

## **FINAL DOCUMENT**

### **INTERNATIONAL SCIENTIFIC SYMPOSIUM *BIODIVERSITY AND SUSTAINABLE DIETS* *UNITED AGAINST HUNGER***

**3-5 NOVEMBER 2010  
FAO HEADQUARTERS, ROME**

#### **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.**
- 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.**
- 3. Decision-makers should give priority to and promote sustainable diet concepts in policies and programmes in the agriculture, food, 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 and by regional and national institutions.**
- 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.

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 and policies at national level could be elaborated by FAO, in collaboration with Bioversity International and other partners.

6. Governments, UN Agencies, 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.

7. The development of a Code of Conduct for Sustainable Diets is strongly recommended.