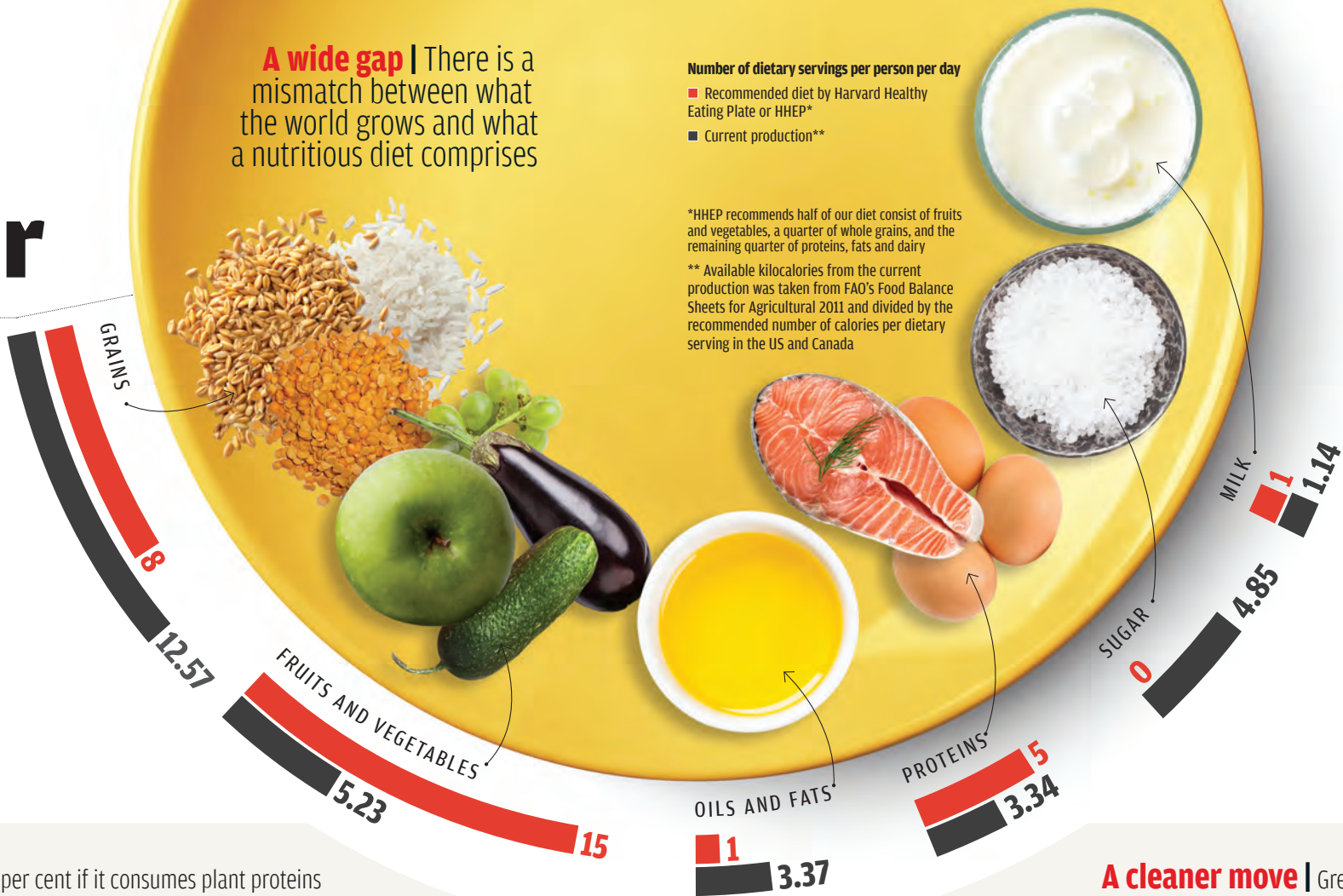


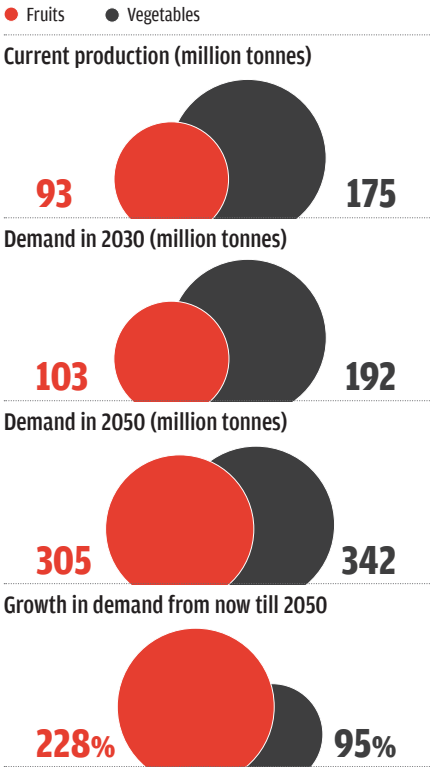
# Sugar rich, protein poor

The world over-produces grains, fats and sugar while greatly underproducing fruits and vegetables and proteins. A correction in the imbalance can not only improve nutritional levels, but also reduce the area under farming and global greenhouse gas emissions, allowing the world to sustainably feed its ever-increasing population

**A wide gap** | There is a mismatch between what the world grows and what a nutritious diet comprises



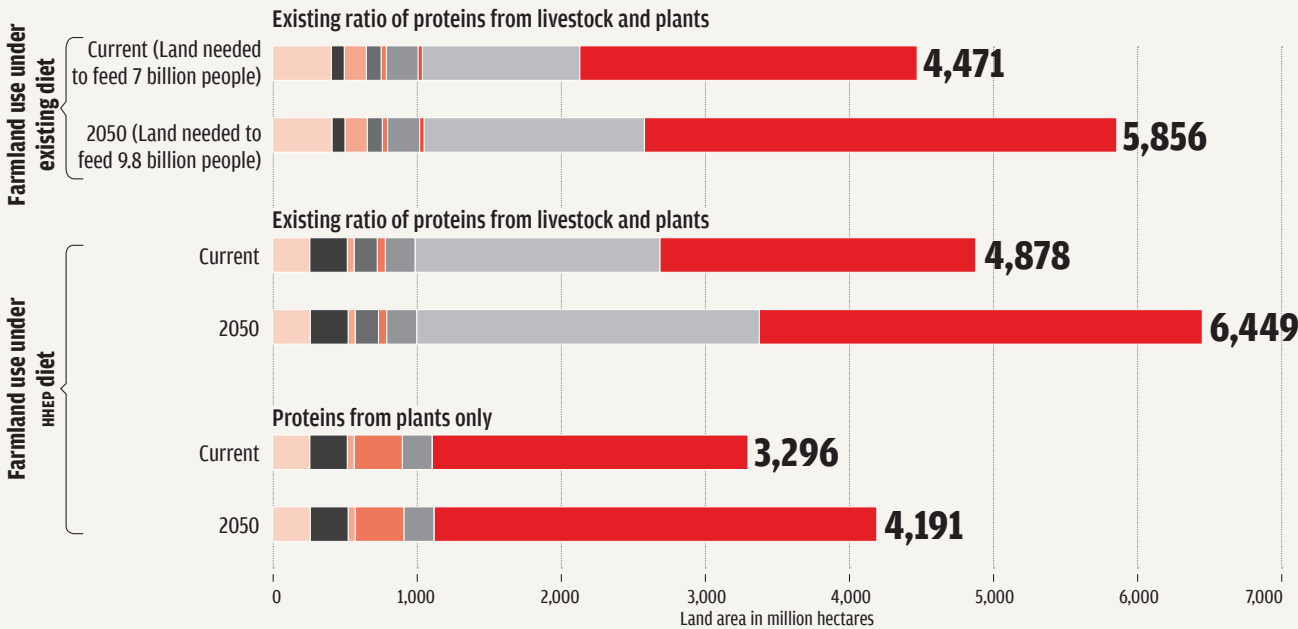
**Future ready?** | India's demand for fruits and vegetables is set to increase



Source: Report of the Committee on Doubling Farmers' Income, Ministry of Agriculture & Farmers' Welfare, 2017

**Less is more** | The world can reduce its farmland by 26 per cent if it consumes plant proteins and produces to match the diet recommended by the Harvard Healthy Eating Plate or HHEP

Whole grains Fruits & vegetables Oils & fats Livestock proteins Plant proteins Milk/dairy Sugar Pastureland for meat Pastureland for milk/dairy



**A cleaner move** | Greenhouse gas (GHG) emissions from the farm sector can be reduced by 37 per cent if the world produces according to HHEP and relies on plants for proteins

Whole grains Fruits & vegetables Oils & fats Livestock proteins Fish proteins Plant proteins Milk/dairy Sugar

