

ABSTRACT

The Planetary Health Diet has been developed by the EAT-Lancet Commission; the diet aims to promote both individual well-being and the health of the planet by offering a set of guidelines for sustainable and nutritious food consumption. The study was carried out with the primary objective of promoting a sustainable food ecosystem by following a planetary health diet. The secondary objectives were to analyze the knowledge, attitude, and practice of the planetary health diet among selected subjects, to calculate the carbon and nutritional footprint of the food consumed by selected subjects, to develop and evaluate an e-application for promoting the planetary health diet, and to create awareness about the importance of the planetary health diet and analyze the pre- and post-knowledge levels on the planetary health diet among selected subjects. Nearly 400 women subjects within the age group of 30–50 years were selected using the purposive random sampling method. A survey was also conducted to analyze the pre- and post-knowledge, attitude, and practice of the planetary health diet, and the carbon and nutritional footprint of food consumed by selected subjects after awareness was calculated. Further, an e-application for promoting the planetary health diet was developed. The results highlight that there was a statistically significant negative relationship between the knowledge of the subjects and their adherence to the planetary health diet. This suggests that enhanced knowledge alone may not be sufficient to drive behavior change, and other barriers such as accessibility, cultural preferences, or personal habits may inhibit adherence. The carbon footprint of the study subjects in the 30–35 age groups was higher than all other age groups. Additionally, the 46–50 age groups had the lowest carbon footprint, followed by the 41–45 age groups. Further, there was no significant difference between the implementation of a planetary health diet before and after the awareness program. This implies that while the subjects are cognizant of the significance of a planetary health diet, they fail to put it into practice even after receiving the necessary information and guidance. The planetary health diet is a holistic approach to nutrition that not only promotes human health but also aims to safeguard the well-being of the planet.