



VEGETARIAN NUTRITION DPG

PLANT-POWERED PERSPECTIVES

THE GREEN FORK REPORT

VOLUME XXXIV, NUMBER 2, 2025

SUSTAINABILITY NEWS

BY: Christine McCullum-Gomez, PhD, RDN



Dear Vegetarian Colleagues:

I've highlighted resources you can use to integrate sustainability and planetary health into your personal and professional lives in 2025. The resources are divided into three categories: 1) food loss and waste; 2) food systems, planetary health, food policy, and climate change; and 3) healthy and sustainable diets.

Sustainably yours.

Christine McCullum-Gomez, PhD, RDN



Christine is a food and nutrition consultant based in Bogotá, Colombia. Her research and work experience lie in food security and sustainable food systems. Dr. McCullum-Gomez is a Column Editor for the *Journal of Hunger & Environmental Nutrition*. She is also Chair of the Global Member Interest Group (GMIG) of the Academy of Nutrition and Dietetics.

Sustainability Resources

Food Loss and Waste

Geneva Environment Network. International Day of Awareness of Food Loss and Waste 2025 – World Day: September 29, 2025. Available at: www.genevaenvironmentnetwork.org/events/international-day-of-awareness-of-food-loss-and-waste-2025/

ReFED. Confusion over food date labels has grown, according to new national survey (Blog). February 27, 2025. Available at: refed.org/articles/confusion-over-food-date-labels-has-grown-according-to-new-national-survey/

ReFED. *From Surplus to Solutions: 2025 ReFED U.S. Food Waste Report*. ReFED. February 27, 2025. Available at: refed.org/downloads/refed-us-food-waste-report-2025.pdf

Food Systems, Planetary Health, Food Policy, and Climate Change

Cadario R, Li Y, Klesse A-K. Bridging the knowledge gap: Mapping carbon emissions to food items facilitates choices of plant-based over animal-based items. *Appetite*. 2025;107910. pubmed.ncbi.nlm.nih.gov/39956204/

Media report of Cadario et al. 2025 study: Li Y. Want a side of CO2 with that? Better food labels help us choose more climate-friendly foods. *The Conversation*. February 25, 2025. Available at: theconversation.com/want-a-side-of-co-with-that-better-food-labels-help-us-choose-more-climate-friendly-foods-250513

Cohen N, Fernandes N, D'Alessandro M, et al. Developing a healthy and climate-friendly community college culinary curriculum. *Gastronomy*. 2025; 3(1):4. doi.org/10.3390/gastronomy3010004

College and University Protein Sustainability Scorecard. The Humane Society of the United States (now called the Humane World for Animals). January 2025. Available at: www.humaneworld.org/en/college-and-university-protein-sustainability-scorecard

Food Systems Countdown Initiative. *The food systems countdown report 2024: Tracking progress and managing interactions*. 2025. New York: Columbia University; Ithaca: Cornell University; Rome: Food and Agriculture Organization of the United Nations (FAO); Geneva: Global Alliance for Improved Nutrition (GAIN). 2025. Available at: openknowledge.fao.org/items/78839aee-a0f2-4741-aade-67e526f962f6

Grains of Truth – Global Insights on Healthy and Sustainable Food Systems. Taste Price Optimism & Obstacles. Habits Convenience Health. GlobeScan and EAT (4th Edition). January 30, 2025. Available at: eatforum.org/content/uploads/2025/01/EAT-globescan_grains-of-truth_2024_.pdf

Santo R. Which milks are best for the planet? *World Resources Institute*. February 13, 2025. Available at: www.wri.org/insights/milks-environmental-impact#:~:text=Oat%20and%20coconut%20milks%20also,and%20contains%20very%20little%20protein.

Schaper J, Franks M, Koch N, et al. On the emission and distributional effects of a CO2eq-tax on agricultural goods – The case of Germany. *Food Policy*. 2025;130:102794. www.sciencedirect.com/science/article/pii/S0306919224002057

Schneider, K.R., Remans, R., Bekele, T.H. et al. Governance and resilience as entry points for transforming food systems in the countdown to 2030. *Nature Food*. 2025(6):105–116. pubmed.ncbi.nlm.nih.gov/39810054/

Healthy and Sustainable Diets

Drewnoski A, Conrad Z. Pulse crops: nutrient density, affordability, and environmental impact. *Frontiers in Nutrition*. 2024;11:1438369. pubmed.ncbi.nlm.nih.gov/39246405/

Fatemi SF, Tehrani H, Khosravi M, et al. Influencing factors of adherence to sustainable diets: a systematic review of behavioral theories. *Frontiers in Sustainable Food Systems*. 2025;9: 1465622 www.frontiersin.org/journals/sustainable-food-systems/articles/10.3389/fsufs.2025.1465622/full

Gu X, Bui L, Wang F, et al. Global adherence to a healthy and sustainable diet and potential reduction in premature death. *Proceedings of the National Academy of Sciences (PNAS)*. 2024;121:50e2319008121. pubmed.ncbi.nlm.nih.gov/39621925/

Hueppe R, Zander K. Legume consumption and sustainability – The minority goes green. *Appetite*. 2025;206:107831. pubmed.ncbi.nlm.nih.gov/39716633/

Liu J, Shen Q, Wange et al. Emerging EAT-Lancet planetary health diet is associated with major cardiovascular diseases and all-cause mortality: A global systematic review and meta-analysis. *Clinical Nutrition*. 2024;43(12):167-179. pubmed.ncbi.nlm.nih.gov/39489999/

Pashaei KHA, et al. Edible mushrooms as an alternative to animal proteins to having a more sustainable diet: a review. *Journal of Health, Population, and Nutrition*. 2024;43:205. pubmed.ncbi.nlm.nih.gov/39616410/

Pandey S, Olsen A, Thomsen M. Nudging strategies to promote plant-based and sustainable food consumption in canteens. *Appetite*. 2025;207:107874. pubmed.ncbi.nlm.nih.gov/39837417/

Springmann M. A multicriteria analysis of meat and milk alternatives from nutritional, health, environmental, and cost perspectives. *Proceedings of the National Academy of Sciences (PNAS)*. 2024;121(50):e2319010121. pubmed.ncbi.nlm.nih.gov/39621907/

Media report of Springmann (2024) study: Springmann M. Beans and peas best meat alternative, veggie burgers second, lab-grown meat worst, according to new ECI research. December 2, 2024. Available at: www.eci.ox.ac.uk/news/beans-and-peas-best-meat-alternative-veggie-burgers-second-lab-grown-meat-worst-according-new

Teixeira B, et al. Are the EAT-LANCET dietary recommendations associated with future cardiometabolic health? – Insights from the Generation XXI cohort from childhood into early adolescence. *The American Journal of Clinical Nutrition*. 2024;120(6):1344-1353. pubmed.ncbi.nlm.nih.gov/39343034/

2024-2025 EXECUTIVE COMMITTEE AND OFFICERS

To contact any of the members: email vn@eatright.org with the corresponding position in the subject line

- **CHAIR:**
Ashley Lombardi, MS, RDN
- **CHAIR-ELECT:**
Alicia Henson, MS, RDN
- **IMMEDIATE PAST CHAIR:**
Alison Ozgur, MAT, MHS, RDN, DipACLM
- **SECRETARY:**
Madeline Butler-Sanchez, MS, RDN, LDN
- **TREASURER:**
Sarah Whipkey, RDN, LD
- **HOUSE OF DELEGATES:**
Lindsay R Schmitz, MS, RD, LDN
- **POLICY AND ADVOCACY LEADER:**
Justine Violet Meyer, MPH, RD, LD, CSG
- **NOMINATING CHAIR:**
Mary-Jon Ludy, PhD, RDN, FAND
- **NOMINATING CHAIR-ELECT:**
Brooke Starkoff, PhD, RDN, LDN, FAND
- **MEMBER SERVICES CHAIR:**
Sheetal Parikh, MS, RDN, LDN
- **STATE COORDINATOR CHAIR:**
Vacant
- **STUDENT MEMBER COORDINATOR:**
Kathleen Law, MS, RDN, CPT
- **VOLUNTEER COORDINATOR:**
Vaishnavi Yadav
- **AWARDS & SCHOLARSHIP CHAIR:**
Catherine Conway, MS, RDN, CDN, CDCES
- **RESEARCH CHAIR:**
Katie Ellison, PhD, RDN, LDN
- **DIVERSITY LIAISON:**
Jen Nguyen, RDN, CDN, NASM-CPT
- **DIVERSITY LIAISON ASSISTANT:**
Parul Kharod, MS, RD, LDN
- **DIVERSITY LIAISON COMMITTEE:**
Alisa Clark & Katie Ellison
- **SPONSORSHIP CHAIR:**
Alison Ozgur, MAT, MHS, RDN, DipACLM
- **WEBINAR CHAIR:**
Sara Tamsukhin, PhD, RDN
- **ASST WEBINAR CHAIR**
Tiffany Bruno, MS, RD
- **EDUCATION RESOURCE CO-CHAIR:**
Annamarie Rodriguez, MS, RDN, LD, DipACLM, FAND
- **EDUCATION RESOURCE COMMITTEE:**
Coming Soon
- **SPEAKER'S BUREAU CHAIR:**
Rebekah Brown, MS, RDN
- **COMMUNICATIONS CHAIR:**
Manju Karkare, MS, RDN, LDN, CLT, FAND
- **SOCIAL MEDIA COORDINATOR:**
Anuja Soneta, RD
- **VN HAPPENINGS EDITOR:**
Lesley Schatz, MPH, RD, LDN
- **DISCUSSION BOARD COORDINATOR & WEBSITE COORDINATOR:**
Karenn Genzlinger, BA
- **MANAGING EDITOR:**
Annamarie Rodriguez, MS, RDN, LD, DipACLM, FAND
- **LEAD EDITOR:**
Alexa Pizzarello, RD, CDN, CDCES
- **ASSISTANT NEWSLETTER EDITOR:**
Karen A. Mills, JD, RDN, LD
- **ASSISTANT NEWSLETTER EDITOR:**
Blair Persyn, MS, RDN, LDN, CNSC
- **ACADEMY DPG RELATIONS:**
Carla Jamison