Towards healthy and environmentally sustainable diets for European consumers

Symposium on the occasion of the PhD defence by Elly Mertens
January 8th, 2019
Sustainable Diets

low **environmental impacts** which

contribute to **food and nutrition security**

and to **healthy life for present and future** generations

Barbara Burlingame, FAO, 2010
Sustainable diets: trade-off between multiple values

- Personal health and well-being for me and my family
- Public health and equity for all people
- Sustainable eating patterns in our food environment
- Planetary health for biodiversity and future generations
The SHARP model

- Sustainable
- Healthy
- Affordable
- Reliable
- Preferable

Proposition: SHARP-model produces more feasible & realistic dietary alternatives than most current models.
Current models

- Set long term objectives, targets (e.g., EAT Lancet)
- Combine foods, substitute foods or compare eating patterns, but hard to account for diet habits
- Assess trade-off for nutrients vs footprints.
- Results in group level (average) diets (→ public health)

SHARP model

- First steps in diet transition, aiming at feasible and realistic dietary changes
- Combines ‘best dietary practices’ observed in population, as apparently affordable consumer preferences
- Idem + similarity of diet, while simultaneously improving adherence to FBDGs.
- Generates individual diets (→ advise)
Health, Sustainability and diet change for different benchmarks

**Deviation from current diet**
- MaxP, MaxS, MaxH
  - 15%, 27%, 28%
  - 20%, 36%, 39%
  - n.a., 62% deviation (excl. water, coffee, tea)

**Benchmark (‘best practice’)**
- Country-specific
- Europe-wide
- EAT-Lancet

**SHARP compared to EAT-Lancet**
- Similar or larger nutrient gains (Y-axis)
- Less gains in GHGe footprint (X-axis)
- Deviates less from current diet (below)
Health, Sustainability and diet change for different benchmarks

Benchmark (‘best practice’)
- Country-specific
- Europe-wide
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Trade-offs between
- nutrient content (MaxH)
- environmental footprint (MaxS)
- acceptability to consumers (MaxP)
- food system: degrees of freedom
Beyond dietary changes: Food systems transition

Challenges for food systems
Monica Zurek, Oxford, ECI

Challenges in sustainable food production, Wouter Jan Schouten, TiFN

Challenges for consumers
Maartje Poelman, WU

Challenges in health
Corné van Dooren, Nutrition Centre

Discussion
Pieter van ‘t Veer, WU
Programme

12.30 – 13.00 Registration, coffee and tea
13.00 – 13.15 Welcome and introduction – Prof Pieter van ’t Veer (Wageningen University)
13.15 – 13.35 Challenges in health – Dr Corné van Dooren (Voedingscentrum)
13.35 – 13.55 Challenges for consumers – Dr Maartje Poelman (Wageningen University)
14.15 – 14.35 Challenges for food systems – Dr Monika Zurek (University of Oxford)
14.35 – 15.00 Discussion and closure – Prof Pieter van ’t Veer (Wageningen University)
15.00 – 16.00 Travel time to Aula
16.00 – 17.00 PhD defence Elly Mertens