



DIETS OF ROMANIANS AND POPULATIONS FROM NEIGHBORING COUNTRIES COMPARED TO THE EAT-LANCET DIET

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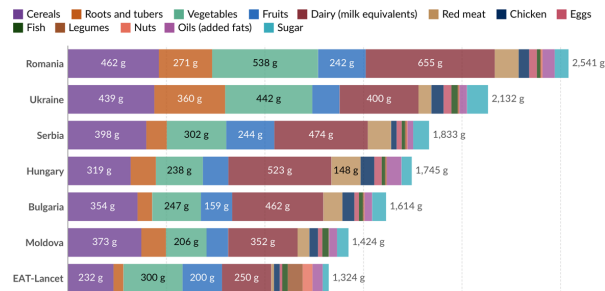
Abstract: *In light of the global challenges related to food security, environmental sustainability, and public health, the article explores and compares the eating habits of the population from Romania and neighboring countries with the principles promoted by EAT-Lancet diet, the "planet-diet". Through comparative analysis, the article identifies significant similarities and differences in food consumption, highlighting potential health and environmental benefits, as well as challenges and barriers to adopting a sustainable diet. It is highlighted that Romanians deviate most significantly from the recommendations of the EAT-Lancet diet, underlining the urgent need to re-evaluate and adjust Romanian eating habits towards more sustainable and healthy models.*

Introduction Diets in Romania and neighboring countries reflect traditional and modern influences, impacting public health and sustainability. Commonalities include a preference for pork and dairy, and moderate fruit and legume intake. The EAT-Lancet report recommends a plant-based diet, reducing red meat, and limiting sugar and unhealthy fats to improve health and mitigate environmental impact.

Material and method This research utilized data from Our World in Data, FAO, WHO, and scientific databases like Scopus, Web of Science, and PubMed, focusing on food consumption and sustainability

Results and discussions Romania's total food consumption is 2,541 grams/day, exceeding EAT-Lancet recommendations, indicating a rich but potentially excessive diet.

Conclusions The comparative analysis of diets in Romania and neighboring countries against EAT-Lancet recommendations highlights excessive food consumption, emphasizing the need to align diets with health and sustainability guidelines. High consumption of roots, vegetables, dairy, and red meat necessitates dietary adjustments for better public health outcomes and environmental sustainability.



Ukraine's consumption is 2,132 grams/day, emphasizing vegetables and roots, still above recommendations. Serbia's intake is 1,833 grams/day, high in dairy and red meat, reflecting local traditions. Hungary consumes 1,745 grams/day, notable for dairy and red meat, suggesting a need for more plant protein. Bulgaria's 1,614 grams/day shows balanced but high cereal and dairy intake. Moldova's 1,424 grams/day, though lowest, still surpasses recommendations, indicating room for nutritional optimization.