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# Indigenous Peoples' food systems:

the many dimensions of culture, diversity and environment for nutrition and health

**F**ood systems of Indigenous Peoples who retain connection to long-evolved cultures and patterns of living in local ecosystems present a treasure of knowledge that contributes to well-being and health, and can benefit all humankind. This book seeks to define and describe the diversity in food system use, nutrition and health in 12 rural case studies of Indigenous Peoples in different parts of the world as a window to global Indigenous Peoples' circumstances. A procedure for documenting Indigenous Peoples' food systems was developed by researchers working with the Centre for Indigenous Peoples' Nutrition and Environment (CINE) at McGill University, Canada, and the FAO. The procedure was adapted and applied in case studies located in Canada, Japan, Peru, India, Nigeria, Colombia, Thailand, Kenya, and the Federated States of Micronesia. The collective intent of this documentation is to show the inherent strengths of the local traditional food systems, how people think about and use these foods, the influx of industrial and purchased food, and the circumstances of the nutrition transition in indigenous communities. This research was completed with both qualitative and quantitative methods by Indigenous Peoples and their academic partners in the context of the second International Decade of the World's Indigenous Peoples, and the Declaration of the Rights of Indigenous Peoples adopted in 2007 by the General Assembly of the United Nations ●

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