



ACHIEVING HEALTHY DIETS FOR ALL: WHAT ARE THE GAPS CONSTRAINING PROGRESS?

TUESDAY JULY 6TH, 13:30–15:00 CET | REGISTER: [BIT.LY/3HHAJ1V](https://bit.ly/3HHAJ1V)

Healthy diets are at the heart of the goals of the UN Food Systems Summit. Yet the global expert community has not coalesced around a common definition of a healthy diet, and comprehensive guidelines to characterize them across contexts are debated. In this session we will explore challenges and gaps to characterizing and achieving healthy diets. Presentations will address issues of food classification systems, evidence to identify and balance trade-offs between food and the environment, the role of indigenous foods, and issues related to food affordability. As an output of the session, areas of consensus and research priorities will be identified.

SPEAKERS

- ✓ Introduction: Lynnette M. Neufeld, Global Alliance for Improved Nutrition (GAIN), Geneva, Switzerland
- ✓ Food processing and implications for characterizing healthy diets, Jean-Claude Moubarac, Department of Nutrition, University of Montreal, Montreal, Canada
- ✓ Indigenous food systems and their potential for healthy diets and sustainable production, Namukolo Covic, International Food Policy Research Institute (IFPRI), Addis Ababa, Ethiopia
- ✓ Identifying and balancing food production and environment trade-offs, Marco Springmann, Oxford University, Oxford, UK
- ✓ Food prices, diet costs and affordability, William Masters, Friedman School of Nutrition, Tufts University, Boston, USA
- ✓ Comment and facilitated discussion, Anna Lartey, University of Ghana, Legon, Ghana

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