



The Asia Pacific Clinical Nutrition Society (APCNS) is happy to announce the holding of a webinar on ***Plant-Based Diets for Health, Sustainability, and the Environment***.

Date: Wednesday, 6 August 2025

Time: 9:30 - 11:00 AM CEST

Please check your time zones

As more people shift toward plant-based eating to improve health and reduce environmental impact, questions about the nutritional quality and broader implications of these diets are receiving increasing attention. Are plant-based diets truly healthier? Are ultra-processed meat alternatives part of the solution — or a new challenge?

This webinar brings together the findings of the evidence reviews conducted by the WHO Regional Office for Europe (WHO EURO) and recent peer-reviewed studies to explore the promise and complexity of plant-based diets, covering:

- Health impacts of vegetarian, vegan, and flexitarian diets
- Nutritional adequacy and risks, especially for vegan eaters
- The rise of ultra-processed plant-based foods in the food system
- Environmental and policy implications of shifting away from meat

This webinar will offer a critical look at how plant-based diets can support both public and planetary health — when grounded in evidence. It will also introduce the *Diet Impact Assessment Model* developed by WHO EURO to help countries evaluate the health and environmental effects of dietary shifts.

Presentations from the **WHO Regional Office for Europe – Special Initiative on NCDs and Innovation:**

Dr Kremlin Wickramasinghe, Regional Adviser for Nutrition, Physical Activity and Obesity

Healthy and sustainable diets in the WHO European Region



Ms Clare Farrand, Technical Officer – Nutrition

Evidence to action on healthy and sustainable



Discussant:

Professor Mark Lawrence, Professor of Ecological Nutrition, Institute for Physical Activity and Nutrition, Deakin University, Australia



Register Now!

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