



International Research Network for Food Quality and Health

Seminar September 24th, from 9-10 am CEST at ZOOM

Organic Food Consumption is an important component of sustainable dietary patterns

The workshop is free of charge, but you have to sign up at FQH-registration@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 Organic Food Consumption is an important component of sustainable dietary patterns by Denis Lairon.

Denis Lairon, PhD in biochemistry, presently Emeritus Research Director at INSERM (French National Institute for Health and Medical Research) developed expertise in metabolism, human nutrition, and cardiovascular health. An expert in organic food quality, he has been one of the senior researchers of the BioNutriNet project (coordinated by Emmanuelle Kesse-Guyot, and with Julia Baudry) during more than the last decade as well as co-author of about 250 original scientific articles in international journals.

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

Until recently, very sparse relevant information was available regarding organic food consumption and its impacts. Thanks to the French NutriNet-Santé cohort (a prospective cohort follow-up of more than 170.000 adults funded by public finances) we raised a specific project called BioNutriNet to study determinants and characteristics of organic food consumption, and their impacts on diseases as well as impacts on resources and environment. Data on participants were collected through repeated internet questionnaires (up to 70.000) and blood samplings (20.000).

Based on more than 15 scientific publications in top journals, we showed that regular consumers of organic products, compared to non-organic ones, exhibit:

specific socio-demographic characteristics (higher education level, more physical activity, less smoking; less low income); with a healthier dietary pattern (more plant food-based); better fitting food-based and nutritional recommendations; they are markedly less overweight and obese (men & women: - 31/50%) and have a significantly reduced probability of cardiovascular risk (MetS: - 31%), type 2 diabetes (-35% especially women) and cancers (-25%); they consume much less pesticides-contaminated foods and have significantly less pesticide residues in urine; and they have less impact on natural resources (land, energy: -23/25%) and GHEs (-37%). Thus, they show a better compliance with the sustainable diet concept (cf. FAO definition, 2010).

Computing approaches showed that a multi-parametric sustainable diet index is associated with reduced risk of cardiovascular diseases and cancers. Modelling approaches showed that organic food consumption is a key trait of a sustainable diet by markedly reducing pesticides exposure of consumers.