



# FAO LIBRARY FOR WORLD FOOD DAY

16 OCTOBER 2019

The theme of this year's World Food Day *Our actions are our future, Healthy diets for a #ZeroHunger world* draws attention to the fact that healthy diets are fast becoming one of the leading priorities in achieving Zero Hunger by 2030.

To contribute to this global event, please find here below some pertinent literature on the theme of healthy diets and dietary guidelines to tackle obesity and other forms of malnutrition.



## FROM THE FAO LIBRARY COLLECTIONS

The FAO library collection contains [200 publications](#) on healthy diets and another [165](#) specifically about the problem of obesity.

## HIGHLIGHTS

### E-books



[FAO Strengthening nutrition action: a resource guide for countries based on the policy recommendations of the 2nd International Conference on Nutrition](#)

FAO, 2018



[FAO Food loss and waste and value chains: learning guide](#)

FAO, 2019



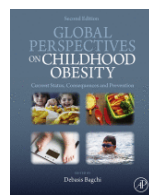
[Environmental Nutrition: Connecting health and nutrition with environmentally sustainable diets](#)

Springer, 2019



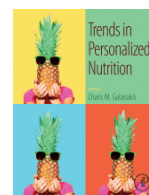
[Food systems and diets: facing the challenges of the 21st century](#)

GPAFSN, 2016



[Global Perspectives on Childhood Obesity](#)

Springer, 2019



[Trends in Personalized Nutrition](#)

Springer, 2019



[Appetite](#)

Elsevier, 2001 -

### In print



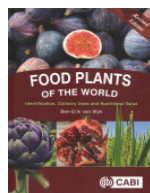
[Agriculture for improved nutrition: seizing the momentum](#)

CABI, 2019



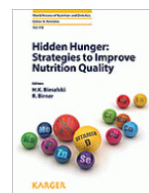
[Aliments fonctionnels dans un système alimentaire sain et durable](#)

Lavoisier Tec & doc, 2019



[Food plants of the world: identification, culinary uses and nutritional value](#)

CABI, 2019



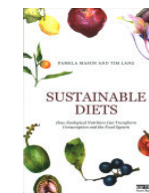
[Hidden hunger: strategies to improve nutrition quality](#)

Éd. Quae, 2019



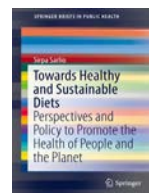
[Le surpoids c'est dans la tête ou dans l'assiette?: S'en sortir, c'est possible](#)

Éd. Quae, 2019



[Sustainable diets: how ecological nutrition can transform consumption and the food system](#)

Routledge, 2019



[Towards Healthy and Sustainable Diets](#)

Springer 2018



### FROM THE WEB OF SCIENCE

The WoS contains [157 publications](#) on healthy diets or dietary guidelines in the context of SDG2. Authors affiliated to FAO have published most frequently on this topic.

Most recent FAO contribution:

[The potential of neglected and underutilized species for improving diets and nutrition](#)

PLANTA Volume: 250 Issue: 3 Pages: 709-729 Special Issue: SI Published: SEP 2019



WEB OF SCIENCE

Most cited FAO contribution:

[Sustainable diets within sustainable food systems](#)

PROCEEDINGS OF THE NUTRITION SOCIETY Volume: 76 Issue: 1 Pages: 1-11

Published: FEB 2017

### FROM THE INTERNATIONAL INSTITUTE OF AGRICULTURE COLLECTION

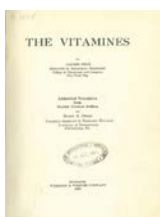
#### Food & Health: the discovery of vitamins

The term 'Vitamine' was only coined in 1912. The first half of the 20th century saw the identification of many of the known vitamins and their use to prevent and treat nutritional deficiency related diseases - linking food to health. A selection of historic literature on the discovery of vitamins will be on display inside the Library.

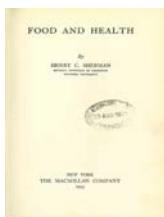


The Polish biochemist Casimir Funk (1884-1967) introduced the term 'Vitamine' in this journal article from 1912 (click on cover for full-text).

*"It is now known that all these diseases [...] can be prevented and cured by the addition of certain preventive substances; the deficient substances, which are of the nature of organic bases, we will call "vitamins" <sup>1</sup>*



In this second completely re-written edition (1922) of the book *The Vitamines*, C. Funk made a first attempt to classify the knowledge on vitamins and avitaminoses by types of vitamins and by the vitamin requirements of various organisms.<sup>2</sup>



The American H.C. Sherman, one of the pioneers in food chemistry, summarized the meaning of the discovery of vitamins in the book *Food and Health* (1935):

*The newer knowledge of nutrition has both clarified and advanced our conception of health. We now conceive health as something more than merely freedom from disease; we know that its impairments are due not only to deleterious things but also to shortages of elusive beneficial substances which reach us through certain foods.<sup>3</sup>*

1 Funk, C. 1912. The etiology of the deficiency diseases. Beri-beri, polyneuritis in birds, epidemic dropsy, scurvy, experimental scurvy in animals, infantile scurvy, ship beri-beri, pellagra. J. State Med. 20, p. 342.

2 Funk, C. 1922. The vitamins. Authorized translation from second German edition. Baltimore, Williams & Wilkins company.

3 Sherman, H.C. 1935. Food and Health, p. v-vi. New York, The Macmillan Company, p. v-vi.