

WESTERN DIET

Western diets are omnivorous¹ diets that in high-income countries typically comprise large amounts of animal-sourced foods and higher than recommended intakes of energy, saturated fatty acids, salt, sugar, and refined grains.



HEALTH

Benefits

- Omnivorous diets can be more varied.

Limitations

- Higher than recommended intakes of energy, saturated fats, salt, sugar, and refined grains.
- Increased risk of obesity and non-communicable diseases (NCDs).
- Adverse effects on the gut microbiome.

Benefits

- By modifying some farming practices, omnivorous diets could reduce their environmental impact.

Limitations

- Adverse environmental effects when farming practices do not change.
- Important levels of waste.

ENVIRONMENT



SUITABLE FOR?

Western diets are omnivorous, which makes them not restrictive towards foods. However, this diet is less beneficial for human and planetary health than diets that incorporate more plant-based foods.

Benefits

- Affordable and easily accessible in high-income countries.
- Increasingly accessible in low to middle-income countries.

Limitations

- Some products may be inaccessible in many low to middle-income countries.
- Unequal distribution of foods across the world.



SOCIAL

Limitations

- It can be unaffordable in many low to middle-income countries.

ECONOMIC



¹ Diverse diet that includes all types of meat, fish/shellfish, dairy, eggs, honey, insects, and plant-sourced foods (e.g., fruits, vegetables, grains, pulses, legumes, nuts, seeds, tubers, fungi, algae) in any ratio.

FLEXITARIAN DIET

Omnivorous diet¹ that includes prominent levels of plant-sourced foods (e.g., fruits, vegetables, unrefined grain, legumes, nuts, and seeds), moderate amounts of poultry, dairy and fish, and low amounts of red meat, highly processed foods and added sugar.

WESTERN DIET

FLEXITARIAN DIET

TERRITORIAL DIVERSIFIED DIET (TDD)

PESCATARIAN DIET

VEGETARIAN DIET

VEGAN DIET



HEALTH

Benefits

- Reduced risk of obesity and non-communicable diseases compared to Western diets.
- Lower risk of nutritional deficiencies compared to unsupervised restrictive diets.

Benefits

- In comparison to Western diets, flexitarian diets have a smaller environmental impact.



SUITABLE FOR?

- People wishing to transition from a Western diet to a sustainable healthy diet who might struggle to maintain more restrictive diets.
- Populations without religious, cultural or ethical constraints who wish to follow a sustainable healthy diet, with a moderate amount of animal food products in order to meet their recommended nutrient intakes.

Benefits

- May be more socially acceptable and easier to maintain for people switching from Western diet to sustainable healthy diet.

Limitations

- Might not be appropriate for certain populations due to religious, cultural or ethical beliefs or for people with food allergies/ intolerances.



SOCIAL

Benefits

- Affordable and accessible for most people in high-income countries.

Limitations

- It might not be affordable to some populations in low to middle-income countries.



ECONOMIC

¹ Diverse diet that includes all types of meat, fish/shellfish, dairy, eggs, honey, insects, and plant-sourced foods (e.g., fruits, vegetables, grains, pulses, legumes, nuts, seeds, tubers, fungi, algae) in any ratio.

TERRITORIAL DIVERSIFIED DIET (TDD)

Flexitarian-style diet that includes high intakes of seasonal, locally produced food. Examples: Mediterranean diet, New Nordic diet.



WESTERN DIET

FLEXITARIAN DIET

TERRITORIAL DIVERSIFIED DIET (TDD)

PESCATARIAN DIET

VEGETARIAN DIET

VEGAN DIET



Benefits

- Reduced risk of obesity and non-communicable diseases compared to Western diets.
- Lower risk of nutritional deficiencies compared to unsupervised restrictive diets.

Benefits

- Environmental impacts are smaller when compared to Western diets.
- In comparison to some flexitarian diets, environmental impact may be reduced due to the inclusion of large quantities of seasonal, locally sourced foods.



SUITABLE FOR?

- People wishing to transition from a Western diet to a sustainable healthy diet who might struggle to maintain more restrictive diets.
- Populations without religious, cultural or ethical constraints who wish to follow a sustainable healthy diet, with a moderate amount of animal food products in order to meet their recommended nutrient intakes.



SOCIAL

Benefits

- May be more socially acceptable and easier to maintain for people switching from Western diet to sustainable healthy diet.

Limitations

- Might not be appropriate for certain populations due to religious, cultural or ethical beliefs or for people with food allergies/ intolerances.

Benefits

- Affordable and accessible for most people in high-income countries.

Limitations

- It might not be affordable to some populations in low to middle-income countries.



DANONE INSTITUTE
Nutrition for Health



American Society for Nutrition
Excellence in Nutrition Research and Practice
www.nutrition.org

PESCATARIAN DIET

Diet that includes mainly plant-sourced foods, but also fish and seafood.

WESTERN DIET

FLEXITARIAN DIET

TERRITORIAL DIVERSIFIED DIET (TDD)

PESCATARIAN DIET

VEGETARIAN DIET

VEGAN DIET



HEALTH

Benefits

- Reduced risk of obesity and non-communicable diseases compared to Western diets.
- Lower risk of energy and nutritional deficiencies compared to unsupervised vegan/ vegetarian diets.

Limitations

- Unsupervised pescatarian diets are associated with an increased risk of energy and nutritional deficiencies compared to flexitarian diets.
- Professional nutritional advice, supplements and fortified foods might be required.



SOCIAL

Benefits

- For some, it may be more acceptable and easier to maintain than vegan or vegetarian diets.

Limitations

- Accessibility might also be a problem for certain populations around the globe.

Benefits

- Environmental impact is lower than in Western diets and flexitarian diets.

Limitations

- Overfishing and exploitation of marine resources should be considered ^(A).



ENVIRONMENT



SUITABLE FOR?

People who want to shift from a Western diet to a sustainable healthy diet and who might struggle to maintain a vegan diet or have religious, cultural, or ethical beliefs that exclude flexitarian diets.

Benefits

- Affordable and accessible for most people in high-income countries.

Limitations

- May be less affordable for some people in low to middle-income countries.



ECONOMIC

(A) : Frontiers | End Overfishing and Increase the Resilience of the Ocean to Climate Change | Marine Science (frontiersin.org)
Sumaila, U. Rashid, and Travis C. Tai. "End overfishing and increase the resilience of the ocean to climate change." Frontiers in Marine Science 7 (2020): 523.

VEGETARIAN DIET

Excludes meat, seafood, insects, and gelatin but includes plant-sourced foods, and usually dairy and eggs².

WESTERN DIET

FLEXITARIAN DIET

TERRITORIAL DIVERSIFIED DIET (TDD)

PESCATARIAN DIET

VEGETARIAN DIET

VEGAN DIET



HEALTH

Benefits

- Reduced risk of obesity and non-communicable diseases compared to Western diets.
- Lower risk of energy and nutritional deficiencies compared to unsupervised vegan diets.

Limitations

- Unsupervised vegetarian diets are associated with an increased risk of nutritional deficiencies.
- Professional guidance, supplements and fortified foods can be necessary to ensure adequate nutrient intake for specific populations with high nutritional demands.

Benefits

- Environmentally, there is less impact compared to Western and flexitarian diets.



ENVIRONMENT



SUITABLE FOR?

People wishing to transition from a Western diet to a sustainable healthy diet who might struggle to maintain a vegan diet or have religious, cultural or ethical beliefs that exclude flexitarian diets. Nutritional guidance is encouraged to ensure meeting recommended nutrient intakes.

Benefits

- For some, it may be more acceptable and easier to maintain than vegan diets.

Limitations

- Vegetarian diets tend to be inclusive and varied, but the fact it excludes certain foods might be a social limitation in some countries.



SOCIAL

Benefits

- Affordable and accessible for most people in high-income countries.
- Affordable in many low-income countries.



ECONOMIC

² Lacto-ovo-vegetarian diets include dairy and eggs; lacto-vegetarian diets include dairy, but not eggs; ovo-vegetarian diets include eggs but not dairy. HIC, high-income country; LMIC (low to middle income countries), low-to-middle

VEGAN DIET

Excludes all animal-sourced including meat, fish and shellfish, insects, gelatin, eggs, dairy, and honey.

WESTERN
DIET

FLEXITARIAN
DIET

TERRITORIAL
DIVERSIFIED
DIET (TDD)

PESCATARIAN
DIET

VEGETARIAN
DIET

VEGAN
DIET



HEALTH

Benefits

- Reduced risk of obesity and non-communicable diseases compared to Western diets.

Limitations

- Unsupervised vegan diets are associated with increased risks of energy and nutritional deficiencies (vs. flexitarian/ vegetarian/ pescatarian).
- Professional nutritional advice, supplements and fortified foods are required.

Benefits

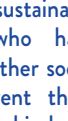
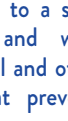
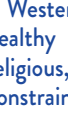
- Reduced environmental impact compared to Western diets and flexitarian diets.

ENVIRONMENT



SUITABLE FOR?

People wishing to transition from a Western diet to a sustainable healthy diet and who have religious, ethical and other social constraints that prevent them from consuming any kinds of animal products. Nutritional guidance is encouraged to ensure meeting recommended nutrient intakes.



Benefits

- In the richest regions of the planet, accessibility can be reached easily.

Limitations

- Accessibility can also be an important problem for some low to middle-income countries in comparison to vegetarian/ flexitarian diets.
- May be less acceptable and harder to maintain than more diverse diets.

Benefits

- Affordable for most people in rich countries.

Limitations

- Well-planned vegan diets may be less affordable in low to middle income countries.



ECONOMIC



SOCIAL