



International Research Network for Food Quality and Health

Seminar March 17th, from 9-10 am CET at ZOOM

New methodology to compare and evaluate health and sustainability aspects of diets across countries

The workshop is free of charge, but you have to sign up at shb@nexs.ku.dk, just write FQH as subject and you will receive a zoom link for the meeting

Program:

9.00-9.05 Welcome by FQH president Carola Strassner

9.05 – 9.35 New methodology to compare and evaluate health and sustainability aspects of diets across countries by Young Researcher Beatriz Philippi Rosane



Beatriz Philippi Rosane, PhD, Department of Nutrition, Exercise and Sports, Copenhagen University

Beatriz Philippi Rosane is a PhD fellow at the University of Copenhagen (UCPH). Her research focuses on shifting current dietary habits towards healthier and more sustainable diets, investigating different aspects that are challenging to the Great Food Transformation. Beatriz's work seeks to elucidate the role of plant-based alternatives to animal protein in the Great Food Transformation and their impact on human and environmental health. Additionally, she investigates social, cultural, and individual aspects that are drivers and barriers to choosing more sustainable diets and consuming plant-based products.

9.35-9.55 Discussions in plenum or break-out rooms dependent on number of attendants

9.55-10.00 Wrap-up, presentation of next workshop and goodbye

Abstract

New methodology to compare and evaluate health and sustainability aspects of diets across countries

Prevailing food systems and diets are unsustainable and health damaging. In this context, the EAT-Lancet commission calls for a Great Food Transformation. Such transformation requires that we enhance knowledge on dietary patterns to identify aspects that should be changed as well as the positive aspects that should be promoted. Our team developed a new and easily adaptable methodology to assess and compare health and sustainability aspects of diets of different countries. The methodology compares national dietary intake of each country against their respective food based dietary guidelines (FBDGs) and against a common reference diet, the Planetary Health Diet.

We used the FBDGs as a reference as adherence to these guidelines is a good indicator of diet quality, as previous studies have shown that populations with low adherence to FBDGs presented a higher risk for cardiovascular diseases and all-cause mortality. Additionally, diets closer to the recommendations of the FBDGs have lower environmental impact than current Western dietary patterns. Moreover, the FBDGs are developed considering food culture, nutritional needs and food availability. The Planetary Health Diet was used to complement the analysis, as it is a globally applicable reference diet that is healthy and sustainable.