

Foodbasket7: A New Online Tool Helping Europeans Build Healthier and More Sustainable Weekly Diets

The PATHWAYS project has unveiled Foodbasket7, an innovative web-based tool designed to empower Europeans to make healthier and more sustainable food choices.

Brussels, 10 December 2025 - Free and open to all, Foodbasket7 provides personalized insights into the nutritional quality and environmental impact of users' weekly diets – helping consumers, educators, researchers, and policymakers navigate the complex relationship between food, health, and sustainability.

Foodbasket7 enables users to construct a weekly food basket by selecting from **more than 1,600 food items**. The tool then evaluates each basket's **nutritional adequacy across 28 essential nutrients** and its environmental impact using **16 Product Environmental Footprint (PEF) indicators**, offering an unparalleled dual-perspective assessment.

"The Foodbasket7 tool addresses the challenge of improving consumers' diets by combining nutritional balance and sustainability. This website allows everyone to adjust their diet week by week, in order to improve their health while reducing their environmental impact."

– Gilles Nassy, Coordinator of Foodbasket7

Foodbasket7's **user-friendly interface** and **educational dashboard** make it easy to experiment, reflect, and improve dietary habits progressively. Nutritional results are benchmarked against **EFSA recommendations**, while environmental impacts are compared to national averages from the French **INCA 3 study** – helping users understand how their choices align with both health guidelines and real-world consumption patterns.



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Unlike conventional calculators, Foodbasket7 assesses entire weekly food baskets, clarifying the role of animal-based and plant-based foods without stigmatizing any group. Users receive instant visual feedback with color-coded scores showing how their choices meet recommended dietary intakes and environmental benchmarks.

The tool highlights realistic nutritional trade-offs, such as the bioavailability of iron and zinc or the environmental impact of beef, using personalised algorithms and harmonized reference values.

“Thanks to the new Foodbasket7 web tool, it is now possible to simultaneously assess the ability of your meals to meet your nutritional needs and measure their environmental impact. This tool provides clear answers to these two essential questions for a healthier and more sustainable diet.”

— Gilles Nassy, Coordinator of Foodbasket7

With its scientific rigor, accessible design, and comprehensive perspective, Foodbasket7 offers a powerful new resource for anyone seeking to better understand, and improve, their nutritional and environmental footprint.

Foodbasket7 is now available online for free.

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About PATHWAYS

With the aim of reducing environmental impacts while addressing societal demands for safe, nutritious and affordable meat and dairy products, PATHWAYS is about identifying and increasing sustainable practices along the supply and production chains of the European livestock sector. Coordinated by the Swedish University of Agricultural Sciences (SLU) and comprising 31 partners from 12 countries, this 5-year (2021-2026) €9 million Horizon 2020 project contributes to the EU Farm-to-Fork Strategy which is at the heart of the EU Green Deal.



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