

S2. Definitions of sustainable diets

Definitions	N	Percentage	Representative definitions
Sustainable diet	5	11.9	Sustainable diets as those with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystem, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy, while optimizing natural and human resources.
Planetary health diet	3	7.1	Planetary health diets are providing guidelines to ranges of different food groups that together constitute an optimal diet for human health and environmental sustainability. It emphasizes a plant-forward diet where whole grains, fruits, vegetables, nuts, and legumes comprise a greater proportion of food consumed. Meat and dairy constitute important parts of the diet but in significantly smaller proportions than whole grains, fruits, vegetables, nuts and legumes.
Vegetarian, vegan diet, flexitarian, pescatarian	8	19.0	Vegetarian: plant-based diet exclude meat including beef, pork, lamb, venison, chicken, and other fowl and related meat products; Vegan: a hundred per cent plant-based diet; Flexitarian: mostly plant foods, but include small amounts of meat in the diet; Pescatarian or pesco-vegetarian: plant-based except for fish and seafood with or without eggs and dairy
Mediterranean diet	17	40.5	A Mediterranean-style diet typically includes plenty fruits, vegetables, bread and

Plant-based diet	8	19.0	<p>other grains, potatoes, beans, nuts and seeds; olive oil as a primary fat source; and dairy products, eggs, fish and poultry in low to moderate amounts.</p> <p>A plant-based diet consists of all minimally processed fruits, vegetables, whole grains, legumes, nuts and seeds, herbs, and spices and excludes all animal products, including red meat, poultry, fish, eggs, and dairy products.</p>
Climate-friendly food (Climatarian diets)	1	2.4	<p>Climatarian diet is designed to be healthy, climate friendly and nature friendly but still allows to eat some meat and other foods that generate a lot of carbon emissions.</p>
