

Optimal Dietary Lifestyle for Human and Planetary Health

Adopted by ACLM's Board of Directors: March 2021

The American College of Lifestyle Medicine acknowledges that the leading cause of chronic disease and the leading cause of so many of our most pressing global sustainability issues is one and the same: our Western pattern diet.¹⁻³ Shifting to a whole food, plant-predominant dietary lifestyle is optimal in order to protect human health and fight disease;^{4,5} this dietary lifestyle pattern is also what is best for the planet, enabling us to preserve our precious natural resources, rein in greenhouse gas emissions, and feed what soon will be over nine billion people on the face of the earth.⁶⁻⁸

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