

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. 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

Food Loss and Waste

Blondin S, Pollicino D, Attwood S, Santo R. *A Playbook for Food Retailers to Reduce Consumer Food Waste*. World Resources Institute. February 4, 2026. Available at: wri.org/research/playbook-food-retailers-reduce-consumer-food-waste

Catruc Z, Backmann L, Ehlerding F, et al. Implications to reduce food waste and enhance sustainable food supply: results from a choice experiment with professionals and lay consumers. *Frontiers in Sustainable Food Systems*. 2026;7:1786975. doi:10.3389/frsus.2026.1786975. frontiersin.org/journals/sustainability/articles/10.3389/frsus.2026.1786975/full

Goossens Y, Schmidt TG. Food loss and waste in the environmental assessment of diets. *Cleaner Food Systems*. 2026;3:100011. doi.org/10.1016/j.clfs.2025.100011

Progress on the Plate: 2026 U.S. Food Waste Report. ReFed. April 7, 2026. Available at: refed.org/food-waste/refed-us-food-waste-report-2026/

Zhou X, Budhathoki M, Pandey S, et al. Eating within planetary limits - Life cycle assessment of food waste prevention and dietary shifts in Danish universities. *Cleaner Food Systems*. 2026;3: 100018. doi.org/10.1016/j.clfs.2026.100018

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

Headrick G, Taillie LS, Wolfson J. The 2025–30 US dietary guidelines for Americans reject scientific evidence, transparency, and planetary health. *The Lancet Planetary Health*. 2026; Published Online. thelancet.com/retrieve/pii/S2542519626000331

Hey M-L, Crespi E, Yett A, Altema-Johnson D, et al. Implementing climate menu labels in university settings: a narrative review. *Frontiers in Nutrition*. 2025;12:1619842. doi:10.3389/fnut.2025.1619842. frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1619842/full

Larsson J, Månsson E, Elin Rööös E. Cost-neutral food tax reforms for healthier and more sustainable diets. *Ecological Economics*. 2026;240:108822. doi.org/10.1016/j.ecolecon.2025.108822

Mueller-Lindenlauf M, El-Hage N. Organic agriculture and climate change—update after 15 years. *Renewable Agriculture and Food Systems*. 2026;41:e13, 1–7. doi.org/10.1017/S1742170526100301

Shepon A, Makov T, Katz, DL, et al. 2025–2030 Dietary Guidelines for Americans are associated with higher land, water and nitrogen use, and greenhouse gas emissions. *Proceedings of the National Academy of Sciences*. 2026;123(24):e2604814123. doi.org/10.1073/pnas.2604814123

STATEMENT: U.S. Releases New Dietary Guidelines. World Resources Institute: Washington DC. January 8, 2026. Available at: wri.org/news/statement-us-releases-new-dietary-guidelines

Healthy and Sustainable Diets

Alblaji M. Plant-based diets for human health with implications for cardiometabolic health, gut microbiome, and nutritional adequacy. *Frontiers in Nutrition*. 2026;13:1830797. doi:10.3389/fnut.2026.1830797 frontiersin.org/journals/nutrition/articles/10.3389/fnut.2026.1830797/full

Abodi M, Bettocchi S, Badiali M, et al. Sustainable dietary patterns and nutrition-related outcomes in the pediatric population: a systematic review. *Frontiers in Sustainable Food Systems*. 2026; 10:1811276. doi:10.3389/fsufs.2026.1811276 frontiersin.org/journals/sustainable-food-systems/articles/10.3389/fsufs.2026.1811276/full

Caba U, Çakir AS, Turan MB, et al. From nutrition knowledge to sustainable diets: a cross-sectional serial mediation model of dietary self-efficacy and mindful eating. *Frontiers in Nutrition*. 2026; 13:1812781. doi:10.3389/fnut.2026.1812781 frontiersin.org/journals/nutrition/articles/10.3389/fnut.2026.1812781/full

Everitt T, Wegener J, Carlsson L. Systems leadership among nutrition and dietetics professionals: Facilitating transitions to sustainable dietary patterns. *Journal of Human Nutrition and Dietetics*. 2026;39(1):e70212. doi:10.1111/jhn.70212 pubmed.ncbi.nlm.nih.gov/41681026/

Falakacılar ÇP, Diler GB and Terzi M. From awareness to action: do the food safety attitudes affect sustainable food consumption behaviors in university students? *Frontiers in Nutrition*. 2026;13:1750779. doi:10.3389/fnut.2026.1750779 frontiersin.org/journals/nutrition/articles/10.3389/fnut.2026.1750779/full

Grasso AC, Tyszler M, Blonk H, et al. Sustainability nutrition balance: A proof-of-concept metric integrating nutrition and environmental sustainability of foods in the context of whole diets. *Cleaner Food Systems*. 2026;3:100013. doi.org/10.1016/j.clfs.2026.100013

Kelly RK, Woodward M, Harris K, et al. Associations between the planetary health diet index and multiple long-term conditions among women and men: A prospective cohort study, *Clinical Nutrition*. 2026;61:106663. doi.org/10.1016/j.clnu.2026.106663

Kemaloğlu M, Yılmaz M and Kemaloğlu E. Planetary health diet adherence, nutritional adequacy, and environmental footprints: a cross-sectional study in Turkish adults. *Frontiers in Nutrition*. 2026; 13:1767066. doi:10.3389/fnut.2026.1767066 frontiersin.org/journals/nutrition/articles/10.3389/fnut.2026.1767066/full

Kesse-Guyot E, Fouillet H, Baudry J, et al. Balancing human and planetary health through multicriteria optimization: Insights from the NutriNet-Santé cohort. *Cleaner Food Systems*. 2026;3:100022. doi.org/10.1016/j.clfs.2026.100022

Pandey S, Budhathoki M, Olsen K, et al. Mushrooms as future food: A production-system and recipe-level life cycle assessment for sustainable diets. *Cleaner Food Systems*. 2026;3:100024. doi.org/10.1016/j.clfs.2026.100024

Stubbendorff A, Ericson U, Hallström E, Samuelsson J, Sonestedt E, Ibsen DB. Nutritional adequacy of the EAT-Lancet diet: a Swedish population-based cohort study. *The Lancet Planetary Health*. 2026;10(2):101416. doi:10.1016/j.lanplh.2025.101416 pubmed.ncbi.nlm.nih.gov/41692025/

Yang Y, Tilman D, Bellemare MF et al. Strategies for achieving healthy, sustainable, and equitable dietary transitions. *Science*. 2026; 392(6793): 37-43. doi:10.1126/science.adr7162 pubmed.ncbi.nlm.nih.gov/41926595/



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