Sustainable Diets

Task Force Report Form 2022

IUNS
INTERNATIONAL UNION OF NUTRITIONAL SCIENCES

Task Force Chair/s

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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.

In 2021, many activities were still modified, postponed and/or cancelled because of the ongoing Covid-19 pandemic. However, slowly activities came back to normal and in 2022 most activities could be resumed, including in person lectures and meetings. Many members could attend the IUNS Congress in Tokyo in December 2022.

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. 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 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. Several task members were involved in food system dialogues leading up to the UN Food Systems Summit and the need to put sustainable diets central to food system transformation.

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.**

Presentations:

- Mark Wahlquist at Symposium of Sustainable diets taskforce during ICN22 (December 2022): To maintain planetary habitability, recognise the essential basis of Energy, Water& Biodiversity Security in the Commons, 10 December 2022
- Jennie Mc Diarmid at plenary at EFFoST (November 2022): Future of healthy, environmentally sustainable and desirable diets: guidelines, industry and consumers
- Jennie Mc Diarmid at International Horticultural Congress (August 2022): Food: a balance between health and the environment
- Jennie Mc Diarmid at British Society Animal Science (April 2022) It is not as simple as just eating less meat: how healthy and environmentally sustainable are the alternatives?
- Jennie Mc Diarmid at the British Nutrition Society (July 2021): The food system and climate change: are plant-based diets becoming unhealthy and less environmentally sustainable
- Kuhnlein HV. The concepts of Indigenous, traditional and territorial diets and what they offer for obtaining sustainable and healthy diets. Symposium of the Task Force on Traditional and Indigenous Food Systems and Nutrition of the International Union of Nutritional Sciences ICN. Tokyo. 10 December 2022.
- Barbara Burlingame at the Deakin University Food System Summit Dialogues, The role of nutrition science in transforming to healthy and sustainable food systems. Nutrition and food systems: science-policy interface (2 July 2021).
- Barbara Burlingame at FAO/Global Hub on Indigenous Peoples' Food Systems. (25 June 2021).
- Barbara Burlingame at Riddet Institute Feed Our Future: A New Zealand Sustainable Food Systems Dialogue. Keynote: An important conversation. Wellington, NZ (9 June 2021).
- Barbara Burlingame at FAO/INFOODS. Indigenous Foods and their Composition. Nutrition and health of indigenous people – the role of traditional foods. Webinar, Santiago, Chile (21 April 2021).
- Barbara Burlingame at FAO/INFOODS. Composition of Fruits and Vegetables - as part of the International Year of Fruits and Vegetables (IYFV). Compositional data on fruits and vegetables for policy and programme design, implementation and monitoring in nutrition and agriculture. Webinar, Santiago, Chile (15 April 2021).
- Barbara Burlingame at Riddet Institute Conference 2021. Sustainable Nutrition and UN Sustainability Goals. Wellington, NZ. (April 2021).
- Barbara Burlingame at the Malta Sustainability Forum. Sustainable Diets: Linking nutrition, agriculture and environment. https://youtu.be/C7eUgak7PzE . Valletta, Malta (26 January 2021).
- Barbara Burlingame at the Institute of Food Technologists Zero Hunger. Episode 27: Understanding and Addressing Global Hunger. IFT podcast
- https://www.ift.org/iftnext/podcasts/episode-27-understanding-and-addressing-global-hunger (19 January 2021).

- The SFS-MED Platform, with two TF members S Dernini and B Burlingame, has organized three independent Dialogues for the UN Food Systems Summit (September 2022) with the participation of Med Countries National Convenors and seven thematic webinars, with the aim of strengthening knowledge sharing and stimulating debate around themes relevant to food systems transformation in the Mediterranean.

Publications

1. Milbank, C., Burlingame, B., Hunter, D., Brunel, A., Fernandez-de-Larrinoa, Y., Martinez Cruz, T., Katic, P., Aboubakrine, M.M., Roy, P., Rosado-May, F., Dounias, E. (2021). Rethinking hierarchies of evidence for sustainable food systems. Nature Food.
2. Clapp, J., Moseley, W., Burlingame, B., Termine, P. (2022). The case for a six-dimensional food security framework. Food Policy, Volume 106, 102164. DOI: 10.1016/j.foodpol.2021.102164. In press.
3. Vogliano C, Raneri JE, Coad J, Tutua S, Wham C, Lachat C, Burlingame, B. (2021) Dietary agrobiodiversity for improved nutrition and health outcomes within a transitioning indigenous Solomon Island food system. Food Security. https://doi.org/10.1007/s12571-021-01167-7.
4. Vogliano, C., Murray,L., Coad, J., Wham, C., Maelaua, J., Kafa, R., Burlingame, B. (2021). Progress towards SDG 2: Zero Hunger in Melanesia – A State of Data Scoping Review. Global Food Security 29: 100519. https://doi.org/https://doi.org/10.1016/j.g
5. Bassaganya-Riera, J., Berry, E. Blaak, E., Burlingame, B....Serafini, M. (2021, Feb.). Goals in Nutrition Science 2020-2025. Frontiers in Nutrition vol 7. DOI: 10.3389/fnut.2020.606378.
6. James-Martin, G, Baird, DL, Hendrie, GA, Bogard, J, Anastasiou, K, Booker, PG, Wiggins, B, Williams, G, Herrero, M, Lawrence, M, Lee, AJ, Riley, MD. (2022). Environmental sustainability in national food-based dietary guidelines: a global review. Lancet Planet Health; 6:(12): e977-e986.
7. Anastasiou, K., P. Ribeiro De Melo, S. Slater, G. A. Hendrie, M. Hadjikakou, P. K. Baker and M. Lawrence (2022). "From harmful nutrients to ultra-processed foods: exploring shifts in 'foods to limit' terminology used in national food-based dietary guidelines." Public Health Nutrition:
8. Porter, J., N. Cook, R. Coorey, D. Gunasekera, M. Hensher, D. A. Kerr, C. M. Pollard, S. Yoong, G. Dykes and M. Lawrence (2022). "Innovation in Healthy and Sustainable Food Product Development for Health and Aged Care: A Scoping Review." Foods 11(22): 3604, doi.org/10.3390/foods11223604
9. Lawrence, M. (2022). Ultra-processed foods: A fit-for-purpose concept for nutrition policy activities to tackle unhealthy and unsustainable diets. Public Health Nutrition. https://www.doi.org/10.1017/S000711452200280X.
10. Lawrence, M. (2022). Ultra-processed foods: A fit-for-purpose concept for nutrition policy activities to tackle unhealthy and unsustainable diets. British Journal of Nutrition. https://www.doi.org/10.1017/S1368980022002117.
11. Wingrove, K., M. A. Lawrence, P. Machado, L. D. Stephens and S. A. McNaughton (2022). "Using the Hierarchies of Evidence Applied to Lifestyle Medicine (HEALM) Approach to Assess the Strength of Evidence on Associations between Dietary Patterns and All-Cause Mortality." Nutrients 14(20): 4340.

12. Sievert, K, **Lawrence, M**, Parker, C, Baker, P. (2022). What's really at 'steak'? Understanding the global politics of red and processed meat reduction: a framing analysis of stakeholder interviews. Environment Science and Policy **137**: 12-21
13.Sievert, K., V. Chen, R. Voisin, H. Johnson, C. Parker, **M. Lawrence** and P. Baker (2022). "Meat production and consumption for a healthy and sustainable Australian food system: Policy options and political dimensions." Sustainable Production and Consumption **33**: 674-685. Doi: 10.1016/j.spc.2022.08.007
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16. Dickie, S., J. Woods, P. Machado and **M. Lawrence** (2022). "Nutrition Classification Schemes for Informing Nutrition Policy in Australia: Nutrient-Based, Food-Based, or Dietary-Based?" Current Developments in Nutrition **6**(8), Doi: 10.1093/cdn/nzac112
17.Anastasiou, K, Hendrie, G, Baker, P, Hadjikakou, M, **Lawrence, M**. (2022). A conceptual framework for understanding the environmental impacts of ultra-processed foods and implications for sustainable food systems. Journal of Cleaner Production. 368(4):133155. DOI: 10.1016/j.jclepro.2022.133155
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32. Dernini S. and Capone R. (eds.) (2022). A change of route: towards more sustainable and resilient food systems in the Mediterranean countries. The Mediterranean diet as a strategic resource for accelerating the Agenda 2030 in the Region. The 3rd world conference on the revitalization of Mediterranean diet, Bari 28-30 September 2022. Valenzano: CIHEAM Bari. https://doi.org/10.48259/bc1961b

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38. Hall C, **Macdiarmid JI**, Dawson T, Smith P. (2021) The impact of climate and societal change on food and nutrition security: a case study of Malawi. Food and Energy Security, https://doi.org/10.1002/fes3.290
39. Ge J, Polhill JG, **Macdiarmid JI**, Fitton N, Smith P, Clark H, Dawson T, Aphale M. (2021) Food and Nutrition Security under global trade: A relation-driven agent-based global trade model. R. Soc. Open Sci. 8: 201587.
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41. Clarke M, Springmann M, Rayner M, Scarborough P, Tilman, **Macdiarmid JI**, et al. (2022) Estimating the environmental impacts of 57,000 food products PNSA 119 (33) e2120584119
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2. **To function as the professional body in nutrition, and as individuals, for interacting with the professional bodies in other sectors (e.g., agriculture, environment, food science…), 2018-2025;**

The TF published one joint paper, in which five members of the TF were involved: IUNS Sustainable Diets TF. Barbara Burlingame B; Dernini S; Lawrence M.; Macdiarmid J; Oenema S. Trends in Food Science & Technology. Doi: 10.1016/j.tifs.2022.09.007

Moreover, individual members of the TF have several additional functions thus ensuring cross-overs between relevant bodies:

- Burlingame, B. Specialty Chief Editor of Frontiers in Nutrition, Sustainable Diets, publishing more than 100 scientific papers and research topics on sustainable diets, and achieving a new impact factor in 2022 of 6.01.
- Burlingame, B. Steering Committee member of the High Level Panel of Experts as the UN's science/policy interface for Food Security and Nutrition, publishing reports and viewpoints that include sustainable diets and sustainable food systems.
- Lawrence, M. Member, Technical Reference Panel for the Land Use Futures program at ClimateWorks (2020 – 2021).
- Lawrence, M External advisor to Food and Agriculture Organization, and World Health Organization;
- Lawrence, M Member, Advisory Board for Cochrane Nutrition;
- Lawrence, M Board member, Food Standards Australia New Zealand;
- 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.
- Macdiarmid, J member, Scottish Science Advisory Council for Food Security
- Macdiarmid, J member, Facility of Public Health Sustainable Diets Working Group (UK)
- Macdiarmid, J member, British Nutrition Foundation Scientific Steering Committee
- Macdiarmid, J member, Alliance for Climate Change and Food Systems Research (International).

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 Sustainable Diets Task Force organised a symposium at the ICN22, it strengthened linkages with the TF on indigenous foods systems and nutrition and fosters cross fertilisation thus strengthening the work of both groups. Planning has started for organising sustainable diets symposia at FENS in 2023, building a road map towards ICN23 in 2025.

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

- This TF and the TF on Traditional and Indigenous Food Systems and Nutrition met during the IUNS-ICN22 in Tokyo and agreed to do some joint activities in the run-up to the next ICN in 2025 . Their joint expertise will strengthen the work of the individual TFs. The topic could be about territorial diets as a joint element in both concepts (sustainable diets and Indigenous food systems)
- 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.
- Together with a multi-agency task force on the mediterranean diet, the SDTF will develop a symposium on 'measuring and promoting adherence to the mediterranean diet', as a model for sustainable diets, to be presented at the 14th european nutrition conference (ENC) FENS 2023 in Belgrade in november 2023.
- The TF aims to renew its membership list with at least representation from all IUNS regions. The TF also seeks at least one member representing youth groups and indigenous peoples each.