

Invited Speaker Abstract

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Title

Food systems and sustainability – the contribution of nutrition

1. Abstract

Nutrition and dietetic sciences can no longer ignore the rising environmental crisis from food production and consumption. Dietitians and nutritionists can and must help address the mismatch between global dietary trends, population health and planetary ecosystems. The evidence for change is now very powerful, but change is slow. Dietetics and Nutrition have positive roles to help shift consumption towards a sustainable state. The 2019 EAT-Lancet Commission (Willett et al, Food in the Anthropocene, The Lancet, January 2019) modelled the case for change on a planetary basis. Dietitians can help translate the need for 'planetary diets' for different places. New policy goals are needed if Europe is to achieve the goal of sustainable diets from sustainable food systems. Change is needed at multiple levels: domestic everyday life, towns and regions, nations and globally. What the problem is, and what needs to happen, varies by area, because eating patterns, wealth and geography vary within and between nations, and across Europe. This paper considers change at European, national and local levels. It suggests that there must be a cultural transition as well as an economic and supply transition. Nutrition and dietetics can help bridge the social and biological sciences. People need help to translate the complex messages from science.

2. Key references

Mason P & T Lang (2017). Sustainable Diets. Abingdon: Routledge
Willett et al (2019). Food in the Anthropocene: the EAT-Lancet Commission report. The **Lancet**,
January 16 2019, <https://www.thelancet.com/commissions/EAT>

3. Key messages

Dietitians and nutritionists can help the Great Food Transformation