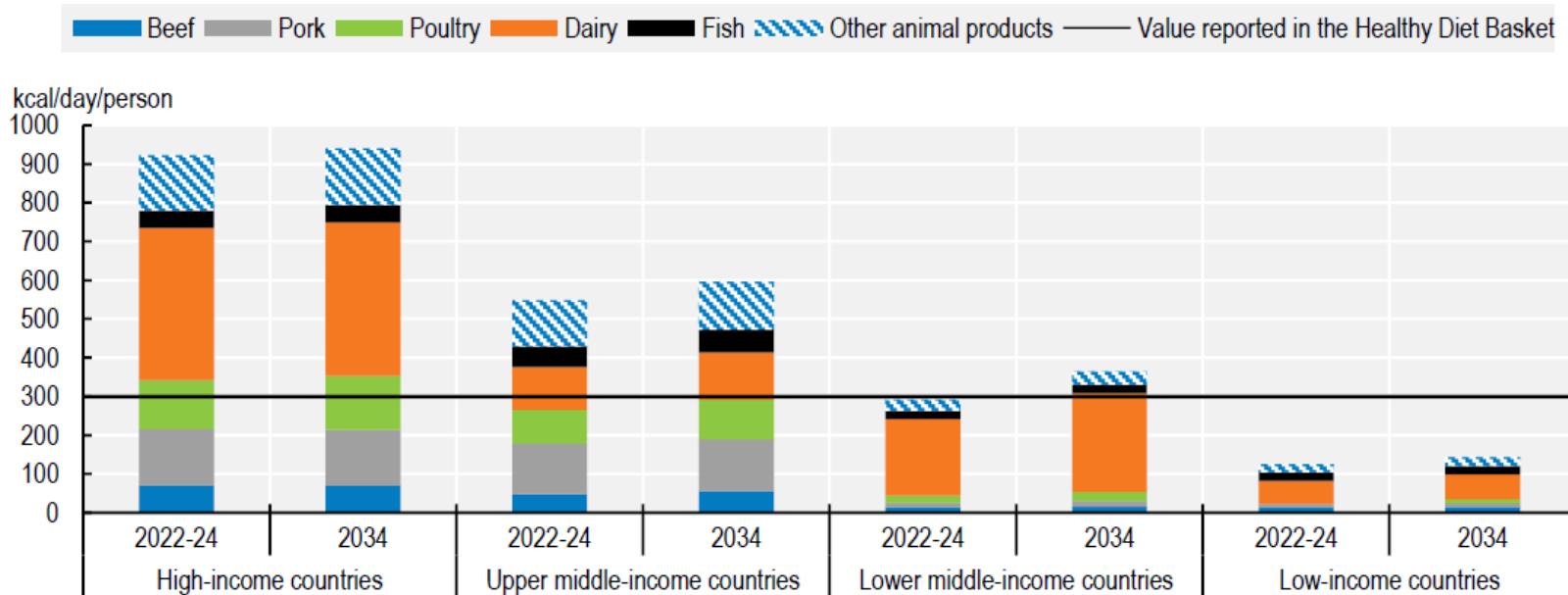
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# Consumo di prodotti a base animale

- **Carne**: si stima che la produzione globale sarà trainata da Asia e America Latina.
- **Latte e derivati**: consumo globale trainato da India e Pakistan.
- **Latte e derivati freschi**: consumo in calo in UE e nel Nord America.

Figure 1.6. Animal source foods in total food intake
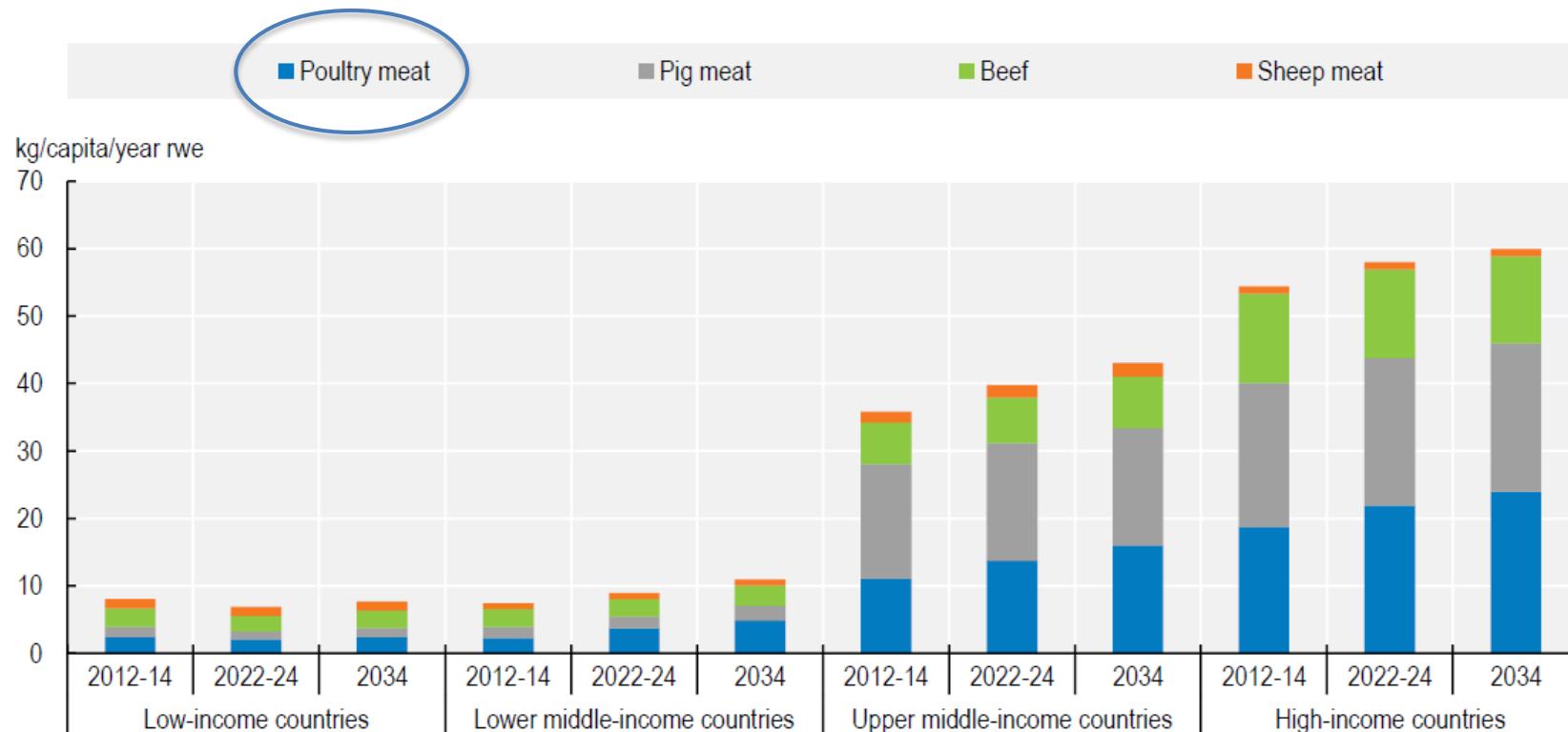
Note: Estimates are based on historical time series from the FAOSTAT Food Balance Sheets database which are extended with the Outlook database. The category 'Other animal products' includes sheep meat, eggs and other products not covered in the Outlook are extrapolated by trends.
Source: OECD/FAO (2025), "OECD-FAO Agricultural Outlook", OECD Agriculture statistics (database), http://data-explorer.oecd.org/s/1hc.

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# Consumo di carne

▪ **Proteine da pollame**: entro il 2034 costituiranno il 45% dell'assunzione totale di proteine derivanti da carne (costi ridotti, buon profilo nutrizionale, e limitato impatto ambientale).



Figure 5.1. Per capita meat consumption by income group and meat type
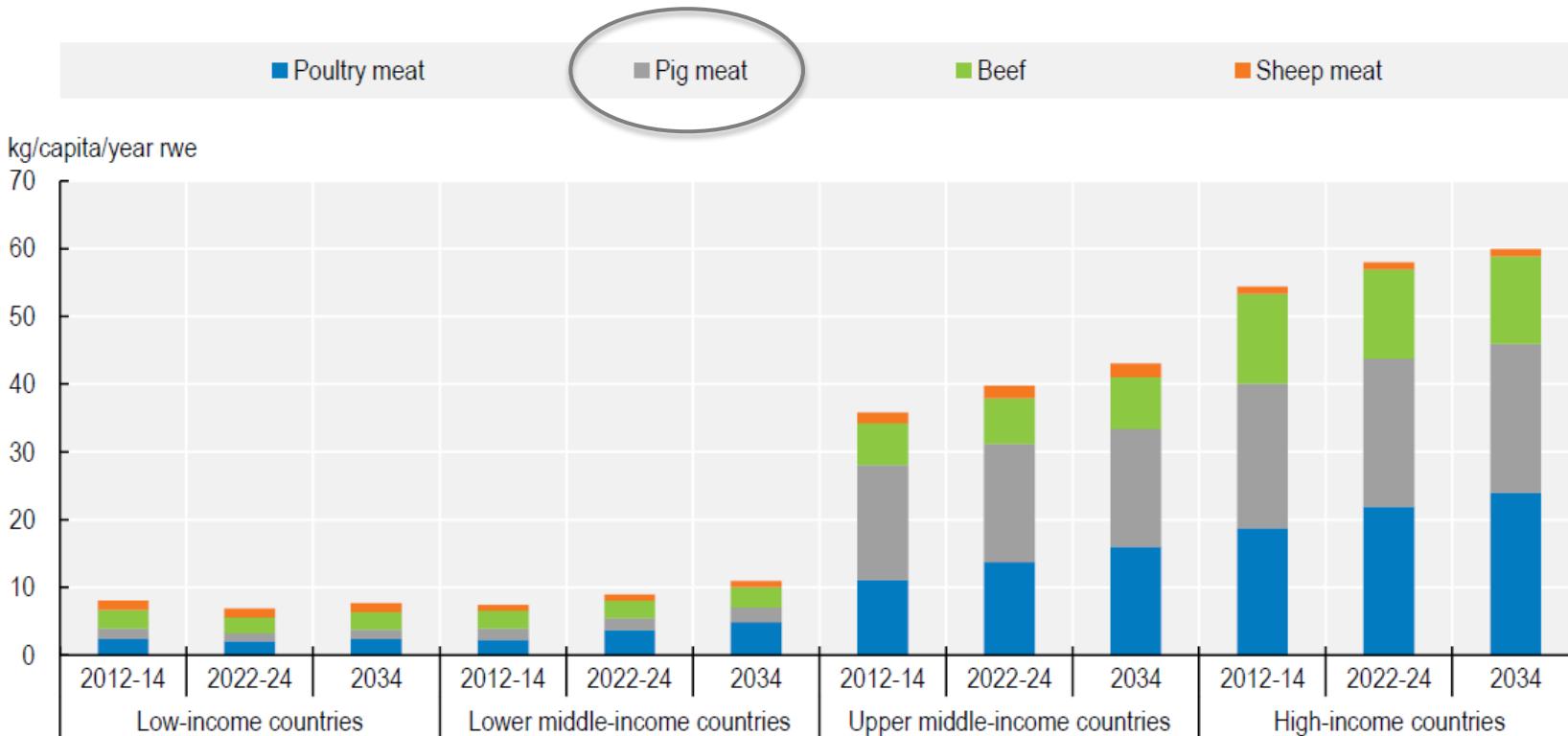
Source: OECD/FAO (2025), "OECD-FAO Agricultural Outlook", OECD Agriculture statistics (database), http://data-explorer.oecd.org/s/1hc.

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# Consumo di carne

- Consumo di **carne suina:** aumenterà, eccetto in UE, Svizzera, Cina, Giappone.
- Il consumo pro capite diminuirà del 4% nei Paesi ad alto reddito, mentre l'aumento più elevato si avrà in America Latina.

Figure 5.1. Per capita meat consumption by income group and meat type
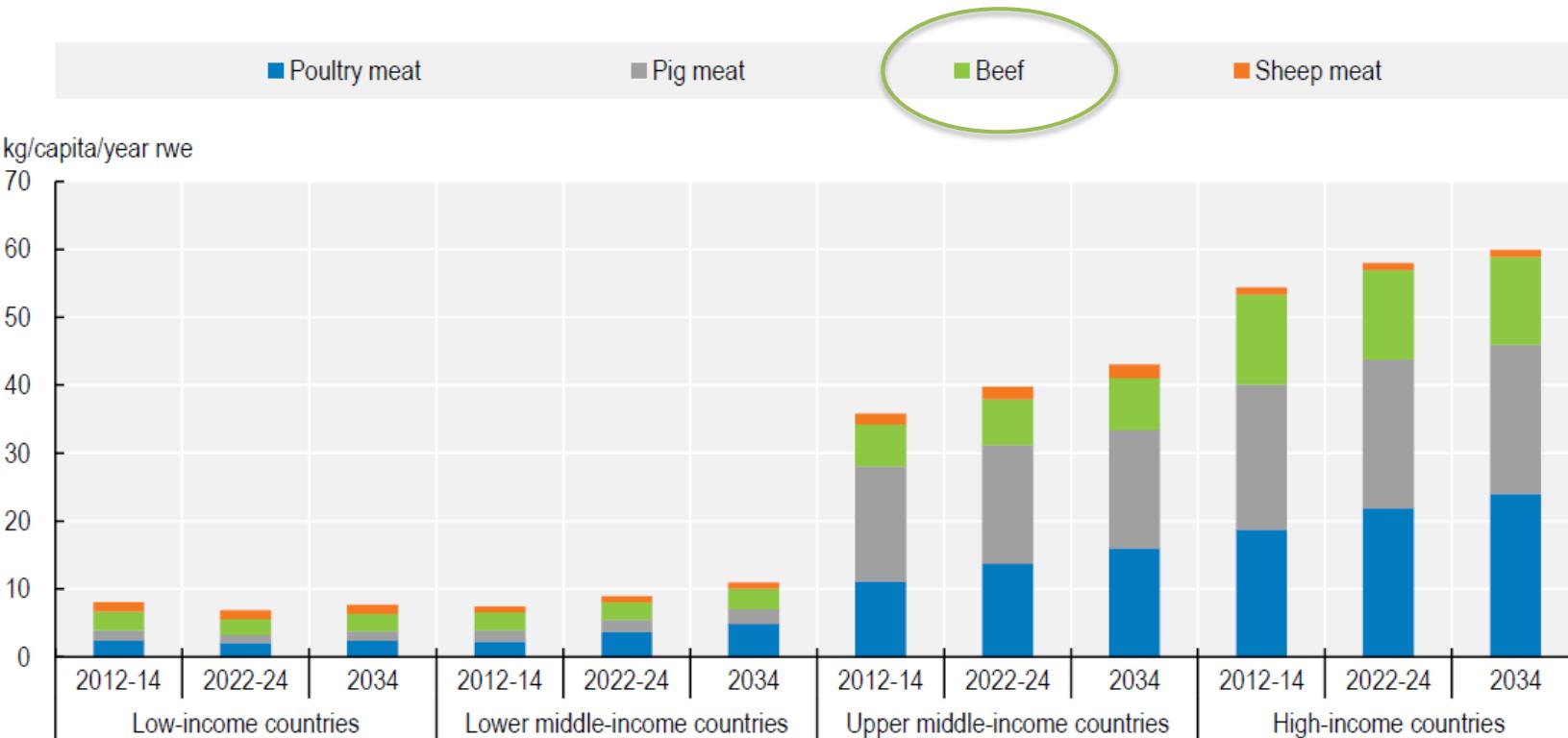


Source: OECD/FAO (2025), "OECD-FAO Agricultural Outlook", OECD Agriculture statistics (database), http://data-explorer.oecd.org/s/1hc.

# Consumo di carne

- Consumo di **carne bovina**: si prevede rimanga stabile intorno ai 6 kg/pro capite/anno
- Diminuzione prevista in UE, Nord America, Oceania
- Aumento previsto in Medio Oriente e Asia (reddito più elevato)

Figure 5.1. Per capita meat consumption by income group and meat type



Source: OECD/FAO (2025), "OECD-FAO Agricultural Outlook", OECD Agriculture statistics (database), http://data-explorer.oecd.org/s/1hc.
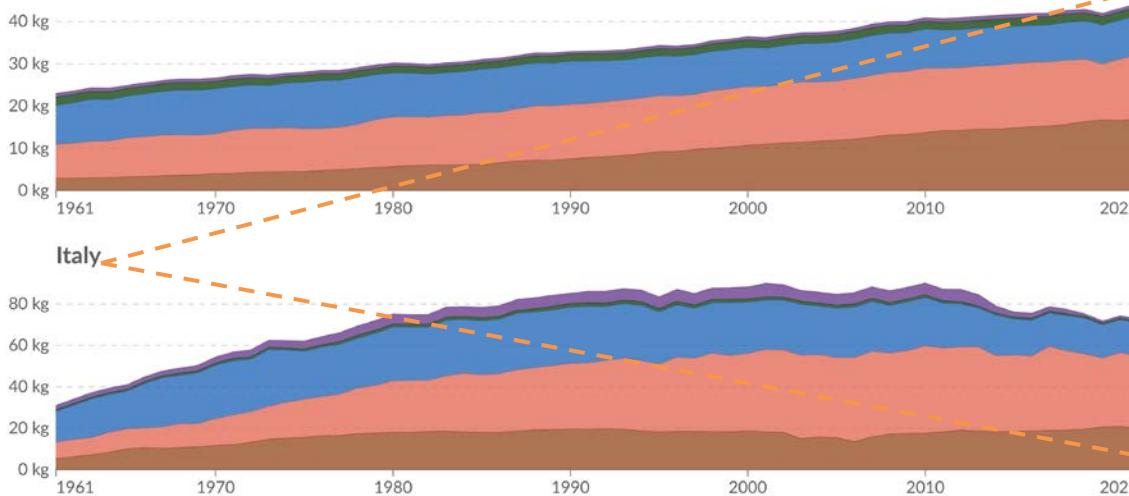
# Consumo di carne in Italia

## Per capita meat consumption by type, 1961 to 2022

Per capita meat consumption is broken down by types of meat, and is measured in kilograms per person per year.

**Legend:** Poultry · Pigmeat · Beef and buffalo · Sheep and goat · Other meats

### World

### Italy

Data source: Food and Agriculture Organization of the United Nations (2024)

OurWorldinData.org/meat-production | CC BY

Note: Data does not include fish and seafood. Figures show meat supply and do not correct for waste at the household level and, so they may not directly reflect the quantity of food consumed by a given individual.

### 1961
in kilograms per year per capita

| | |
|---|---|
| Other meats | 2.07 kg |
| Sheep and goat | 0.82 kg |
| Beef and buffalo | 14.87 kg |
| Pigmeat | 7.89 kg |
| Poultry | 5.38 kg |
| Total | 31.02 kg |

### 2022
in kilograms per year per capita

| | |
|---|---|
| Other meats | 1.21 kg |
| Sheep and goat | 0.85 kg |
| Beef and buffalo | 16.06 kg |
| Pigmeat | 34.62 kg |
| Poultry | 20.11 kg |
| Total | 72.85 kg |

**108%**
**439%**
**374%**
**235%**

# Consumo di carne in Italia



Meat consumption by type (g/capita/day) - Adults

| Type | IV SCAI ADULT 2018-2020 | INRAN-SCAI 2005-06 |
|---|---|---|
| Sheep fresh meat | 2 | 1 |
| Rabbit fresh meat | 2 | 3 |
| Pig fresh meat | 10 | 6 |
| Bovine fresh meat | 41 | 43 |
| Poultry fresh meat (muscle meat) | 40 | 20 |

Per capita meat consumption by type, 2022

Our World in Data

Poultry ■ Beef and buffalo ■ Sheep and goat ■ Pork ■ Other meats ■ Fish and seafood

| | Poultry | Beef and buffalo | Sheep and goat | Pork | Other meats | Fish and seafood | Total |
|---|---|---|---|---|---|---|---|
| United States | 53 kg | 38 kg | | 30 kg | | 22 kg | 144 kg |
| North America | 46 kg | 28 kg | | 24 kg | | 18 kg | 117 kg |
| Southern Europe (FAO) | 25 kg | 15 kg | | 41 kg | | 31 kg | 116 kg |
| Oceania | 35 kg | 19 kg | 8 kg | 21 kg | 11 kg | 21 kg | 115 kg |
| Canada | 41 kg | 25 kg | | 22 kg | | 20 kg | 110 kg |
| Northern Europe (FAO) | 31 kg | 18 kg | | 28 kg | | 23 kg | 103 kg |
| Italy | 20 kg | 16 kg | | 35 kg | | 29 kg | 102 kg |
| Europe | 26 kg | 14 kg | | 35 kg | | 22 kg | 99 kg |
| South America | 42 kg | 28 kg | | 15 kg | | | 95 kg |
| World | 17 kg | | 15 kg | 20 kg | | | 64 kg |
| Asia | 12 kg | | 16 kg | 25 kg | | | 62 kg |
| Africa | | | | | | | 26 kg |
| India | | | | | | | 15 kg |

## 2022
### in kilograms per year per capita

| | | |
|---|---|---|
| ■ Other meats | 1.21 kg | |
| ■ Sheep and goat | 0.85 kg | **141 g/d; ~ 10 p/w** |
| ■ Beef and buffalo | 16.06 kg | |
| ■ Pigmeat | 34.62 kg | |
| ■ Poultry | 20.11 kg | **55 g/d; ~ 4 p/w** |
| Total | 72.85 kg | **200 g/d; 14 p/w** |

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# Consumo di carne in Italia



Meat consumption by type (g/capita/day) - Adults

| Type | IV SCAI ADULT 2018-2020 | INRAN-SCAI 2005-06 |
|---|---|---|
| Sheep fresh meat | 2 | 1 |
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| Pig fresh meat | 10 | 6 |
| Bovine fresh meat | 41 | 43 |
| Poultry fresh meat (muscle meat) | 40 | 20 |

## Per capita meat consumption by type, 2022

Our World in Data

Legend: Poultry · Beef and buffalo · Sheep and goat · Pork · Other meats · Fish and seafood

| Region | Poultry | Beef and buffalo | Sheep and goat | Pork | Other meats | Fish and seafood | Total |
|---|---|---|---|---|---|---|---|
| United States | 53 kg | 38 kg | | 30 kg | | 22 kg | 144 kg |
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| Asia | 12 kg | | | 16 kg | | 25 kg | 62 kg |
| Africa | | | | | | | 26 kg |
| India | | | | | | | 15 kg |

### 2022
in kilograms per year per capita

| | | |
|---|---|---|
| Other meats | | 1.21 kg |
| Sheep and goat | | 0.85 kg |
| Beef and buffalo | | 16.06 kg |
| Pigmeat | | 34.62 kg |
| Poultry | | 20.11 kg |
| **Total** | | **72.85 kg** |

46 g/d; ~3 p/w

55 g/d; ~ 4 p/w

200 g/d; 14 p/w
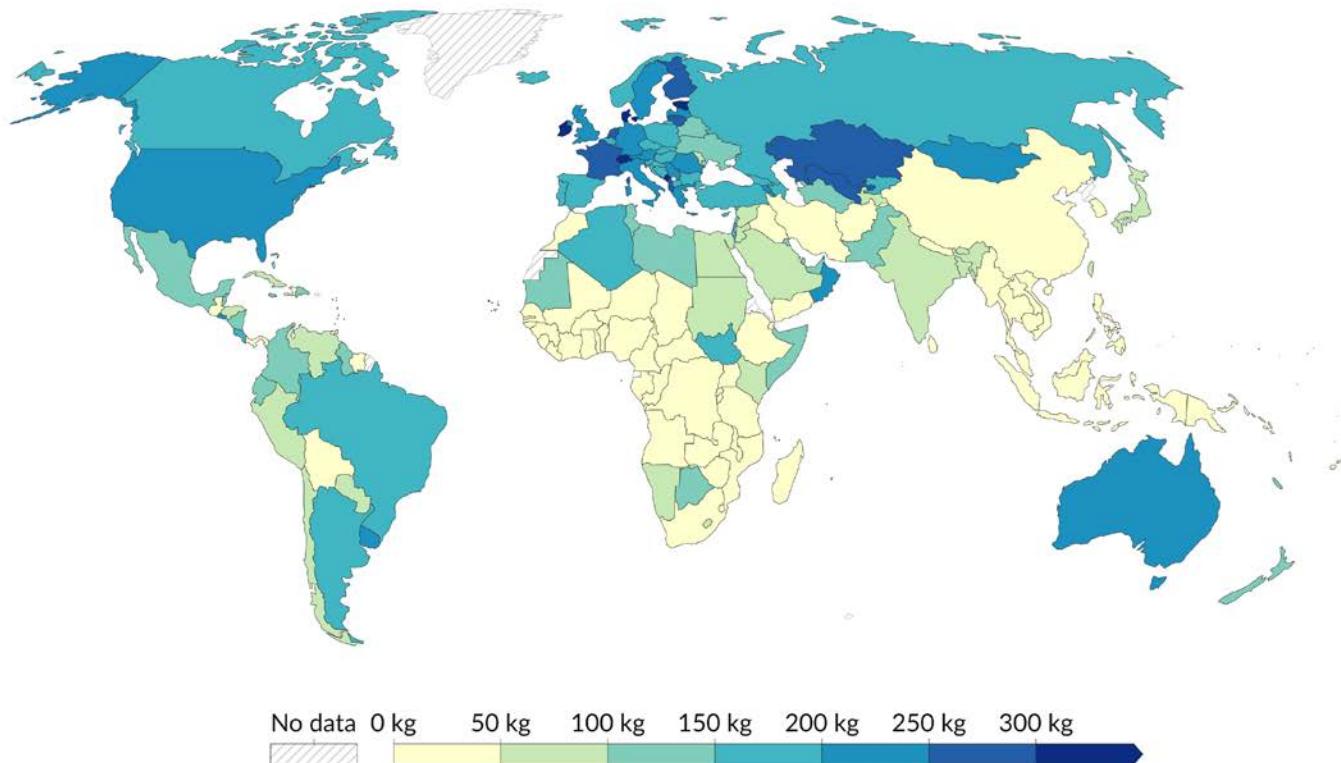
Data source: Food and Agriculture Organization of the United Nations (2024)    OurWorldinData.org/meat-production | CC BY

Note: Data refers to meat 'available for consumption'. Actual consumption may be lower after correction for food wastage.

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# Consumo di latte e derivati



Milk supply per person, 2022

Average per capita milk supply, measured in kilograms per person per year. This includes the milk equivalents of dairy products made from milk ingredients, but excludes butter.

Our World in Data

No data  0 kg  50 kg  100 kg  150 kg  200 kg  250 kg  300 kg

Data source: Food and Agriculture Organization of the United Nations (2024)
OurWorldinData.org/meat-production | CC BY
Note: Data is based on per capita food supply at the consumer level, but does not account for food waste at the consumer level.
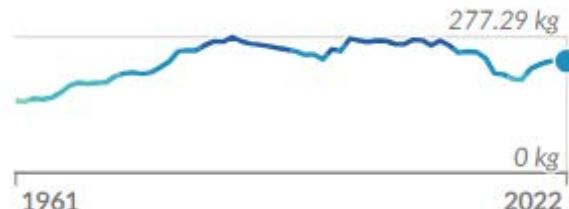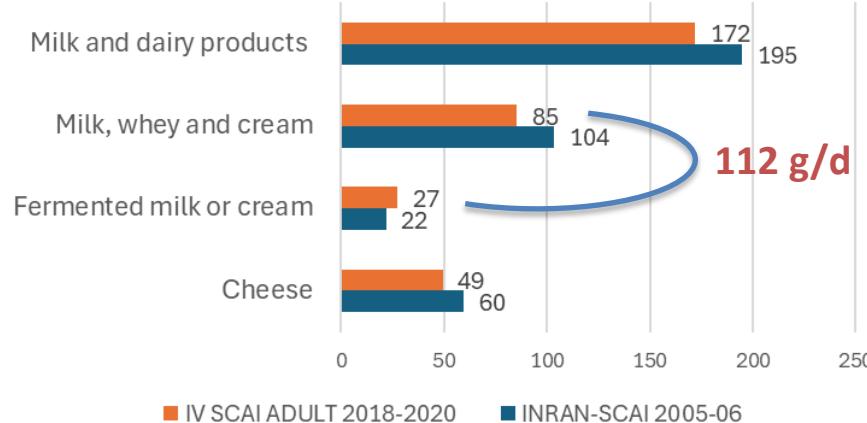
**Italy**
2022

Per capita consumption of milk, excluding butter (kilograms per year per capita)

**227.93 kg**

**624 g/d**

277.29 kg
0 kg
1961    2022

Milk and dairy consumption (g/capita/day) - Adults

| | IV SCAI ADULT 2018-2020 | INRAN-SCAI 2005-06 |
|---|---|---|
| Milk and dairy products | 172 | 195 |
| Milk, whey and cream | 85 | 104 |
| Fermented milk or cream | 27 | 22 |
| Cheese | 49 | 60 |

**112 g/d**

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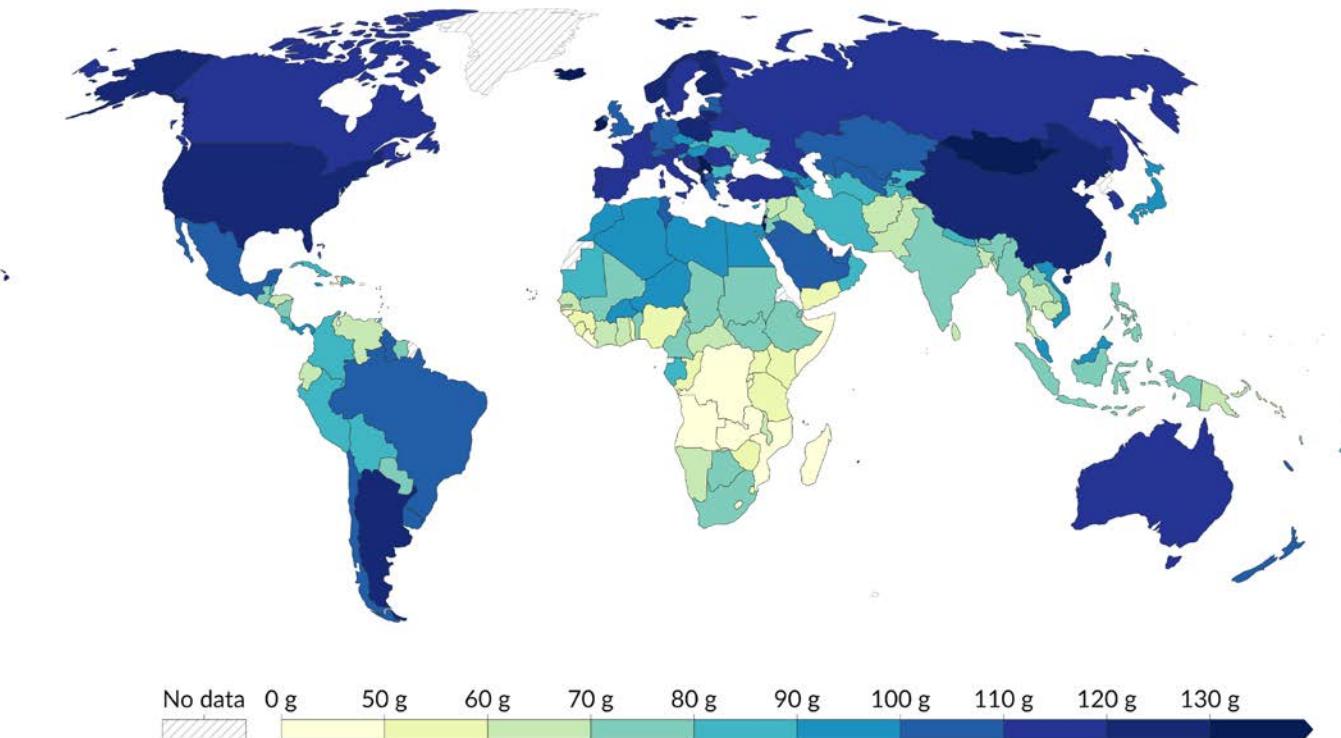
# Consumo proteico



Daily per capita protein supply, 2022

Average daily per capita protein supply, measured in grams of total protein per day.

No data   0 g   50 g   60 g   70 g   80 g   90 g   100 g   110 g   120 g   130 g

Data source: Food and Agriculture Organization of the United Nations (2024)

OurWorldinData.org/food-supply | CC BY
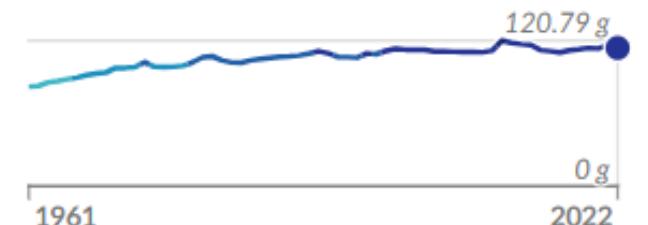
Note: Data measures the availability delivered to households but does not necessarily indicate the quantity of protein actually consumed (food may be wasted at the consumer level).

**Italy**
2022

Daily protein supply (grams of protein per day per capita)

**114.78 g**

120.79 g

0 g

1961          2022
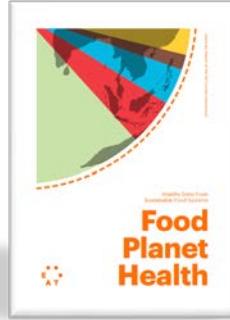
**PRI proteine pop. adulta in Italia:
0,9 g/kg peso**
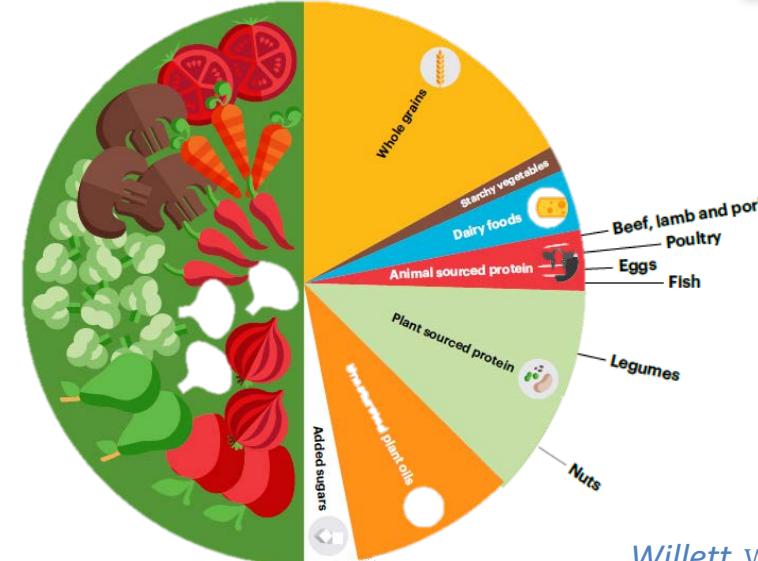
**63 g
(uomo medio di 70 kg, 2000 kcal)**

# The Planetary Health Diet (PHD)

- Promuove la salute e può essere applicata a livello globale per diverse popolazioni e diversi contesti, considerando al contempo le differenze culturali e regionali.

- È a base vegetale: cereali integrali, frutta, verdura, noci e legumi sono i principali costituenti della dieta a cui si aggiungono piccole o moderate quantità di pesce, latticini e carne.

- Si basa interamente sugli effetti delle diverse diete sulla salute umana, non su criteri ambientali.

*Rockström et al, 2025*

*Willett*, W, et al,, 2019

# The Planetary Health Diet (PHD)

Most foods are assumed to be unprocessed or minimally processed. At the individual level, the optimal energy intake to maintain a healthy weight in adults and growth in children depends on body size, level of physical activity, and physiological status (eg, pregnancy or lactation in women). The targets, ranges, and options in this flexitarian version of the planetary health diet are intended to provide flexibility within a specific energy intake, with intake of animal-sourced foods not to exceed approximately two servings per day, with one being dairy (250 g milk or milk equivalents) and one being non-dairy (eg, 75–100 g from fish, poultry, red meat, or eggs). Various versions of this dietary pattern, including specific vegetarian, vegan, or pescatarian diets, those of different food cultures, and with different total energy intakes are described in appendix 1 (pp 24–25). *Mostly whole, unprocessed, or minimally processed foods; when processed, added sugar, refined starch, saturated fat, and sodium should be minimal. †Whole-grain rice, wheat, maize, oats, millets, sorghum, and other whole grains are all interchangeable and replace refined grains. ‡Examples include potatoes, yams, cassava, sweet potatoes, and taro. §Combinations of dark green, red and orange, and other vegetables, including aquatic plants. ¶All fruits and berries. ||A variety of legumes is desirable; for calculations we used 50% soy and 50% other legumes (eg, dry beans, lentils, chickpeas, and peas). **Beef, lamb, and pork are interchangeable. Red meat, chicken, and other poultry can be replaced with eggs or fish, or other sources of plant protein. Dairy food servings are interchangeable with approximately 30 g servings of poultry, fish, or pork, provided calcium intake is satisfied by other food groups. Foods should be mostly whole, unprocessed, or minimally processed. ††Includes fish and shellfish (eg, mussels and shrimps) from capture and farming. ‡‡Unsaturated oils include olive, soybean, rapeseed (or canola), sunflower, peanut oil, and most other plant or vegetable oils. §§Energy values for butter, tallow, and lard are included with dairy and meats.

*Rockström et al, 2025*

## PHD (energy intake: 2400 kcal/d)

| | Per capita recommended intake (g/day [range]) | Per capita recommended intake (kcal/day) |
|---|---|---|
| **Plant foods*** | | |
| Whole grains† | 210 (20–50% of daily energy intake) | 735 |
| Tubers and starchy roots‡ | 50 (0–100) | 50 |
| Vegetables§ | 300 (200–600) | 95 |
| Fruits¶ | 200 (100–300) | 145 |
| Tree nuts and peanuts | 50 (0–75) | 275 |
| Legumes|| | 75 (0–150) | 275 |
| **Animal-sourced foods**** | | |
| Milk or equivalents (eg, cheese) | 250 (0–500) | 145 |
| Chicken and other poultry | 30 (0–60) | 60 |
| Fish and shellfish†† | 30 (0–100) | 25 |
| Eggs | 15 (0–25) | 20 |
| Beef, pork, or lamb | 15 (0–30) | 45 |
| **Fats, sugar, and salt** | | |
| Unsaturated plant oils‡‡ | 40 (20–80) | 355 |
| Palm and coconut oil | 6 (0–8) | 55 |
| Lard, tallow, and butter§§ | 5 (0–10) | .. |
| Sugar (added or free) | 30 (0–30) | 115 |
| Sodium | <2 | .. |

# The Planetary Health Diet (PHD)

**Table DP1. Example composition of planetary health dietary patterns for adults by food group, unit of intake, and dietary pattern.**

| Food groups | Food intake (grams per person per day) | | | | Food intake (kilocalories per person per day) | | | |
|---|---|---|---|---|---|---|---|---|
| | Flexitarian | Pescatarian | Vegetarian | Vegan | Flexitarian | Pescatarian | Vegetarian | Vegan |
| grains | 196 | 199 | 193 | 196 | 688 | 698 | 677 | 686 |
| roots | 50 | 50 | 50 | 50 | 52 | 52 | 52 | 52 |
| vegetables | 300 | 350 | 375 | 500 | 95 | 111 | 119 | 159 |
| fruits | 200 | 250 | 275 | 300 | 143 | 179 | 197 | 215 |
| legumes | 75 | 80 | 85 | 100 | 276 | 294 | 312 | 367 |
| nuts&seeds | 50 | 50 | 50 | 50 | 275 | 275 | 275 | 275 |
| oils | 46 | 49 | 49 | 54 | 410 | 433 | 433 | 477 |
| sugar | 30 | 30 | 30 | 30 | 115 | 115 | 115 | 115 |
| red meat | 15 | | | | 44 | | | |
| poultry | 30 | | | | 58 | | | |
| milk | 250 | 250 | 250 | | 144 | 144 | 144 | |
| eggs | 15 | 15 | 15 | | 22 | 22 | 22 | |
| fish | 30 | 30 | | | 23 | 23 | | |
| other | 10 | 10 | 10 | 10 | 28 | 28 | 28 | 28 |
| total | | | | | 2373 | 2373 | 2373 | 2373 |

*Rockström et al, 2025*

# The Planetary Health Diet (PHD)

"At present, all national diets deviate substantially from the PHD, but a shift to this pattern could avert approximately 15 million deaths per year (27% of total deaths worldwide)".

"Such a transition would reduce the rates of many specific non-communicable diseases and promote healthy longevity."

*Rockström et al, 2025*
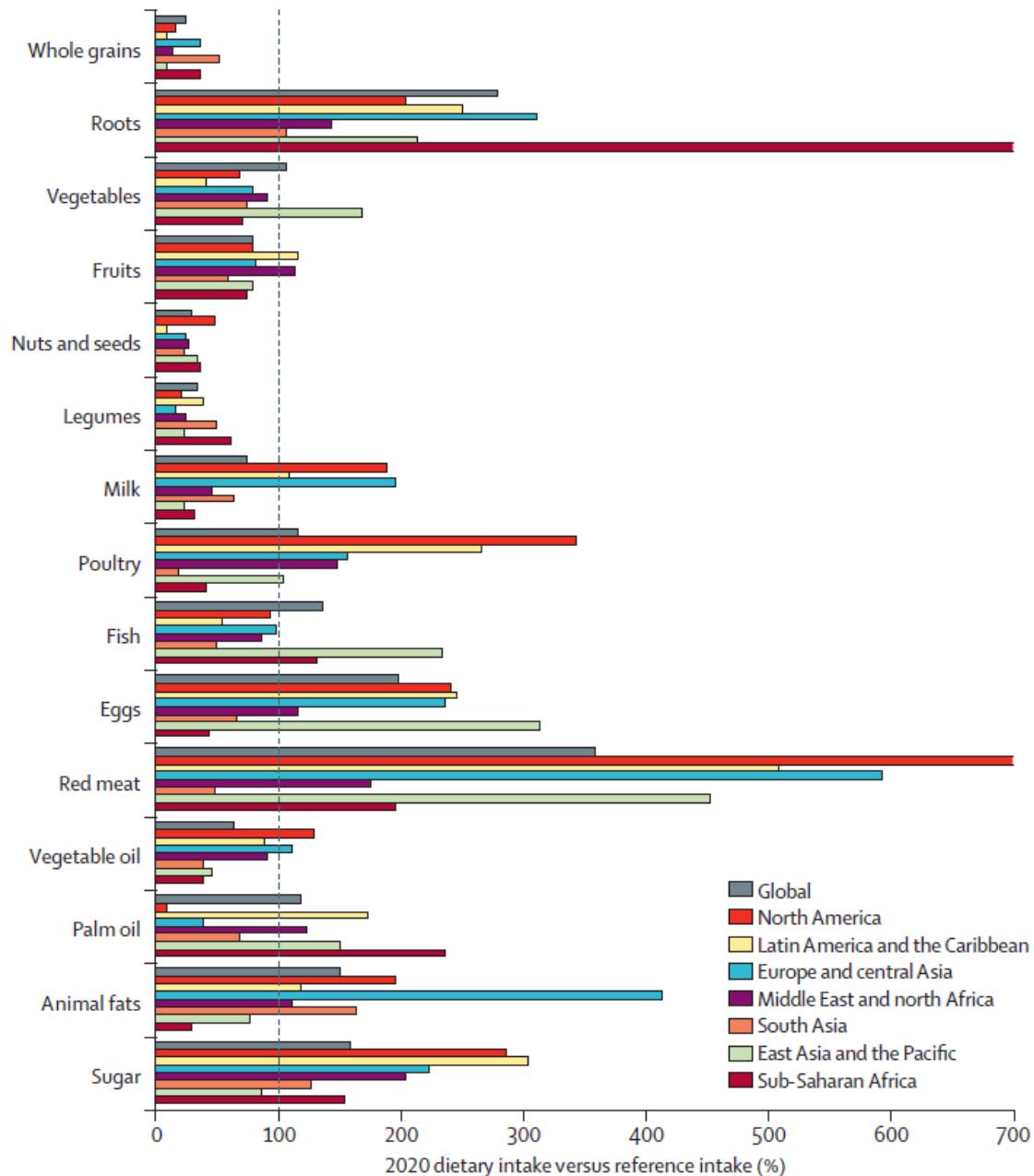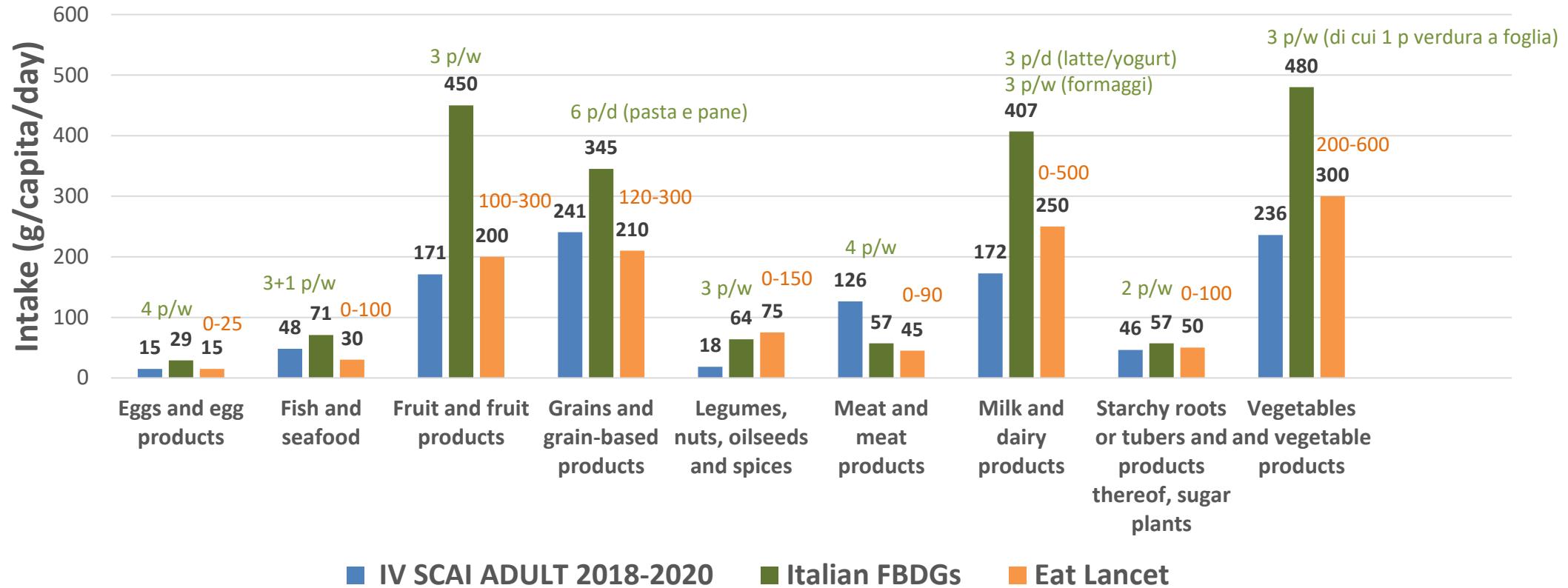


**Figure 2: Differences between adult diets in 2020 and the planetary health diet globally and by region**
The dashed line represents the reference values of the flexitarian version of the PHD from table 1 (see appendix 1 pp 24–25 for source).[195]

# Divario tra consumi e raccomandazioni

PHD (energy intake: 2400 kcal/d)
Italian FBDGs (energy intake: 2500 kcal/d)



Latte e derivati:
172 g/d di cui 49 g/d di formaggio (3,4 – 6,9 p/w) e di cui 112 g di latte o latte fermentato (< 1 p/d)

# Come ridurre il gap?

**Rispetto alle line guida alimentari italiane (2500 kcal)** dovrebbe **aumentare** il consumo medio di:

- frutta: oltre il doppio; da poco più di 1 a 3 p/d
- verdura: almeno il doppio; da poco più di 1 a 3 p/d
- legumi: oltre il triplo; da meno di 1 a 3 p/w
- cereali, meglio se integrali: circa la metà; da circa 4 a 6 p/d
- pesce: circa la metà; da meno di 3 a 4 p/w
- latte/yogurt: oltre il triplo; da meno di 1 a 3 p/d

**Rispetto alle line guida alimentari italiane** dovrebbe **ridursi** il consumo medio di:

- carne e derivati: oltre la metà; da oltre 8 a 4 p/w
- formaggi: il range di consumo 3,4 – 6,9 p/w  si riduce a 3 p/w

**Dieta Eat Lancet (2400 kcal):**

- In confronto con le linee guida italiane **si riduce il gap** rispetto al consumo attuale, **eccetto per i legumi e la carne** per cui il consumo suggerito rispettivamente aumenta e diminuisce.

# Convegno

## MetaNO! COLTIVIAMO UN ALTRO CLIMA

## METANO E SISTEMI AGROALIMENTARI

QUALI SCELTE PER LA RIDUZIONE DELLE EMISSIONI CLIMALTERANTI

**LUNEDÌ 10 NOVEMBRE 2025**
ORE 09:30 - 13:00

**Cascina Nascosta**
Viale Emilio Alemagna 14, Milano

# Grazie

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