

Invited Speaker Abstract

Author

Brown, Katie
Global Sustainable Nutrition Affairs and Research
National Dairy Council
Rosemont, Illinois
United States

Title

Think Globally, Act Locally: A Recipe for Sustainable Nutrition

1. Abstract

Nourishing a growing, global population with limited natural resources is one of the biggest challenges of our time. While developing and supporting healthy and sustainable foods systems to meet this challenge may seem daunting, in light of the United Nation's Sustainable Development Goals, there is an important global spotlight on nutrition and sustainability. And thankfully, diets that are healthy both for our bodies and the planet are on consumer's minds. So what are sustainable diets? And what does a sustainable food system look like?

In this session, learn about the complexities and multiple dimensions of sustainable food systems, the dairy community's contributions to sustainability, and how nutrition professionals can be part of the solution. Participants will leave this session with a renewed understanding of the bigger picture of sustainable food systems.

2. key references

- 1) FAO. 2010. Sustainable Diets and Biodiversity. Directions and Solutions for Policy, Research and Action. Accessible at: <http://www.fao.org/3/i3004e/i3004e.pdf>
- 2) Vogliano C, Brown K, Miller AM, Green-Burgeson D, Copenhaver AA, Schmidt J. Plentiful, Nutrient-Dense Food for the World: A Guide for Registered Dietitian Nutritionists. *Journal of the Academy of Nutrition and Dietetics*. December 2015; 115(12):2014-8. Accessible at: [https://jandonline.org/article/S2212-2672\(15\)01056-4/abstract](https://jandonline.org/article/S2212-2672(15)01056-4/abstract)
- 3) Vogliano, C and Brown K. The State of America's Wasted Food and Opportunities to Make a Difference. *Journal of the Academy of Nutrition and Dietetics*. 2016; 116(7): 1199-1207. Accessible at: <https://eatrightfoundation.org/wp-content/uploads/2016/09/The-State-of-Americas-Food-Waste-Report.pdf>

3. key messages

- 1) Dietitians and food and nutrition professionals are well-positioned to address the global challenges of achieving food and nutrition security while protecting our natural resources.
- 2) Healthy and sustainable food systems are complex and include multiple dimensions of sustainability.
- 3) Dairy products, including milk, cheese, and yogurt, contribute to a healthy and sustainable diet.