

Sustainable Diets

Task Force Report Form 2020



IUNS
INTERNATIONAL
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NUTRITIONAL
SCIENCES

Task Force Chair/s

Barbara Burlingame and Stineke Oenema

Task Force Members

1. Namukolo Covic, IFPRI-Addis Ababa, Ethiopia
2. Sandro Dernini, Forum on Mediterranean Food Cultures, Italy
3. Kunchit Judprasong, Institute of Nutrition, Mahidol University, Thailand
4. Mark Lawrence, Deakin University, Australia
5. Jennie Macdiarmid, University of Aberdeen, Scotland
6. Farah Naja, American University of Beirut, Lebanon
7. Cristina Tirado, University of California, USA
8. Penina Vatucawaqa, National Food and Nutrition Centre, Fiji

Ex officio:

Harriet Kuhnlein, ex-Chair of Indigenous Peoples' Food Systems TF

Benjamin Caballero, IUNS Council

Has your objective(s) as a task force been modified since the original proposal? Is so, please provide brief justification.

No

Have the activities to be undertaken been modified since the original proposal? If so, please provide brief overview and justification.

Many activities have been modified, postponed and/or cancelled because of the ongoing Covid-19 pandemic. This specifically includes all activity planning for the IUNS Congress in Tokyo and other conferences and meetings.

Brief overview of Activities since last annual report

SDTF and its members are all involved in research and awareness-building for sustainable diets. Members were instrumental in providing input into international, regional and national processes and forums, conferences, and technical seminars/workshops on the topic of sustainable diets. Most presentations were delivered as webinars, podcasts and Zoom events. Many papers, books and reports were published. Activities have involved multi-sectoral engagements, particularly linking health, agriculture and environment sectors. Food security, food systems, environmental sustainability, the right to food were important themes addressed in the context of sustainable diets. The role of sustainable diets in the time of Covid-19 was also investigated and presented. The efforts of the task force are directly and indirectly contributing to the achievement of Sustainable Development Goal 2: end hunger, achieve food security and improved nutrition and promote sustainable agriculture; to the Committee on World Food Security; the One Planet Network; global and national climate change fora; and the upcoming UN food systems summit.

Please list any successes accomplished during this period (aligned with proposed measures of success from original proposal, or include justification for modifications)

- 1. Through papers and presentations, to inform and contribute to (i) the development and standardisation of nutrition indicators for assessing sustainable diets; (ii) the development, validation and standardisation of methodologies for characterising different agro-ecological zones for sustainable diets; (iii) the development of best practices for sustainable diets and sustainable dietary guidelines; and (iv) policies for achieving sustainable diets.**

- Invited plenary speaker: Lawrence M. "Ecological nutrition to inform policies for healthy and sustainable food systems". Annual conference of Dietitians Australia, 22 - 25 August, 2020, Melbourne.
- Invited keynote: Lawrence M. "Ecology or algorithms? Using nutrition science to promote healthy and sustainable food systems", World Public Health Nutrition Congress 2020, 31 March to Friday 3 April 2020, Brisbane.
- Kumanyika, S; Afshin, A; Arimond, M; Lawrence, M; McNaughton, S; Nishida, C. (2020). Approaches to Defining Healthy Diets: A Background Paper for the International Expert Consultation on Sustainable Healthy Diets, *Food and Nutrition Bulletin*, 41(2_suppl): 7S-30S.
- Dennis, E, Woods, J, Lawrence, M. (2020). Promoting healthy and sustainable diets: barriers and enablers for successful policy activities in Australia. *Health Promotion International*.
- Naja F, Hwalla N, Hachem F, Abbas N, Chokor FAZ, Kharroubi S, Chamieh MC, Jomaa L, Nasreddine L. Erosion of the Mediterranean diet among adolescents: evidence from an Eastern Mediterranean Country. *Br J Nutr*. 2021 Feb 14;125(3):346-356. doi: 10.1017/S0007114520002731.
- Naja, F.; Hwalla, N.; El Zouhbi, A.; Abbas, N.; Chamieh, M.C.; Nasreddine, L.; Jomaa, L. Changes in Environmental Footprints Associated with Dietary Intake of Lebanese Adolescents between the Years 1997 and 2009. *Sustainability* 2020, 12, 4519.
- Dernini, S. "Sustainable Food Systems In The Mediterranean: Accelerating Progress on the 2030 Agenda in the Context of the Covid-19 Recovery". Side-event by FAO, CIHEAM and Union for the Mediterranean, at the 3rd Global Conference of the One Planet (10YFP) Sustainable Food Systems Programme, 3 December 2020 (webinar).
- Dernini, S. "The Contribution of the Mediterranean Diet to Sustainability". FIDAF Conference on "Virtue or the 100 ingredients of a sustainable diet " 24 November 2020 (webinar).
- Serra-Majem, L., Tomaino, L., **Dernini, S.**, Berry, E.M., Lairon, D.; Ngo de la Cruz, J., Bach-Faig, A., Donini, L.M., Medina, F.X., Belahsen, R., Piscopo, S., Capone, R., Aranceta-Bartrina, J., La Vecchia, C., Trichopoulou, A. Updating the Mediterranean Diet Pyramid towards Sustainability: Focus on Environmental Concerns. *Int. J. Environ. Res. Public Health* **2020**, 17, 8758.
- Ridolfi, R., **Dernini, S.**, Morrison, J., Mathiesen, AM., Capone, R. (2020). Changing Route: Common Action on Food Systems Transformation in the Mediterranean. *New Medit*, vol. 19(3):119-128.
- Thiyajai P, Charoenkiatkul S, Kulpradit K, Swangpol S, Sridonpai P, **Judprasong K.** Nutritional composition of indigenous durian varieties. *Malaysian Journal of Nutrition*, 2020, 26(1): 93-99.
- **Judprasong K**, Sukprasansap M, Sungayuth N, Sridonpai P. Survey and study nutritive values and bioactive compounds of indigenous plant foods at Srinakarindr Dam area, Kanchanaburi province. Final report; 2019 December. (In Thai)

- **Kuhnlein HV** and NJ Turner (2020) Traditional Plant Foods of Canadian Indigenous Peoples: Nutrition, Botany and Use Gordon and Breach Science Publishers. Routledge Revivals, Taylor and Francis, London. Reprint from copyright 1991. 648 pp. Available as hardback or ebook.
- **Kuhnlein HV** (2020) Foreword. Celebrating Indigenous food Systems: Restoring Indigenous food traditions, knowledges, and values for a sustainable future. In: P Settee and S Shukla. Indigenous Food Systems: Concepts, Cases and Conversations. Canadian Scholars, Toronto. vii-viii.
- **Burlingame, B.** (2020). Challenges and impacts of poor diets and nutrition. In Biodiversity, Food and Nutrition: A New Agenda for Sustainable Food Systems (Eds. Hunter, Borelli, & Gee). Routledge, UK.
- Clapp, J., **Burlingame, B.**, Moseley, W. (2020). Food Security and Nutrition: Building a Global Narrative Towards 2030. A report by the High Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security. HLPE Report 15. Rome. <http://www.fao.org/3/ca9731en/ca9731en.pdf>
- Clapp, J., **Burlingame, B.**, Moseley, W. (2020, 24 March). Interim Issues Paper on the Impact of COVID-19 on Food Security and Nutrition by the High Level Panel of Experts on Food Security and Nutrition (HLPE). Rome. http://www.fao.org/fileadmin/templates/cfs/Docs1920/HLPE_2020/New_HLPE_paper_COVID_EN.pdf
- Eme, P., Kim, N., Douwes, J., **Burlingame, B.**, Foliaki, S., Wham, C. (2020). Are Households in Kiribati Nutrition Secure? A Case Study of South Tarawa and Butaritari. Food and Nutrition Bulletin 41(4) doi: 10.1177/0379572119891024
- Burlingame, B. (14 July 2020). Fireside chat: Radically Transforming Food Systems For Global Food Security and Nutrition. Institute of Food Technologists (IFT) webinar.
- Burlingame, B. (30 June 2020). Sustainable & Resilient Food Systems for Healthy Diets. WPHNA Congress 2020. Presentation and Virtual Panel Discussion.

2. To function as a professional body in nutrition, and as individuals, for interacting with the professional bodies in other sectors (e.g., agriculture, environment, food science...), 2018-2025;

- Lawrence, M. Member, Technical Reference Panel for the Land Use Futures program at ClimateWorks (2020 – 2021).
- Lawrence, M. Working group member, Commission for the Human Future (2020). The need for strategic food policy in Australia: Governing for a healthy, sustainable, economically viable and resilient food system. <https://humanfuture.net/node/112#:~:text=And%20it%20would%20ensure%20that,sustainability%2C%20economic%20viability%20and%20resilience>

- Dernini, S. Coordinator for the establishment of the SFS-MED Platform, a multistakeholder sustainable food systems initiative, affiliated project of the One Planet Network SFS Programme, under co-development by FAO, CIHEAM and Union for the Mediterranean linking food consumption and food production through the Mediterranean diet as a sustainable diet lever.
- Burlingame, B. Steering Committee member of the High Level Panel of Experts for the Food Security and Nutrition.

3. To seek input from, and provide input to, other relevant IUNS bodies and Task Forces, particularly.

- **Several members are directly involved with INFOODS and the Traditional and Indigenous Food Systems and Nutrition**
- **Burlingame, B. Member in the Global-Hub on Indigenous Peoples' Food Systems which interfaces with Indigenous Peoples Task Force.**

4. To provide stable framework for the on-going organisation of the International Scientific Symposia on sustainable diets, including sessions on sustainable diets at the IUNS ICN in 2021 and 2025.

The ICN, now re-scheduled for 2022, has accepted the Sustainable Diets Task Force proposal for a session, Sustainable Diets: linking nutrition and food systems. Three TF members will deliver presentations.

Please mention your plans for the coming year and how they have been adapted based on success to date (if appropriate).

- With the continuing uncertainty related to the Covid-19 pandemic, many activities which were planned for 2020, and were postponed to 2021, are again deferred or cancelled.

Nevertheless...

- TF members are contributing expertise to a number of on-going committees and forums which will continue to operate virtually until further notice. These include those already mentioned above.
- A cycle of independent Food Systems Summit (UNFSS) Dialogues on "Towards A Common Understanding Of Sustainable Food Systems For Accelerating Progress On The 2030 Agenda In The Mediterranean Region", organized by Sandro Dernini and convened by FAO, CIHEAM, Union for the Mediterranean, and One Planet Network Sustainable Food Systems Programme, from March to June 2021, as a contribution to the UN Food Systems Summit called in September 2021 by the UN Secretary-General. The TF Chair Barbara Burlingame is an invited contributor.

- The outcomes from these UNFSS Dialogues will merge with the preparatory process of the **3rd Mediterranean Diet World Conference on Mediterranean Sustainable Food Systems**, that **Sandro Dernini** is organizing in December 2021, as follow-up of the 2nd World MD Conference organized in 2019. One session will be organized by TF Chair Barbara Burlingame on sustainable diets: linking food consumption and production nutrition and food systems as follow-up of her session at the Palermo Conference, and of her keynote on sustainable diets.