



Eating for your health and the health of our planet

with Dr Joanna McMillan PhD

Today when we think about healthy eating we have to consider not just what is best for the human body, but what is best for our planet. The challenge is cast for us to change our food systems to meet these dual needs of human and planetary health. I have long thought the mantra of 'eat less meat and more plants' was overly simplistic and I've been keen to learn more.

I was delighted therefore to facilitate a panel discussion with leading sustainability experts at a special Dairy Industry Sustainability Consultative forum in Melbourne. The hot topic for debate was what ideas, actions and incentives would accelerate the transformative shifts in food production and consumption needed to reduce greenhouse gas emissions, slow climate change and build critically-deficient sustainability into global and Australian food systems.

The ideas that emerged included cutting edge technologies such as the ability to truly recycle plastic milk bottles into biocrude oil and back into plastics. Feeding of special seaweed feed to cattle that can reduce greenhouse gas emissions by up to 95% in beef, with trials showing similar positive results in dairy cattle. We also discussed the shifts required in farming practices e.g. smaller farms, farm cooperatives and regenerative farming.

I was not aware that the Australian Dairy Industry are already leading the way with a **Sustainability Framework**, in place since 2012, and have clear targets and programs. I left the forum full of optimism for the progress that has already been made and the commitment to meeting stringent targets and deadlines in the future. Between the power of science and the will of every one of us to make and demand change, we can have a healthy future for us and our planet.



To read more, head over to Dr Joanna's blog post **Eating for Your Health and the Health of Our Planet**

So, while the clever scientists, farmers and food producers get on with improving the sustainability of supply chains, let's take as much action as we can.