

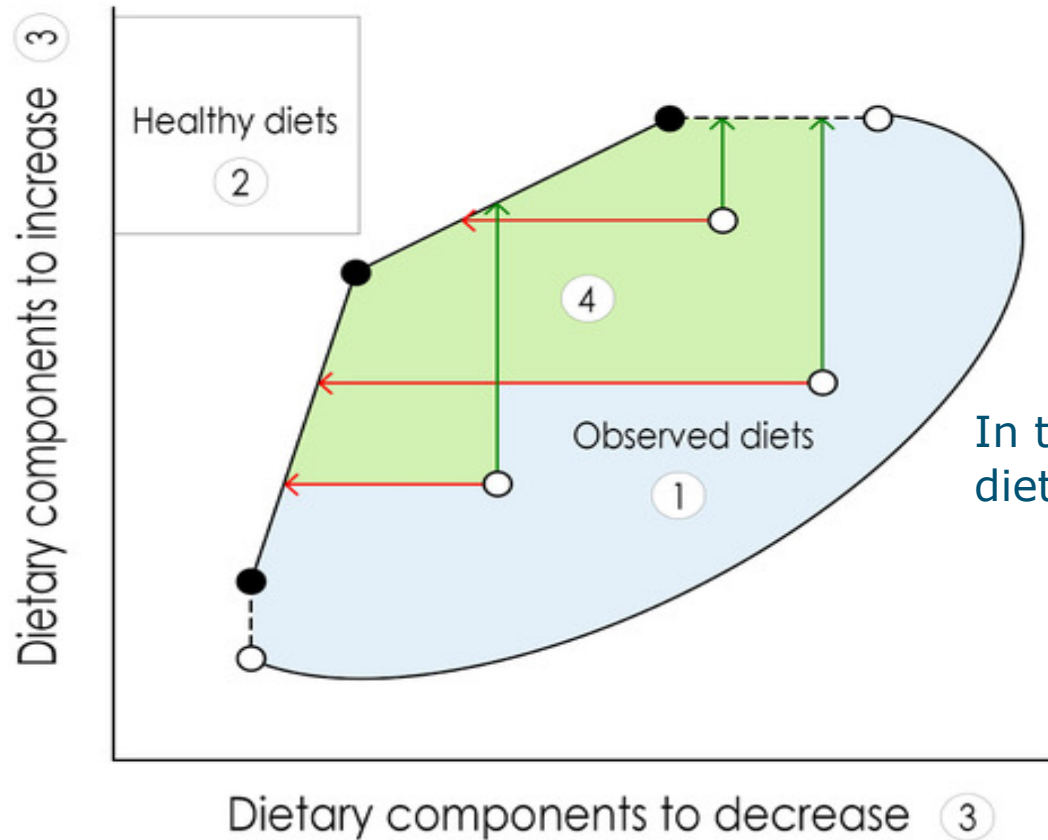
# Improving health and environmental sustainability of European diets using a benchmarking approach

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## Methods – a benchmarking diet model in detail

## Using a Data Envelopment Analysis (DEA) model



In the **green** region:  
diets were optimised for

- Dietary preference
- Nutrient quality
- Environmental sustainability

# Results –improvements on H and S

