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

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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).
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.