



RECOMMENDATIONS

*International Scientific Symposium
Biodiversity and Sustainable Diets
3-5 November 2010*

Two working groups

- Platform for Action, including the definition of Sustainable Diets
- Code of Conduct for Sustainable Diets

Definition of Sustainable Diets

Sustainable Diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.

Platform for Action

1. The participants of the Symposium recommend that FAO, Bioversity International and the CBD Secretariat, in collaboration with other relevant organizations and institutions at international /regional/ national/local level should establish a Task Force to promote and advance the concept of sustainable diets and the role of biodiversity within it, in the context of the CBD Cross-cutting Initiative on Biodiversity for Food and Nutrition, as contributions to the achievement of the MDGs and beyond.

Platform for Action

2. **FAO and Bioversity International should encourage the UN System, Governments, International Organizations, International Food Security and Nutrition Initiatives and other relevant bodies to finance and support research and development projects and programmes on biodiversity and sustainable diets.**

Platform for Action

3. **Decision-makers should give priority to and promote sustainable diet concepts in policies and programmes in the agriculture, environment, trade, education and health sectors. Nutrition should be given more emphasis by plant and animal breeders and research on nutrient content of food biodiversity should be encouraged. Food composition data should be compiled by FAO in the INFOODS databases.**

Platform for Action

- 4. New projects and case studies should be encouraged to demonstrate the synergies between biodiversity, nutrition and socio-economic, cultural and environment sustainability as well as to gather evidence about the potential of greater use of biodiversity for better nutrition and health and for poverty alleviation and improved livelihoods. The evidence gathered from these research efforts should be compiled by FAO and Bioversity International and made available on an open access web-based platform.**

Platform for Action

5. Food based dietary guidelines and policies should give due consideration to sustainability when setting goals aimed at healthy nutrition. A guidance document on how to develop such guidelines at national level could be elaborated by FAO and Bioversity International.

Platform for Action

- 6. Governments, Civil Society, Research Organizations and the Private Sector should collaborate in the development of programme activities and policies to promote sustainable diets in order to achieve sustainable food production, processing and consumption, and to minimize environmental degradation and biodiversity loss, through the development of a Code of Conduct for Sustainable Diets.**

Code of Conduct for Sustainable Diets

Affirming the right of every human being to be adequately nourished, as a means of attaining and maintaining health;

Acknowledging that malnutrition is part of the wider problems including poverty, social injustice, lack of education;

Recognizing that the health of humans cannot be isolated from the health of ecosystems;



Code of Conduct for Sustainable Diets

Conscious that food is an unequalled way of providing ideal nutrition throughout life [for all ages and life cycles/stages;

Recognizing that the conservation and sustainable use of food biodiversity is an important part of human well-being;

Code of Conduct for Sustainable Diets

Considering that when (In periods when) ecosystems are not able to support sustainable diets, there is a legitimate use of supplements, RUTF, RUSF and fortificants; that all these products should accordingly be made accessible to those who need them through commercial or non-commercial distribution systems; and that they should not be marketed or distributed in ways that may interfere with sustainable diets;

Code of Conduct for Sustainable Diets

Recognizing that when ecosystems are able to support sustainable diets, nutrition programmes, policies and interventions supporting the use of supplements, RUTF, fortificants, and infant formulas are inappropriate and can lead to malnutrition, and that the marketing of these food substitutes and related products can contribute to major public health problems;

Code of Conduct for Sustainable Diets

Article 7. Health Sector, Agriculture Sector, Environment Sectors, Food Industry Sector

Article 8. Special Requirement of Developing Countries

Technical Workshop

BIODIVERSITY IN SUSTAINABLE DIETS

31 May - 1 June 2010
FAO Headquarters, Rome



WORLD FOOD DAY/WORLD FOOD WEEK 2010



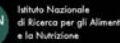
INTERNATIONAL SCIENTIFIC SYMPOSIUM

BIODIVERSITY AND SUSTAINABLE DIETS UNITED AGAINST HUNGER

3 - 5 November 2010
Green Room
FAO Headquarters, Rome



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THE CROSS-CUTTING INITIATIVE ON BIODIVERSITY FOR FOOD AND NUTRITION

For info and registration: www.fao.org/infoods/biodiversity

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