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| **Our Food in the Anthropocene: The EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems**   |
| **Background/Objectives:** Unhealthy diets represent the largest global burden of disease and around 800 million people lack sufficient food, while many more consume low-quality diets that result in under-, over- or malnutrition. At the same time, food production constitutes the single largest cause of global environmental change. To address the challenge of providing a growing global population with healthy diets from sustainable food systems, the EAT-Lancet Commission *Our Food in the Anthropocene: Healthy Diets from Sustainable Food Systems* has developed global scientific targets for healthy diets and sustainable food production to define a safe operating space for food systems and to support the achievement of the Sustainable Development Goals (SDGs) and the Paris Agreement.**Methods:** The planetary boundaries framework is used as a guide to propose a safe operating space for food systems, defined by scientific targets that set the lower and upper boundaries for different food groups and by the planetary boundaries for food production. Scientific targets for healthy diets were developed based on existing literature and system boundaries for sustainable global food production are proposed based on available science. The scientific targets and system boundaries are integrated into a common framework, to identify both healthy and environmentally sustainable diets.**Results:** Food systems have the potential to provide healthy diets for a world population of nearly 10 billion people by 2050 but will require substantial dietary shifts, a transformation to sustainable food production and significant reductions in food losses and waste. Healthy diets from sustainable food systems are a prerequisite for achieving the SDGs and the Paris Agreement. As the report is not yet published, the specific results will be shared at the conference. **Discussion:** Achieving healthy diets from sustainable food systems will require adoption of scientific targets by all sectors to stimulate global collaboration around a broad spectrum of actions. Based on existing evidence and analysis in this report, specific strategies to advance food system transformation have been identified, highlighting the importance of strong commitment, improved governance, and reorientation of production practices. **Keywords:** healthy diets, sustainable food systems, planetary boundaries, climate change, food system transformation,” win-win” diets, safe operating space, Sustainable Development Goals  |