

# 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, 17 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.

*"Could we improve the consumer diet on both nutritional balance and sustainability? Foodbasket7 is a website that helps consumers adjust their diet on a weekly basis for better health and sustainability."*

— **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.

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.

“Do your meals cover your nutritional needs? And what are their environmental impacts?”

Answer these two questions with the new web-based tool: Foodbasket7”

– 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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