

My Plate, My Planet

Food for a Sustainable Nation

An Open Letter to Secretary of Health and Human Services Sylvia Mathews Burwell and Secretary of Agriculture Tom Vilsack

Support the adoption of sustainability considerations in the 2015 edition of the *Dietary Guidelines for Americans*, as recommended by the *Scientific Report of the 2015 Dietary Guidelines Advisory Committee*.

Dear Secretaries Burwell and Vilsack:

The following organizations and individuals urge you to adopt the Dietary Guidelines Advisory Committee's recommendations on sustainability, which found:

“a diet higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods is more health promoting and is associated with less environmental impact than is the current U.S. diet...”

“Current evidence shows that the average U.S. diet has a larger environmental impact in terms of increased greenhouse gas emissions, land use, water use, and energy use...” The Committee concluded that “linking health, dietary guidance, and the environment will promote human health and the sustainability of natural resources and ensure current and long-term food security.”

As Americans, we rely on our government to provide accurate, science-based information that promotes the health of our families and our environment.

The undersigned support the sustainability recommendations of the *Scientific Report of the 2015 Dietary Guidelines Advisory Committee* calling for less meat and more plants in our diets for the sake of our health and the planet.

Academy of Integrative Health & Medicine
Animal Welfare Institute
Brighter Green
Center for Agriculture and Food Systems, Vermont Law School
Center for Biological Diversity
Center for Climate Change and Health
Center for Food Safety
Center for Science in the Public Interest
Center for Social Inclusion
Center for Sustainable Systems, University of Michigan
Change Food
Changing Tastes
Climate Reality Project
Coalition for Healthy School Food
Compassion in World Farming
Conservation International
Craig and Susan McCaw Foundation
Earth Day Network
Ecology Center
Environmental Working Group
Factory Farming Awareness Coalition
Farmworker Association of Florida
First Nations Development Institute
Food and Water Watch
Food Democracy Now!
Food Revolution Network
Food Tank
Friends of the Earth U.S.
Genesee Dietetic Association
Global Green USA
GRACE Communications Foundation
Green America
Greenpeace USA
Health Care Without Harm
Healthy Food Action
Institute for a Sustainable Future
Institute for Agriculture and Trade Policy

John Hopkins Center For a Liveable Future
Laurie M. Tisch Center for Food, Education & Policy, Columbia University
League of Conservation Voters
Mississippi Association of Cooperatives
Namaste Foundation
National WIC Association
Natural Resources Defense Council
Nebraska Sustainable Agriculture Society
Organic Consumers Association
Pesticide Action Network North America
Rainforest Action Network
Real Food For Kids
Roots of Change
Rural Advancement Fund
Rural Coalition/Coalición Rural
Science and Environmental Health Network
Sierra Club
Slow Food California Policy Committee
Slow Food USA
Socially Responsible Agricultural Project
The Carbon Underground
The Humane Society of the United States
Union of Concerned Scientists
Virgin Unite
Well.Org
James Cameron, Lightstorm Entertainment
Suzy Amis Cameron, MUSE School
Tom Colicchio, Chef
Tim Crosby, Thread Fund

Kristy Del Coro, Nutritionist
Dr. Sylvia Earle, Mission Blue
Prof. Gidon Eshel, Bard College
Kathy Freston, Author
Prof. Christopher Gardner, Stanford University
Rev. Douglas A. Greenaway, National WIC Association
Dr. Helen Harwatt, Loma Linda University
Dr. Martin C. Heller, University of Michigan
Graham Hill, Treehugger.com
Fred Kirschenmann, Stone Barns
Pamela Koch, Laurie M. Tisch Center for Food, Education & Policy
Dr. Linnea Laestadius, University of Wisconsin-Milwaukee
Anna Lappé, Small Planet Institute
Francis Moore Lappé, Small Planet Institute
Prof. Diana Liverman, Geographer
Bill McKibben, Author
Kathleen Merrigan, George Washington University
Kimball Musk, Kitchen Community
Prof. Marion Nestle, New York University
Robyn O'Brien, Author
Dr. Dean Ornish, University of California, San Francisco
Prof. Raj Patel, University of Texas at Austin
Prof. Bill Ripple, Oregon State University
John Robbins, Author
Maria Rodale, Rodale Inc
Eric Schlosser, Author
Laura Turner Seydel, Captain Planet Foundation
Michele Simon, Food lawyer
Dr. Gunhild A. Stordalen, EAT
Prof. David Tilman, University of Minnesota



My Choice, My Voice

Scan the code to go to health.gov and add your comments in support of sustainability in the *Dietary Guidelines for Americans* before May 8th. Pass it on! #MyPlateMyPlanet

www.myplatemyplanet.org