



Food and Agriculture  
Organization of the  
United Nations

Technical Workshop  
**SUSTAINABLE DIETS IN THE CONTEXT OF  
SUSTAINABLE FOOD SYSTEMS**

12–13 July 2017

Iran Room, FAO headquarters, Rome



The technical workshop, organized by FAO, in collaboration with UNSCN and UNEP, is planned as an implementation activity of the 10YFP SFSP core initiative on *Sustainable Diets in the Context of Sustainable Food Systems*.

The notion of “sustainable diets” has re-emerged as an important lever to support SDG#12, as well as SDG#2. During the Second International Conference on Nutrition (ICN2), many of today’s major nutrition challenges were associated with the failure of the food systems. As a follow up to the ICN2, FAO and WHO jointly organized the International Symposium on *Sustainable Food Systems for Healthy Diets and Improved Nutrition*. The Symposium called for a change in paradigm from just supplying food to providing high-quality diets to nourish people within the context of sustainable food systems. In doing so, it also pointed out possible entry points within the food system through which changes could be made.

The concept of sustainable diets presents an opportunity to successfully advance commitments to sustainable development and the elimination of poverty, food and nutrition insecurity, and poor health outcomes. Therefore, this technical workshop comes timely as it aims to advance our understanding of the status of global debates in order to drive the work on sustainable diets forward.

By framing the notion of “sustainable diets in the context of sustainable food systems”, the objective of the technical workshop is to make progress in better understanding the multidimensional sustainability of the diets, in both developed and developing countries, and their impacts at various levels, in the context of specific food systems.

This workshop will examine potential contributions to enhance sustainable food systems and the enabling environment that promote healthy dietary practices. It will allow for a better understanding of drivers of change and potential ways and means to improve current dietary patterns and food consumption trends towards more sustainable food systems for healthy diets.

## *An activity of the 10YFP Sustainable Food Systems Programme contributing to the Decade of Action on Nutrition 2016–2025*

In support of:



Global Action for Sustainable Consumption and Production  
**Sustainable Food Systems PROGRAMME**

UNITED NATIONS DECADE OF  
**ACTION ON NUTRITION**  
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**UNSCN**

United Nations System Standing Committee on Nutrition



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# PROVISIONAL PROGRAMME

## Wednesday, 12 July 2017

9:00–9:30 *Welcome remarks*  
*Anna Lartey, ESN Director, FAO*  
*S.H. François Pythoud, Permanent Representative of Switzerland*

### SESSION 1: ASSESSMENT TOOLS AND METHODS

*Chair: Fatima Hachem, ESN, FAO*

- 9.30–9.40 *Towards a composite index for sustainable diets*  
*Elliot M. Berry, Hebrew University*
- 9.40–9.50 *Including sustainability into new food based dietary guidelines, the inspiring example of the Netherlands*  
*Corné van Dooren, Netherlands Nutrition Centre*
- 9.50–10.00 *The Food Sustainability Index: a qualitative and quantitative benchmarking model to foster the debate on how to move towards a more sustainable food system*  
*Marta Antonelli, Barilla Center for Food and Nutrition*
- 10.00–10.10 *An epidemiological study in humans (NutriNet-Santé study): a relevant tool to address the sustainability of diets and food systems*  
*Emmanuelle Kesse-Guyot/Julia Baudry/Denis Lairon, FQH*
- 10.10–10.20 *A Western dietary pattern has the highest environmental footprints among Lebanese adults*  
*Farah Naja, American University of Beirut*
- 10.20–10.30 *Sustainability assessments and consumer trust: what exactly environmental claims convey to consumers?*  
*Milena Stefanova/Massimo Iannetta, ENEA*
- 10.30–10.50 *Coffee break*
- 10.50–11.20 *Questions on presentations*
- 11.20–12.20 *Discussion on “assessment challenges”*
- 12.20–12.30 *Wrap-up by the Chair*
- 12.30–14.00 *Lunch break*

### SESSION 2: INTERLINKAGES BETWEEN DIETS AND SUSTAINABLE FOOD SYSTEMS

*Chair: Alexandre Meybeck, AGDD, FAO*

- 14.00–14.10 *Sustainable food systems is a precondition for sustainable diets*  
*Barbara Burlingame, Massey University*
- 14.10–14.20 *Holistic concept of “sustainable nutrition” with five dimensions and seven action-oriented principles*  
*Karl von Koerber/Nadine Bader, Working Group Sustainable Nutrition*
- 14.20–14.30 *Linking sustainable diets with the emerging concept of “food sustainability”*  
*Theresa Tribaldos/Johanna Jacobi/Stephan Rist, University of Bern*
- 14.30–14.40 *How organic food systems may support the sustainability of dietary patterns*  
*Jostein Hertwig, BERAS International*

- 14.40–14.50 Sustainability of the diet in nutritional guidelines: the example of Italy  
*Laura Rossi, CREA*
- 14.50–15.00 The Mediterranean diet as a case study for sustainable diets  
*Sandro Dernini, FAO/Roberto Capone, CIHEAM-Bari*
- 15.00–15.20 Coffee break
- 15.20–15.50 Questions on presentations
- 15.50–16.50 Discussion on “diets and their impacts on food systems sustainability”
- 16.50–17.00 Wrap-up by the Chair

## Thursday, 13 July 2017

### SESSION 3: CASE STUDIES/LESSON LEARNED

*Chairs: Christine Campeau, UNSCN & James Lomax, UNEP*

- 9.00–9.10 Healthy and sustainable gastronomy: invigorating food systems and enhancing sustainable eating patterns in Costa Rica  
*Roberto Azofeifa, Ministry of Agriculture of Costa Rica, in name of the partnership on Sustainable Gastronomy: Government of Costa Rica, Hivos, INBio, Smaackmakers*
- 9.10–9.20 Enhancing food and dietary quality through capacity building of smallholder farmers in Eastern Kenya: a case of Anglican Development Services of Mount Kenya East (ADSMKE)  
*Catherine Mwangi, Anglican Development Service of Mount Kenya East*
- 9.20–09.30 Transition paths to sustainable legume-based systems  
*Bálint Balázs, Environmental Social Science Research Group (ESSRG)*
- 9.30–9.40 Strengthening local food system initiatives for sustainable diets  
*Suresh Kanna Kesavan, BERAS India*
- 9.40–9.50 Drivers of change for sustainable nutrition  
*Shaknoza Kurbanalieva, IFOAM*
- 9.50–10.00 Livestock Environmental Assessment and Performance (LEAP) Partnership  
*Camillo De Camillis, FAO*
- 10.00–10.20 Coffee break
- 10.20–10.50 Questions on presentations
- 10.50–11.50 Discussion on “a way forward”
- 11.50–12.00 Wrap-up by the Chair
- 12.00–12.30 **CLOSING REMARKS**