



# How Sustainable Eating Will Shape Kitchen Design

The EAT-Lancet Commission set out in 2019 to answer the question:

Can we **feed a future population of 10 billion people a healthy diet** within planetary boundaries?

Yes, but it will not be feasible unless **global eating patterns change, food production improves, and food waste is decreased.**

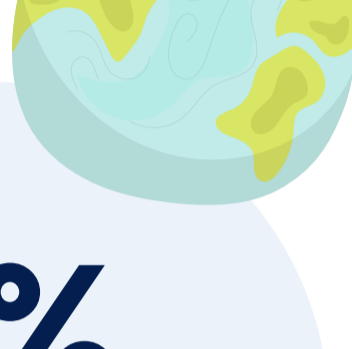
## Global food systems are in crisis



**390 million** adults are **underweight\***



**890 million** adults are living with **obesity\***



**8%** of the global population will be facing **hunger** in 2030\*



**1/3**

Food systems are responsible for one-third of global greenhouse gas emissions every year\*\*

\*Source: <https://eatforum.org>

\*\*Source: <https://www.decadeonrestoration.org>

## Key findings of the EAT-Lancet report

In 2019, the EAT-Lancet Commission brought together 37 eminent scientists from 16 different countries to create global scientific targets for healthy diets and sustainable food production.

### Scientific targets for a planetary health diet (2500 kcal/day)



	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
Whole grains <b>Rice, wheat, corn and other</b>	232	811
Tubers or starchy vegetables <b>Potatoes and cassava</b>	50 (0-100)	39
Vegetables <b>All vegetables</b>	300 (200-600)	78
Fruits <b>All fruits</b>	200 (100-300)	126
Dairy foods <b>Whole milk or equivalents</b>	250 (0-500)	153
Protein sources		
<b>Beef, lamb and pork</b>	14 (0-28)	30
<b>Chicken and other poultry</b>	29 (0-58)	62
<b>Eggs</b>	13 (0-25)	19
<b>Fish</b>	28 (0-100)	40
<b>Legumes</b>	75 (0-100)	284
<b>Nuts</b>	50 (0-75)	291
Added fats		
<b>Unsaturated oils</b>	40 (20-80)	354
<b>Saturated oils</b>	11.8 (0-11.8)	96
Added sugars <b>All sugars</b>	31 (0-31)	120

Source: <https://eatforum.org>

## How design can turn us into better eaters

In 2023, **Electrolux Group** revealed GRO, a future concept that aims to reinvent the kitchen, enabling people to enjoy food in a way that is healthy and sustainable for their health and the planet. This innovative design is powered by a collection of modular solutions combined with advanced sensors based on data and behavioural science, as well as the planetary health diet from the EAT-Lancet report.

### Creating GRO

A vision of a better tomorrow. GRO\* is the world's first reimagined kitchen concept created for sustainable food choices, whatever your starting point. It's a futuristic approach to empower diverse, plant-forward eating and help make sustainable eating at home the preferred choice.

\*Swedish for 'to sprout'

### Setting the table for a sustainable future

#### Principles of the EAT-Lancet diet

- Plant-based
- Reduced red meat and sugar
- Moderate animal-source foods
- Nutritional adequacy
- Environmental sustainability

#### GRO functions

Modular compartments empower diverse, plant-forward eating.

Pulse and Grain Library helps you explore new and diverse sources of proteins.

Nordic smoker adds depths of flavour to plant-forward recipes.

Plant Gallery ensures optimal conditions to best preserve fruits and vegetables.

GRO Coach tracks your habits digitally so it can guide you into making sustainable choices.



## A Taste of the Future

How Sustainable Eating Will Shape Kitchen Design

> [DOWNLOAD THE WHITEPAPER](#)

