



## WHAT CAN **GOVERNMENTS AND INSTITUTIONS** DO TO HELP ACHIEVE HEALTHY DIETS AND #ZEROHUNGER?

Given the significant amount of money spent on health problems related to malnutrition, strategies and policies to ensure the availability and affordability of healthy diets make good business sense for countries and their governments. Here is a series of actions public entities can carry out now to help achieve healthy diets and #ZeroHunger.

### **LAY THE FOUNDATIONS FOR HEALTHY DIETS WITH DIETARY GUIDELINES**

Governments should set, enforce and regularly update national food-based dietary guidelines, and integrate them in food security and nutrition strategies to guide interventions such as school food and nutrition programmes, public food procurement and food assistance. Dietary guidelines need strong political support and buy-in from a range of institutions and different target audiences (from health professionals to the general public).

### **RESPECT THE CODEX**

The [Codex Alimentarius](#) provides guidelines on nutrition labelling and advice on how to make labels more accessible, appealing and legible. Codex guidelines are used by most countries to establish their own food standards and as the basis for nutrition labelling regulations. Nutrition labelling policies need to be enforced and monitored rigorously, and backed by public awareness and education efforts to bring about behavioral change.

### **WORK ACROSS POLICY AREAS**

Governments should focus on addressing the main drivers of food insecurity and malnutrition through an integrated, nutrition-sensitive, cross-policy approach to healthy diets, that also considers the [Right to Food Guidelines](#). Working across sectors leads to synergies between agriculture, nutrition, health and education, which impacts positively on nutrition. Nutrition-sensitive policies and programmes should be aligned with national food-based dietary guidelines and used to strengthen legal frameworks for food security and nutrition.

### **FROM FEEDING TO NOURISHING**

Governments need to reorient agricultural priorities to focus less on high-yielding varieties and more on nutritional quality and diversity, with the overall objective of making a variety of nutritious foods both accessible and affordable. This requires increased investment in effective and sustainable interventions from production to consumption stages of the food system including financial incentives and regulated environments for food businesses and manufacturers.

### **SUPPORT FAMILY FARMERS**

By recognizing solutions rooted in food production (agriculture, livestock, fisheries, etc.), governments need to protect family/small-scale farmers and promote sustainable agricultural



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HEALTHY DIETS  
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approaches that protect biodiversity and natural resources, improve productivity and income, and increase the resilience of farmers to challenges such as climate change.

## **EDUCATE AND COMMUNICATE**

Consumers have the right to adequate food. They need to be encouraged to make healthier food choices through ongoing mass-media, public awareness campaigns, and nutrition education in schools, community interventions and point of sale information, including clear and consistent food labeling practices. Governments need to invest in a workforce of nutrition practitioners and empower civil society and ombudsman-type institutions that can also protect consumers' rights.

## **PARTNER WITH ACADEMIA AND INVEST IN YOUTH**

Academia are incubators of knowledge and innovation that can be channeled towards efforts to achieve healthy diets and Zero Hunger. Academia have a responsibility to use their knowledge to reconnect youth, the world's future change makers, with the importance of healthy diets. Strategic partnerships with academia and research institutions can generate significant and relevant information to help governments address the challenges faced in achieving food security and good nutrition, and foster stronger national education curricula and vocational training that promote healthy diets.

## **INNOVATE**

By working with academia and the private sector, countries can drive research, innovation and technology transfer to find ways to meet the nutritional needs of a growing population while also preserving natural resources, biodiversity and ecosystem health. The associated risks of innovative technologies and industrialized systems to human and environmental health must always be considered to avoid negative side effects such as antimicrobial resistance.

## **REACH OUT TO FAO**

Governments and public entities can benefit from the knowledge and expertise of the Food and Agriculture Organization's (FAO) leading specialists in the fields of agriculture, nutrition, climate change and more. FAO and other specialized UN agencies can provide solid statistical and monitoring data, help formulate and implement agriculture and food policies, national nutrition strategies and legislation. FAO provides practical policy guidance on food security and nutrition through instruments such as the Right to Food Guidelines. FAO also co-leads the implementation of the [United Nations Decade of Action on Nutrition \(2016-2025\)](#) that provides governments and their stakeholders with a unique opportunity to emphasize nutrition action towards a #ZeroHunger world. [Learn more](#) about the development of policies and programmes that support the achievement of SDGs.



Working for  #ZeroHunger



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