



The implications of livestock-derived foods in sustainable healthy diets are complex and vary depending on the *context, time of life, commodity and production methods*, highlighting a need to rebalance consumption and adapt production practices to safeguard human, animal and planetary health.

UN Nutrition discussion paper on livestock-derived foods and their link to sustainable healthy diets

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Livestock-derived foods can have consequences for human health if they are absent from or deficient in the diets of certain vulnerable groups, or if consumed to excess by others.

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Ensuring that vulnerable groups have access to livestock-derived foods, particularly in low resource settings, while reducing consumption in other populations is one aspect of promoting sustainable healthy diets that support One Health and increased equity.



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Mitigating risks during production

While livestock systems can contribute to environmental degradation, sustainable production methods and mixed systems may mitigate climate change and enable the achievement of SDG 2 (zero hunger), SDG 12 (responsible consumption) and SDG 13 (climate action).

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**Integrating the One Health model
in livestock production systems can
help to achieve nutritional equity,
balance in livestock-derived food
consumption and promote
sustainable production methods.**

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and sustainable healthy diets**

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