Sustainable Diets

How Ecological Nutrition Can Transform Consumption and the Food System

Pamela Mason and Tim Lang
## Contents

*List of figures* vi
*List of tables* vii
*Acknowledgements* ix
*List of acronyms and abbreviations* xi

Introduction: what's the problem? 1

1 Sustainable diets: welcome to the arguments 7

2 Methodologies: measuring what matters while not drowning in complexity 31

3 Health: nutrition science and the messy effects of diet on health 76

4 Environment: why food drives ecosystem stress 119

5 Culture and society: the social conditions shaping eating patterns 167

6 Food quality: everyone likes their own food 203

7 Real food economics: runaway costs and concentration 225

8 Policy and governance: will anyone unlock the consumption lock-in? 259

9 Conclusions: why sustainable diets matter now 326

*Index* 343