Author's response to reviews

Title: Reducing our environmental impact and increasing our health: greenhouse gas emission and land use of usual diet and mortality in the EPIC-NL cohort

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Author's response to reviews: see over
Dear editor,

Hereby we submit our manuscript entitled:

Reducing our environmental impact and increasing our health: greenhouse gas emission and land use of usual diet and mortality in the EPIC-NL cohort

for consideration for publication in the Environmental Health journal.

As consumers and governments are increasingly aware of the environmental impact caused by our high demanding consumption patterns, sustainability has become a major issue. Food consumption and production is responsible for an estimated 20-30% of total greenhouse gas emission (GHGE). Especially the Western diet, high in animal-derived products, has been linked to a high environmental impact. Several cross-sectional studies presented reductions in GHGE and land use when the national guidelines for a healthy diet would be implemented. Diet and sustainability is currently a hot topic. We think that this paper can add scientific evidence to this discussion.

Our study is the first prospective study to investigate the association between environmental impact of the usual diet and mortality. Our results show that there is no association between usual diet-related GHGE and land use with overall mortality. However, a dietary shift from meat to other major food groups, such as vegetables, fruit-nuts-seeds, pasta-rice-couscous, or fish, is associated with a lower mortality risk and results in a reduced environmental impact.

None of the authors has a conflict of interest for this publication.

We hope that you find the article suitable for publication.

Sincerely yours, on behalf of all authors,

Sander Biesbroek, MSc