17-21 October 2022

Harnessing science, technology and innovation for transforming our agrifood systems

21 October
09:00 - 10:45

Sheikh Zayed Center
Fao, Rome

MAINSTAGE EVENT:
SCIENCE AND INNOVATION FOR BETTER NUTRITION THROUGH HEALTHY DIETS FROM SUSTAINABLE FOOD SYSTEMS

REGISTER
The centrality of healthy diets and food systems for human and planetary health is now a common theme in research and policy dialogues, and in the popular media. This has increased investment and action to achieve better nutrition, but has also generated some controversy and highlighted critical data and evidence gaps that limit progress.

In this session we will provide an up-to-date overview of the evidence of what constitutes a healthy diet and discuss the opportunities for science and innovation to inform the actions needed to achieve better nutrition through healthy diets for all.
OPENING REMARKS
Healthy diets - underlying the achievement of FAO’s strategic framework
Máximo Torrero-Cullen, Chief Economist, FAO

The healthfulness of diets: what does the evidence tell about what it is and how far we are from achieving it?
Lynnette Neufeld, Director of the Food and Nutrition Division, FAO

PANEL DISCUSSION
Moderator: Lynnette Neufeld

Questions for the panel:
What does the evidence tell us and what new evidence and innovations do we need to take action for healthy diets on the identified area of your expertise?
What is needed to enhance use of this evidence in decision-making?

Panel:
Ingle Brouwer, Wageningen University, the Netherlands
Amos Laar, University of Ghana, Ghana
William Masters, Tufts University, United States of America
Stella Nordhagen, Global Alliance for Improved Nutrition, Switzerland
Juan Rivera, National Institute of Public Health, Mexico
Emorn Udomkesmalee, Mahidol University, Thailand

CLOSING
Reflections and conclusions for the science and innovation agenda for healthy diets
Emorn Udomkesmalee, Mahidol University, Thailand