

# Adapting Food Systems and Nutrition Security: Los Angeles Wildfires in the Face of Climatic Change

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**Abstract:** The recent wildfires around Los Angeles devastatingly point out the relationship between nutrition security and climate change, aggravated by the Santa Ana winds that dry out the region and increase the likelihood of wildfires at speeds of 60 MPH (96.5 KPH). These fires disrupt the agricultural supply chain alongside ecosystems, limiting access to a variety of food commodities and exacerbating the already existing food insecurity challenge. The wildfire impacts in Los Angeles are not just local, but part of broader phenomena observed during bushfires in Australia and within the Amazon rainforest, where rampant deforestation poses peril to biodiversity and vital activities like carbon sequestration. Wildfires cause long-lasting damage to food production and ecosystems when combined with fires, these put tremendous stress on global food sources, including Los Angeles. The farmer's perspective indicates the heightened dependence on local food systems drives home the reality of resilient food systems that will need to be built in Australia and the Amazon. Addressing sustainability and climate change with anticipatory adaptation frameworks based on effective land management practices are required to deal with the resilient challenges. Constructing sustainable diets and resilient food systems are vital for dealing with the consequences of climate calamities. Strengthening regional partnerships is the answer to ensuring food security, agriculture with climate smart agendas while protecting soil will do the trick.

**Keywords:** Climate Change, Nutrition Security, Sustainable Diets, Food System

## I. Introduction

Climate change has emerged as one of the most significant global challenges, with profound implications for food systems and nutrition security. Rising temperatures, erratic weather patterns, and an increase in the frequency of natural disasters such as wildfires are disrupting agricultural productivity, food supply chains, and dietary patterns worldwide, according to Myers et al(2017). The wildfires in Los Angeles are a prime example of how climate-related disasters can worsen these problems, resulting in food insecurity on a local and regional level while providing important information for international adaptation plans. We may gain a better understanding of the weaknesses in food systems and create plans to guarantee sustainable meals in the face of climate change by looking at how such occurrences affect nutrition security. Food security and agricultural systems in the area have been greatly impacted by the wildfires in Los Angeles. The destruction of nearby farms and orchards has resulted in lower agricultural yields and animal losses, both of which are vital to the local food supply chains, according to Hutchinson (2025). The distribution of fresh vegetables and other necessary food items was hampered by the fires' disruption of transportation networks. The ability of low-income people to maintain a healthy diet is further strained by such disruptions, which not only limit access to food but also raise prices, according to Ewing-Chow (2025). These regional repercussions are reminiscent of worldwide issues such as the Amazon rainforest fires and the bushfires in Australia, where ecological harm and agricultural losses have similarly threatened food security. Wildfires have an effect on the stability and resilience of the larger food chain in addition to the acute losses in food output. While excessive heat can harm soil health and lower future agricultural productivity, fire smoke and ash can contaminate crops, according to Community Alliance with Family Farmers., (2025). Furthermore, fire-related power outages interfere with refrigeration and cold storage, causing perishable food to decay and increasing food waste. To ensure nutrition security in areas vulnerable to wildfires and other climate-related calamities, these cascading impacts emphasize the vital need for strong infrastructure and climate-resilient agricultural methods. Globally, there is an increasing emphasis on climate-smart agriculture and sustainable diets as a result of the interaction between climate change and food security. Sustainable diets promote plant-based foods and lessen dependency on resource-intensive agriculture methods, highlighting the need for nutrition that is good for people and the environment, according to Willett et al (2019). Urban agriculture and community-supported agriculture (CSA) programs are two examples of projects that have shown promise in Los Angeles for improving local food resilience and lowering reliance on outside food sources. By diversifying and decentralizing food systems, these strategies not only lessen the acute consequences of climate disasters but also promote long-term nutrition security. Coordinated efforts at the local, regional, and international levels are needed to adapt food systems to address the twin issues of nutrition security and climate change. Building robust food systems requires policies that support vulnerable communities, invest in resilient infrastructure, and encourage climate-smart agriculture according to FAO (2018). The wildfires in Los Angeles are a clear reminder of how urgent these efforts are. We can guarantee sustainable diets and secure nutrition for current and future generations by taking lessons from such occurrences and putting adaptive measures into place.

Climate change is increasingly impacting food systems and nutrition security, and the Los Angeles wildfires are an example of such impacts. Increasing temperatures and extended droughts have resulted in land destruction, supply chain disruptions, and

higher food prices—especially affecting low-income communities. This research employs the Los Angeles wildfires as a case study to explore the nexus of climate change, food systems, and nutrition security. Applying a thematic analysis framework, it addresses five major areas: climate change impacts on food systems, food systems and nutrition security linkages, significance of sustainable diets, adaptation measures, and global and regional views. The study relies on secondary data from government reports, academic research, and international agencies. It seeks to identify effective, evidence-based solutions—like regenerative agriculture and climate-smart technologies—that can enhance the resilience of food systems. The results are to inform policies and practices that promote access to nutritious and sustainable diets in the face of climate shocks.

## **II. Discussion**

Global food systems are seriously threatened by climate change, which also has repercussions for sustainable diets and nutrition security. Food production, distribution, and consumption are disrupted by the interaction of changing ecological circumstances, catastrophic weather events like the wildfires in Los Angeles, and rising temperatures. These disturbances make it more difficult to guarantee sufficient access to wholesome and sustainable meals, especially in areas that are already at risk. A thematic examination of how climate change is affecting food systems identifies three key areas of concern: the connection between nutrition security and food systems, the significance of sustainable diets, and the creation of practical adaptation plans. The need of incorporating resilience and sustainability into food systems to protect nutrition security in the face of climate change is highlighted by this conversation, which examines both global and regional viewpoints and includes case studies such as the wildfires in Los Angeles.

## **III. Climate Change And Its Impact On Food Systems**

Food systems are severely impacted by climate change, which jeopardizes their ability to produce, distribute, and maintain access to wholesome food. Agriculture productivity is severely disrupted by rising global temperatures, changed rainfall patterns, and a rise in extreme weather events like the wildfires in Los Angeles, according to Smith and Gregory (2013). For example, farmland is destroyed, soil fertility is disrupted, and agricultural yields are decreased by wildfires driven by extended droughts and rising temperatures. Thus, fresh produce becomes less available and processed foods with lesser nutritional value become more prevalent, endangering local food systems, according to Myers et al. (2017). Efforts to guarantee nutrition security are undermined by these interruptions, which also lower food supply and quality. In addition to production, climate change has an impact on food supply systems, which exacerbates problems in cities like Los Angeles. The transportation of food is hampered when vital infrastructure, such as highways, storage facilities, and irrigation systems, is destroyed, according to Vermeulen et al. (2012). Food costs increase with the fragmentation of supply networks, rendering nutrient-dense food costly for many, especially those with low incomes. By forcing vulnerable populations to rely on foods that are high in calories but low in nutrients, these economic constraints worsen already-existing disparities and raise the risk of malnutrition and diet-related illnesses, Fanzo et al. (2018). The interdependence of food systems, climate change, and social disparities is emphasized here, necessitating focused efforts to benefit producers and consumers alike. Adaptation techniques that are revolutionary are needed to address the effects of climate change on food systems. Resilience to extreme weather events can be improved by climate-smart agriculture techniques like precision farming and drought-resistant crop cultivars, according to Lipper et al. (2014). Reforestation and the development of firebreaks are two examples of better land management techniques that are essential for reducing damage to agricultural land in wildfire-prone areas like Los Angeles. Additionally, supporting urban agriculture and local food systems can encourage sustainability and community resilience while lowering reliance on interrupted supply chains, according to Garnett (2013). Such actions need to be supported by legislative frameworks that give environmental sustainability first priority and give small-scale farmers and food producer's financial assistance. Los Angeles is a prime example of the global problem of maintaining sustainable diets while adjusting food systems to climate change. A clear reminder of the need for coordinated solutions that tackle the underlying causes of climate change while creating resilient and just food systems is provided by wildfires, which are fueled by shifting climatic circumstances, according to FAO (2021). In an increasingly uncertain future, food systems can continue to be sustainable and able to promote nutrition security by combining scientific innovation with community-based methods to lessen the effects of climate change. To address climate-related issues holistically, policymakers, researchers, and stakeholders must work together to create adaptable frameworks that incorporate social, economic, and environmental factors.

**Table 1 Link Between Food Systems And Nutrition Security**

<b>Key Aspect</b>	<b>Description</b>	<b>Reference</b>
<b>Food supply Systems</b>	Include all steps of food production from (raw material to final product), distribution, and consumption crucial for nutrition security.	FAO, (2021)
<b>Impact of Climate Change</b>	Climate change disrupts agricultural productivity and distribution, jeopardizing the ability to provide sufficient, wholesome diets.	Fanzo et al. (2018)
<b>Availability of Nutritious Food</b>	Extreme weather events (e.g., Wildfire, drought or flood) reduce timely access to fresh fruits, vegetables,	Fanzo et al. (2018)

	and nutrient-dense foods.	
<b>Nutritional Quality</b>	Nutritional quality disruptions lead to limited access to balanced food options, increasing the risk of malnutrition in communities.	FAO (2021)
<b>Economic Accessibility</b>	Climate-related issues raise food prices, disproportionately affecting low-income households and food-insecure groups since they can't access quality and healthy food more often.	Vermeulen et al. (2012)
<b>Consequences of Economic Stress</b>	Financial constraints push individuals towards cheaper, high-calorie, and low-nutrient foods, worsening malnutrition.	Myers et al. (2017)
<b>Role of Food System Resilience</b>	Resilience is crucial for bridging climate change impacts and nutrition and food security; agroecology and climate-smart agriculture help to sustain that.	Lipper et al. (2014)
<b>Urban Agriculture</b>	Initiatives can improve access to fresh produce and strengthen local food systems in climatic change-prone areas like Los Angeles. Etc	Garnett (2013)
<b>Infrastructure Development</b>	Effective and timely food production transportation, distribution and storage reduce post-harvest losses, ensuring food reaches those in need during disruptions.	Myers et al. (2017)
<b>Integrated Climate Strategy</b>	Emphasizes the need for policies that support fair food production, distribution, reduce agricultural emissions, and assist local initiatives.	FAO (2021)
<b>Collaboration Among Stakeholders</b>	Engaging communities, farmers, and policymakers is essential for creating sustainable food systems that promote food and nutrition security.	FAO (2021)

### Sustainable Diets And Importance

Sustainable diets, as defined by FAO (2012), are diets that enhance food and nutrition security, enable healthy lifestyles, conserve biodiversity, and reduce environmental footprint for present and future generations. Sustainable diets focus on the consumption of locally produced, minimally processed, and nutrient-dense foods that contribute to human health and the environment. With climate change persistently endangering global food production and availability, the need to embrace sustainable diets is more apparent than ever.

Occurrences like the Los Angeles wildfires demonstrate food systems' exposure to climate disturbances, which lower dietary diversity, disrupt supply chains, and decrease access to wholesome food Willett (2019). Further, food production, particularly industrial agriculture, poses considerable environmental strain in the forms of deforestation, greenhouse emissions, and species loss Tilman and Clark (2014). The transition to plant-based, climate-smart diets will help lower ecological footprints in favor of supporting more sustainable agri-food systems Springmann (2018). Aside from environmental advantages, sustainable diets enhance public health. High consumption of ultra-processed food leads to increasing levels of obesity, diabetes, and cardiovascular disease. Climate disturbances such as wildfires tend to restrict access to fresh, nutrient-rich foods, particularly among vulnerable populations. Through the encouragement of whole foods and plant-based proteins, sustainable diets tend to overcome nutrition insecurity and climate issues. Policy actions—e.g., food waste reduction campaigns, urban agriculture programs, and incentives for sustainable agriculture—are critical. Governments, communities, and global stakeholders need to work together to construct supportive food environments and resilient food systems. Embedding sustainability in dietary patterns is essential to achieving long-term health, environmental stability, and food security.

### IV. Adaptation Strategies in Food Systems

Climate change is exerting mounting pressure on global food systems, calling for effective adaptation to guarantee long-term food security and sustainability. Severe weather conditions, including the Los Angeles wildfires, disturb local food production, destroy supply chains, and increase food insecurity. The Intergovernmental Panel on Climate Change IPCC (2019) states that adaptation must respond to the entire food system—from agricultural practices to supply chains and consumption patterns. Principal

measures are diversification of food sources, enhancing storage facilities, and climate-resilient agricultural methods (Vermeulen et al., 2012). Climate-smart agriculture (CSA) that fuses sustainability with resilience encourages approaches such as agroecology, drought-tolerant crops, and precision irrigation (Lipper et al., 2014). Urban areas such as Los Angeles have hydroponics and roof farming that can enhance local food production and lessened reliance on climate-sensitive croplands. Also, food reduction and improved food distribution systems are important in raising resilience. Local food recovery and redistribution activities decrease shortages and aid the vulnerable (Gustavsson et al., 2011). Policy support and good governance constitute the backbone to scaling up these climatic change adaptations. Climate adaptation funding, zoning policies, afforestation, and incentives for sustainable agriculture are all within this (FAO, 2021). Investment in early warning systems, climate research, and public awareness campaigns also empowers farmers and communities to act proactively (Wheeler & Von Braun, 2013). Combined, these initiatives establish resilient, secure food systems amidst climate change.

### Global And Regional Perspectives

Climate change is upsetting food systems around the world, albeit with different effects depending on regional climatic conditions, economic development, and adaptive capacity. In high-income countries like the U.S., extreme weather events such as the wildfires in Los Angeles jeopardize food supply chains, increase prices, and lower access to fresh produce (Springmann et al., 2018). Southern Europe suffers high crop losses due to droughts and heatwaves, especially in rain-fed agricultural production South Asia and sub-Saharan Africa, however, suffer even more because they rely on smallholder farming and have limited resources, which increase food insecurity (Wheeler & Von Braun, 2013).

These differences emphasize the importance of region-specific adaptation measures. In Los Angeles, urban agriculture projects have assisted in overcoming food deficits caused by wildfires). Bangladesh has used floating gardens and climate-tolerant rice varieties to resist flooding and sea-level rise (Hossain et al., 2018), while Brazil's agroforestry systems enhance soil quality and food security while reducing carbon emissions. Still are hindered from realizing these strategies owing to weak infrastructure, financial limits, and poor climate-smart technologies access (Thornton et al., 2014; Kumar et al., 2021). Reinforcing food supply systems and investments in adaptation technology are crucial.

International cooperation is the way forward. Despite the Paris Agreement and prioritizing food security, its implementation is unbalanced. Closing this gap involves global funding, information exchange, and inclusive policies. If global frameworks are harmonized with locally acceptable solutions, countries can develop more secure, sustainable food systems that safeguard nutrition in the context of climate change

**Table 2 Synthesis Findings, Knowledge Gaps, And Policy Implications**

S/N	Category	Explanation	References
1	<b>Synthesis Finding</b>	The significant effects of climate change on food systems and nutrition security are highlighted in the reviewed literature, underscoring the pressing need for adaptation measures to guarantee sustainable diets. Local food production, supply systems, and availability to wholesome food are all disrupted by climate-related disasters like the wildfires in Los Angeles. Extreme weather events worsen food insecurity, especially in vulnerable areas, and similar problems are seen throughout the world.	Springmann et al. (2018); Wheeler & von Braun (2013)
		Sustainable diets can both provide food security and reduce climate change. Plant-based diets with minimally processed ingredients have been demonstrated to improve health outcomes and lessen environmental impact.	Willett et al. (2019)
		More research is required to determine their long-term efficacy, but research indicates that food labeling initiatives, public awareness campaigns, and financial incentives can encourage dietary modifications.	Garnett (2013)
2	<b>Knowledge Gap</b>	The long-term resilience of food systems under deteriorating climate circumstances, despite improvements in climate adaptation techniques, remains uncertain.	Vermeulen et al. (2012)
		Thorough evaluations of how climate change impacts dietary diversity and micronutrient availability in the literature, especially in metropolitan areas hit by wildfires and other extreme events. The relationship among climate change, nutrition security, and socioeconomic variables influencing food accessibility requires further investigation.	Fanzo et al. (2018)
		The contribution of traditional and indigenous food systems to improving climate resilience. Few studies recognize the advantages of agroecological techniques, and few investigate the integration of traditional knowledge into mainstream food policies.	Altieri & Nicholls (2017)
3	<b>Policy Implication</b>	Governments must enact laws that support regional food economies, encourage climate-resilient agriculture, and improve food delivery systems.	FAO (2021)

	Expanding urban agriculture programs, making investments in infrastructure for food transportation and storage, and encouraging dietary changes toward sustainable food options are all doable suggestions for tackling climate-induced food poverty. Vertical farming, hydroponics, and rooftop gardens could improve local food production and lessen reliance on climate-sensitive supply chains in places like Los Angeles.	Lipper et al. (2014)
	As part of plans for climate adaptation, policies aimed at reducing food waste should be given top priority. According to research, almost one-third of the food produced worldwide is wasted, which increases greenhouse gas emissions and food insecurity.	Gustavsson et al. (2011)

The concerns of nutrition security and climate change require international cooperation at the global level. Food policy can incorporate climate adaptation through frameworks provided by the Paris Agreement and the Sustainable Development Goals (SDGs) of the UN Intergovernmental Panel on Climate Change (IPCC), (2019). However, equal implementation is hampered by technology and resource differences between high- and low-income nations. Technology transfer methods, increased financial commitments from rich countries, and cooperative research initiatives to create adaption plans tailored to individual regions are all necessary to close this gap.

Future studies should concentrate on evaluating how various demographic groups are affected socioeconomically by climate adaption measures. Although there are environmental and health benefits to climate-smart agriculture and sustainable diets, their affordability and accessibility are still issues, especially for low-income areas, according to Thornton et al. (2014). Designing policies that guarantee food systems' sustainability and justice will require examining the economic trade-offs of these interventions. In summary, the relationship between nutrition security and climate change calls for a multifaceted strategy that incorporates community-driven projects, legislative frameworks, and scientific research. Although there has been progress in identifying adaptation measures, more research is required to fill in the information gaps and improve food systems' resilience to climatic uncertainty. Building a climate-resilient food future will need bolstering legislative actions, funding creative food production techniques, and encouraging sustainable diets.

## V. Conclusion

Climate change is increasing the occurrence and intensity of extreme weather events like rising temperatures and extended droughts, which, in turn, cause disasters like the Los Angeles wildfires. Such disruptions undermine food systems and challenge nutrition security by decreasing food availability, affordability, and access, particularly for low-income and vulnerable groups. In order to meet these increasing challenges, developing resilient food systems by means of climate-smart agriculture, minimizing food loss, and encouraging sustainable production practices is vital. Just as critical is the transition toward sustainable diets based on locally available, plant-based foods that benefit public health as well as environmental sustainability. Hydroponics and urban agriculture offer new means by which cities can minimize their reliance on exposed supply chains. Yet even with these new developments, there remains significant knowledge gaps. Specifically missing is clarity regarding how long-term climate change impacts the nutritional value of crops, equitable access to climate-resilient food among vulnerable groups, and scalability of urban agriculture technology in areas of limited resources. Subsequent research will need to bridge these gaps. To begin with, we require greater understanding of the impact of climate stressors on the nutrient composition of important crops, rather than simply on yields. Secondly, research needs to investigate systemic barriers that hamper low-income groups' access to affordable, sustainable diets. Thirdly, research needs to evaluate the economic and environmental viability of urban farm innovations, such that they can be effectively scaled in a variety of urban environments. In the end, long-term nutrition security under a changing climate will depend on a science-based, coordinated, and community-managed effort. Resilient food systems and sustainable, inclusive diets are not only environmental necessity they are the key to a food-secure future for everyone.

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