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| Entry, Year | Theme | Method, Boundary and Data of Assessment | Indicators of Sustainability and Healthfulness of Diet |
| Blackstone et al. 2018 | Sustainability of three dietary styles (US-style, healthy Mediterranean-style, and healthy vegetarian) | LCA (production and sometimes distribution) | global warming potential (GWP), land use, water depletion, freshwater and marine eutrophication, and particulate matter or respiratory organics |
| Boehm et al. 2018 | Assess GHG emissions from food choices of U.S. Households | LCA (production, distribution, transportation, retailing, restaurant consumption) | GHG emissions |
| Calderón et al. 2018 | Assess environmental impact of a complex dish at four different manufacturing scales in Spain | LCA (production, transportation, processing, waste) | land use, fossil fuels, respiratory inorganics, minerals, carcinogens, acidification/eutrophication, climate change |
| González-García et al. 2018 | Carbon footprint and nutritional quality of different human dietary choices | LCA (systematic review) (production, processing, distribution, retailing, and consumption (39%)) | GHG emissions, nutritional quality |
| Pérez-Neira & Grollmus-Venegas, 2018 | Assess energy sustainability and carbon footprint of peri-urban food systems in Spain | LCA (production, distribution, packaging, retailing, transportation) | Energy inputs and outputs, carbon footprint |
| Salmoral et al. 2018 | Life cycle analysis on food production and consumption in Tamar catchment, UK | LCA (production) | Embodied energy and virtual water |
| Schaubroeck et al. 2018 | Environmental sustainability and nutritional profile of university canteen meals | LCA (production, transportation, and processing) | GHG emission, land occupation, nutritional scoring, supplier indicators |
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| Castañé and Antón, 2017 | Compare environmental impacts and nutritional quality of two diets (one Mediterranean and one vegan) in Spain | LCA (systematic review, incomparable bounds) | GWP; regional biodiversity impact due to land use; nutritional quality |
| Goucher et al. 2017 | Compare environmental impacts of two self-selected diets (one according to Nordic Nutrition Recommendation and one of low GHGEs) in Sweden | LCA (production, processing, distribution and retailing) | GHG emissions; adequacy of nutrient intake |
| Kamp et al. 2017 | Assess impact of five diets (current and four alternatives) on GHG emissions in Netherlands | LCA (production (calculated) and preparation) | GHG emissions; adequacy of nutrient intake; adequacy of energy intake |
| Palmieri et al. 2017 | Compare environmental impacts of three different supply chains in diary production in Italy | LCA (production) | Abiotic depletion, abiotic depletion (fossil fuels), GWP, ozone layer depletion, human toxicity, fresh water and marine aquatic eco-toxicity, terrestrial eco-toxicity, photochemical oxidation, acidification, and eutrophication |
| Ulaszewska et al. 2017 | Compare GHG emissions of two dietary scenarios (Mediterranean and New Nordic) | LCA (production, distribution and consumption) | GHG emissions; adequacy of dietary nutrients |
| Dooren and Aiking, 2016 | Compare environmental impacts of four diets (Low Lands diet, current Dutch, Mediterranean and New Nordic diet) in Netherlands | LCA (production, processing, waste, some estimate of preparation) | GHG emissions; land use |
| Sjörs et al. 2016 | Assess of impact of self-selected diets on GHG emissions in Sweden | LCA (systematic review, adjusted bounds) (production, adjusted processing, adjusted packaging, adjusted distribution and adjusted retail) | GHG emissions; adequacy of nutrient intake |
| Smetana et al. 2016 | Assess of environmental impacts of insect use as a dietary composition in Germany | LCA, attributional (production and processing) | Fossil use; land use; ecotoxicity; eutrophication; acidification; ozone layer depletion; others |
| Stylianou et al. 2016 | Compare environmental and nutritional impacts of two diets (current and one with additional dairy) in the US | Combined Nutritional and Environmental LCA (unspecified bounds) | GHG emissions; particulate matter; adequacy of some nutrients; energy intake |
| Tom et al. 2016 | Compare environmental impacts of four diets (one current, three alternatives) in the US | LCA (systematic review, incomparable bounds) | GHG emissions; energy use; water use |
| Heller and Keoleian, 2015 | Compare GHG emissions of food loss associated with two diets (current and recommended) in the US | LCA (retail, consumer use and waste) | GHG emissions; adequacy of some nutrients; adequacy of energy intake |
| Milner et al. 2015 | Assess impacts of low-GHGE diets on non-communicable disease mortality in UK | LCA (unspecified bounds); life table modeling | GHG emissions; adequacy of nutrient intake; mortality |
| Pairotti et al. 2015 | Assess environmental impact of three diets (Mediterranean, healthy, vegetarian) in Italy | Hybrid LCA input-output analysis (production, transportation, trade, waste) | GHG emissions; energy use; adequacy of nutrient intake; vegetarian diet |
| Röös et al. 2015 | Assess environmental impact and nutritional quality of different diets in Sweden | LCA (unspecified bounds) | GHG emissions; land use; biodiversity; adequacy of dietary nutrients |
| Temme et al. 2015 | Assess GHG emissions of diets in Dutch demographic groups | LCA (production, packaging use, processing, transportation, storage, preparation, waste) | GHG emissions |
| Baroni et al. 2014 | Assess environmental impacts of three diets (omnivorous, lacto-ovovegetarian and vegan) in the US | LCA (raw material extraction, production, transportation, distribution, use, disposal) | GHG emissions; land, water and energy use; eutrophication, acidification; toxicants |
| Biesbroek et al. 2014 | Assess impacts of diets on GHG emissions, land use and mortality risk in Netherlands | LCA (production, processing, packaging, transport, storage, preparation, cooking, waste) | GHG emissions; land use; animal-based/plant-based diets; mortality |
| Eshel et al. 2014 | Assess environmental impacts from animal feed production in the US | LCA (production) | GHG emissions; land use; irrigation water use; reactive nitrogen |
| Hallström et al. 2014 | Assess the impact of meat consumption on environment and diets in Sweden | LCA (production) | GHG emissions; land use; meat consumption; adequacy of dietary nutrients |
| Hendrie et al. 2014 | Estimate GHG emissions of different diets in Australia | LCA (farm to purchase); environmentally extended input-output model | GHG emissions |
| Masset et al. 2014a | Assess sustainability of three diets (low-carbon, high nutritional quality, and sustainable) in France | LCA (production, transportation, packaging, distribution, use) | GHG emissions; cost; adequacy of some nutrients |
| Masset et al. 2014b | Identify low environmental impact, high nutritional quality and affordable foods in France | LCA (production, transportation, packaging, distribution, use) | GHG emissions; cost; air acidification; freshwater eutrophication; nutritional content |
| Meier et al. 2014 | Assess land use impacts of different diets in Germany | LCA (unspecified bounds) | Land use; food waste |
| Saxe, 2014 | Assess impacts of new Nordic diet and organic food on environment and affordability in Denmark | LCA (unspecified bounds) | 16 environmental impact categories; organic food; local food; cost |
| Scarborough et al. 2014 | Assess differences in GHG emissions from meat-based diet, fish-based diet, vegetarian diet, and vegan diet in UK | LCA (farm to regional distribution center) | GHG emissions; meat-based /vegetarian diets; |
| Soret et al. 2014 | Compare GHG emissions and mortality associated with different diets in the US and Canada | LCA (farm to farm/factory gate (plant- based foods); farm to final wholesaler (meat)) | GHG emissions; meat-based /vegetarian diets; mortality |
| Tilman and Clark, 2014 | Assess global environmental and health impacts of future diets | LCA meta-analysis (production to farm gate); diet-health meta-analysis | GHG emissions; non-communicable disease incidence and mortality related |
| van Dooren et al. 2014 | Assess global ecological sustainability and healthfulness and of six diets | LCA (unspecified bounds) | GHG emissions; land use; healthfulness of diet (10 nutritional indicators) |
| Werner et al. 2014 | Assess GHG emission impact of diets with varying quantities of dairy foods in Denmark | LCA (consumer use, waste) | GHG emissions; nutrient density of diets; consumption of dairy products |
| Hoolohan et al. 2013 | Assess GHG emissions of different food categories based on consumer preferences in UK | LCA (production, transportation, processing, packaging, storage, and supermarket operations) | GHG emissions; cost; intake of energy, macronutrients, sodium |
| Meier and Christen, 2013 | Compare the environmental impacts of four diets in 2006 and 20 years before 2006 in Germany | Hybrid LCA attributional input-output | GHG emissions; ammonia emissions; water; primary energy; land; phosphorus use; waste |
| Sáez-Almendros et al. 2013 | Assess the difference in environmental impacts of two diets (Mediterranean diet and ‘Western’) in Spain | LCA (production, processing, packaging, transportation and retail) | GHG emissions; agricultural land use; energy consumption; water consumption |
| Saxe et al. 2013 | Assess GHG emissions of three diets (two healthy Nordic diets; one average Danish diet) in Denmark | LCA, consequential (production to retail) | GHG emissions |
| Vieux et al. 2013 | Assess the impacts of nutritional quality of diets on GHGEs in France | LCA (all except transportation from retails to households) | GHG emissions; adequacy of some nutrients |
| Wilson et al. 2013 | Identify diets that are environmentally sustainable, affordable, and healthy in New Zealand | LCA, process-based (production) | GHG emissions; adequacy of dietary nutrients; others |
| Aston, 2012 | Assess environment and health impacts of processed red meat in UK | LCA (unspecified bounds) | GHG emissions; consumption of processed red meat; risk of chronic disease |
| Berners-Lee et al. 2012 | Assess impact of different diets on GHGEs in UK | LCA (production to sale) | GHG emissions |
| Macdiarmid et al. 2012 | Assess impact of different diets on GHGEs and food cost in UK | LCA (production to regional distribution centre) | GHG emissions; adequacy of nutrients; cost; adequacy of energy |
| Meier and Christen, 2012 | Assess environmental impact of sex-specific diets in Germany | LCA (unspecified bounds) | GWP; ammonia emissions; land use; water demand |
| Saarinen et al. 2012 | Assess environmental impact of three types of lunch diets (homemade, ready-to-eat, and school-prepared) in Finland | LCA (production, consumer use, food preparation waste) | GHG emissions; eutrophication |
| Vieux et al. 2012 | Assess GHG emissions associated with diets of consumer preferences in France | LCA (production, processing, packaging and transportation to retails) | GHG emissions |
| Fazeni and Steinmüller, 2011 | Assess impact of changes in diets on GHG emissions in Austria | LCA (production); life cycle inventory analysis | GHG emissions; land (agricultural); CED |
| González et al. 2011 | Assess environmental impact and protein availability of animal-based and plant-based foods in Sweden | LCA (production, transportation to wholesaler) | GHG emissions; energy use; protein; animal-based/plant-based foods |
| Tukker et al. 2011 | Assess environmental impacts of three diets in the European Union | Environmentally extended input-output model (production, consumer use, waste) | Multiple environmental impacts (1200) including, Water use, land use and energy use |
| Virtanen et al. 2011 | Assess impact of the food system on GHG emissions in Finland | LCA, economic input-output model (unspecified bounds) | GHG emissions |
| Davis et al. 2010 | Assess environmental impacts of diets of grain legumes in Sweden and Spain | LCA, process-based (production, processing, transportation, storage, preparation, waste) | GWP; ozone layer depletion; others |
| Muñoz et al. 2010 | Assess the environmental impact of human excretion under different dietary choices in Spain | LCA (production, processing, transportation, storage, preparation, excretion, waste) | GWP; primary energy use; eutrophication; acidification |
| Pathak et al. 2010 | Compare GHG emissions of two diets (non-vegetarian and vegetarian) in India | LCA (production, processing, transportation, and preparation) | GHG emissions |