

## Invited Speaker Abstract

Official Language: English

Presenting Author & Affiliation:

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Title of Presentation

Sustainability goals for sustainable diets. The role of Food Based Dietary Guidelines.

### 1. Abstract

The Swedish Food Based Dietary Guidelines (FBDG), launched in 2015, were among the first in the world to take environmental aspects of food production and consumption into account. A sustainable food system can be a lever to achieve many of the Sustainable Development Goals (SDG). The presentation gives a short overview of the method used to develop FBDGs on the basis of both nutritional science and environmental aspects of the food system. It also gives a brief update on the next step for national FBDG in Sweden.

### 2. key references

- Nordic Council of Ministers 2014, Nordic Nutrition Recommendations 2012: Integrating nutrition and physical activity. <http://www.norden.diva-porta.org>
- National Food Agency Report 5 – 2015, Swedish dietary guidelines - risk and benefit management report
- National Food Agency. Find your way - to eat greener, not too much and be active.

### 3. key messages

- Sustainable food systems are necessary to reach the SDGs.
- FBDGs need to include both health and environmental aspects.
- The promotion of healthy diets can be strengthened by collaboration with other fields such as environmental science.