



**The Good Clean Nutrition Podcast
Episode 12 Show Notes**

Episode 12: Nutrition Crossroads: Food, Health and Sustainability with Kate Geagan, MS, RD

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy, MS, RDN. Human health is dependent upon the health of the planet, so protecting the planet is of utmost importance. To discuss the intersection between food, health, and sustainability, we are joined today by Kate Geagan, MS, RD.

Kate is an award-winning registered dietitian and sustainable food expert working at the intersection of food, health, and sustainability. She earned a BA from Middlebury College and went on to earn a MS from Simmons University. She is the co-founder of Food + Planet, an organization dedicated to reaching healthcare professionals to drive the adoption of sustainable diet patterns, and is also the author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet*.

As the conversation gets underway, Kate defines the term planetary health for listeners. The concept of planetary health first popped into healthcare jargon in 2015 and describes human health's dependence on the Earth's underlying systems. Kate thinks of planetary health as the operating system of planet Earth that we all depend on for food production, clean water, clean air, vibrant soils and more.

Kate spent her career as a registered dietitian raising awareness about the impact of our food and agriculture system on planetary health. She shares that her interest in considering how food was contributing to our species and our viability as a species moving forward began from "looking around at life," citing a time when she learned mayors of the ski communities surrounding her home were discussing the effect of global warming on the environment. With her background as a dietitian, she began connecting the dots between diet and climate. She considers it an amazing opportunity to be a part of the first generation to be fully aware of what is at stake and the last generation to take decisive action in shaping the future.

Kate and Mary continue to discuss the current state of our food system, sharing that agriculture alone uses 40% of Earth's viable landmass, 70% of all freshwaters and 25% of greenhouse gas emissions. Agriculture is also the leading driver of biodiversity loss, deforestation and land use change.

As consumers and individuals, Kate believes we hold the power for change through our purchases. Luckily, eating in the ways that promote planetary health also promotes our own health and is affordable. For people newly interested in starting a sustainable diet, Kate recommends starting by examining the ratio of animal to plant foods in your diet, sourcing animal products with care, and insisting on high standards of stewardship from ingredients.



People should care about biodiversity because it is what the planet and our bodies need for resilience for systems to restrain shocks and catastrophe. She goes on to discuss trending topics like regenerative agriculture, which she defines as a set of practices that enhances the earth's fundamental systems and rebuilding biology in ways that enhance output and preserve environmental capital for future generations and considers a step in the right direction – but says that consumers should be aware that the term regenerative has become a popular buzzword, but doesn't always mean organic or sustainable.

Finally, Kate discusses the organization she co-founded, Food + Planet, and their mission to provide supercharged learning for health professionals and the opportunity for them to lead the future. The organization is founded on the belief that there is an opportunity, especially for registered dietitians, to lead the transformation in food systems and implement sustainable habits into their practice.

Links:

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Connect with Kate Geagan on [Twitter](#) and [LinkedIn](#), and visit her [website](#).

Learn more about [Food + Planet](#) and download the [Food + Planet Scoping Report](#) on actionable steps RDs can take as a profession.

Check out Kate Geagan's book, [Go Green, Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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