

DTU





79th MEETING OF THE EFSA ADVISORY FORUM, 3-4 March 2021
- Thematic Discussion on Sustainable/Healthy Diets

SUSTAINABLE HEALTHY DIETS

- Scientific background for revising the official Danish food-based dietary guidelines 2021

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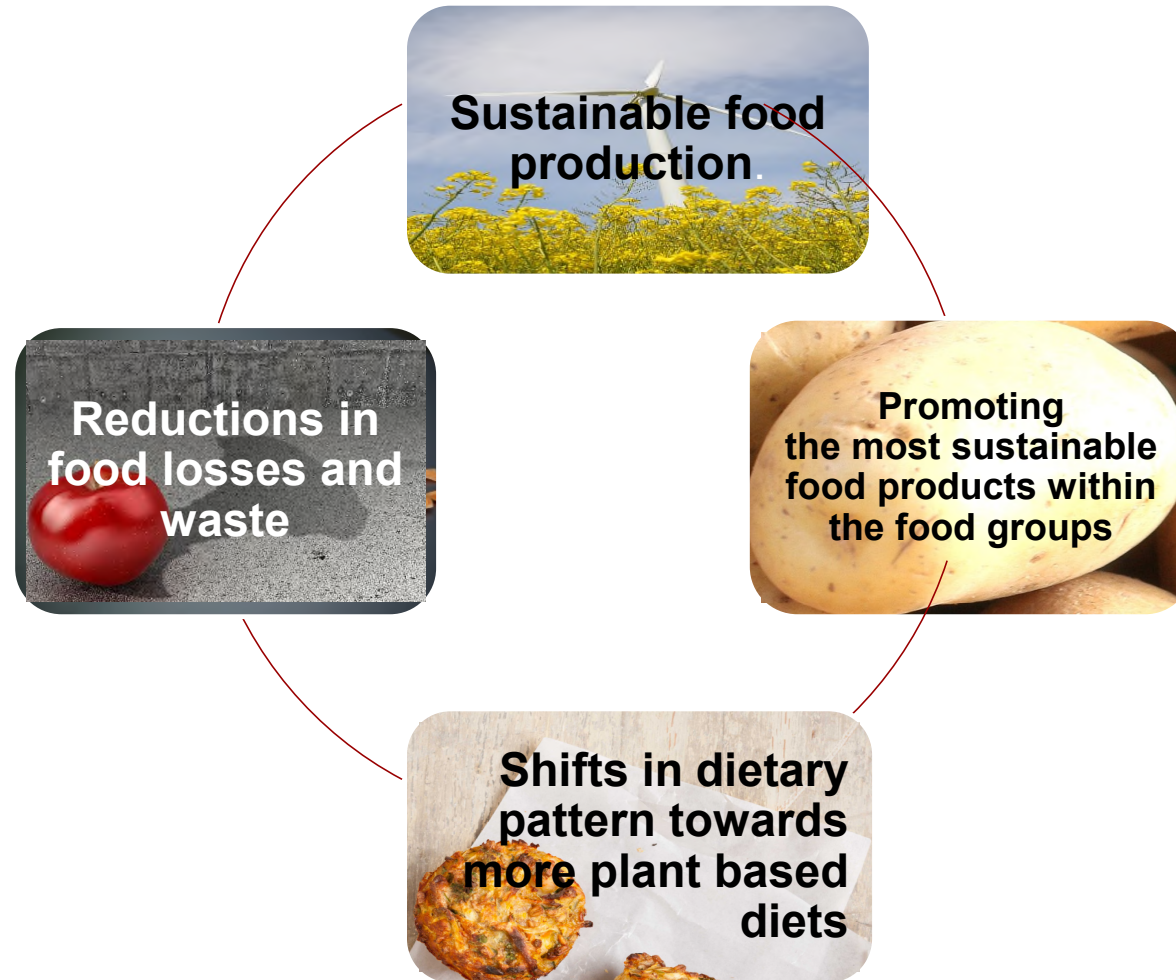
The assignment

- DTU in late 2018 accepted an assignment from the Danish Veterinary and Food Administration to re-assess the national dietary guidelines to lessen their carbon footprint, without compromising requirements for a healthy diet
- A peer-reviewed report was presented to the national authorities in February 2020 "Guiding principles for sustainable healthy diets - Scientific background for revising the official food-based dietary guidelines".
- The report was authored by Anne Dahl Lassen, Lene M Christensen, Sisse Fagt and Ellen Trolle from the National Food Institute

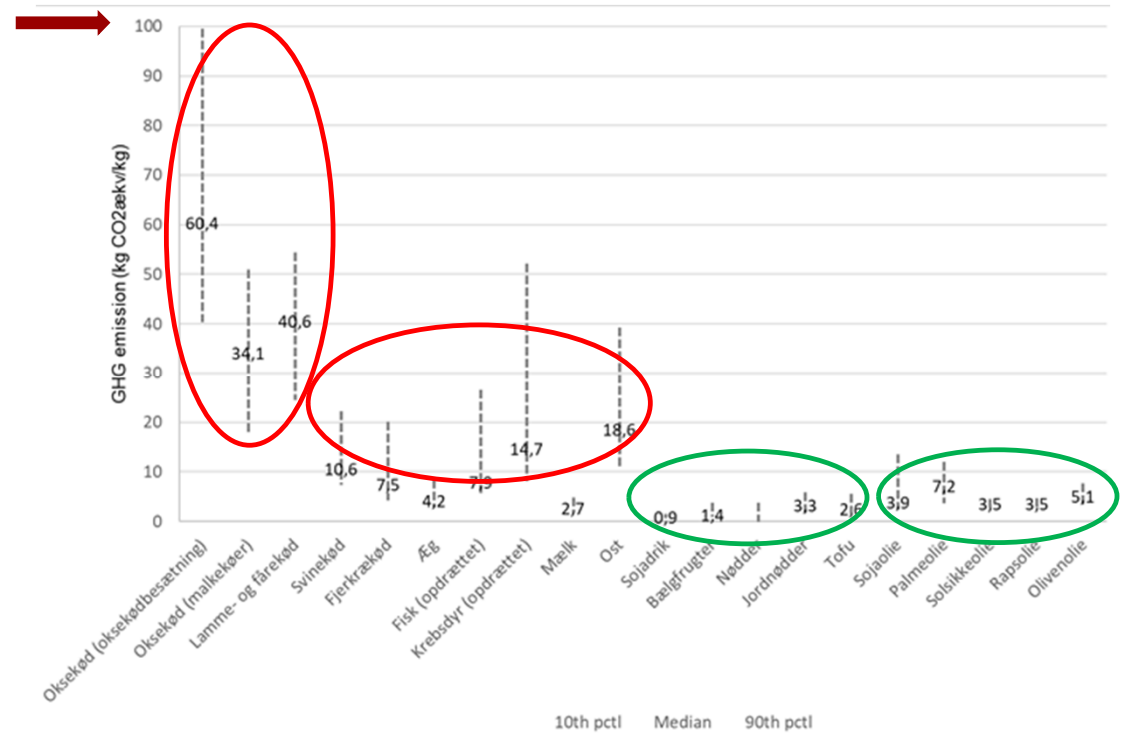
Combining healthy and sustainable diets is a unique opportunity to benefit both the Earth and our own health



Transition towards a sustainable food systems



Different foods have very different carbon foot print (protein-rich foods)

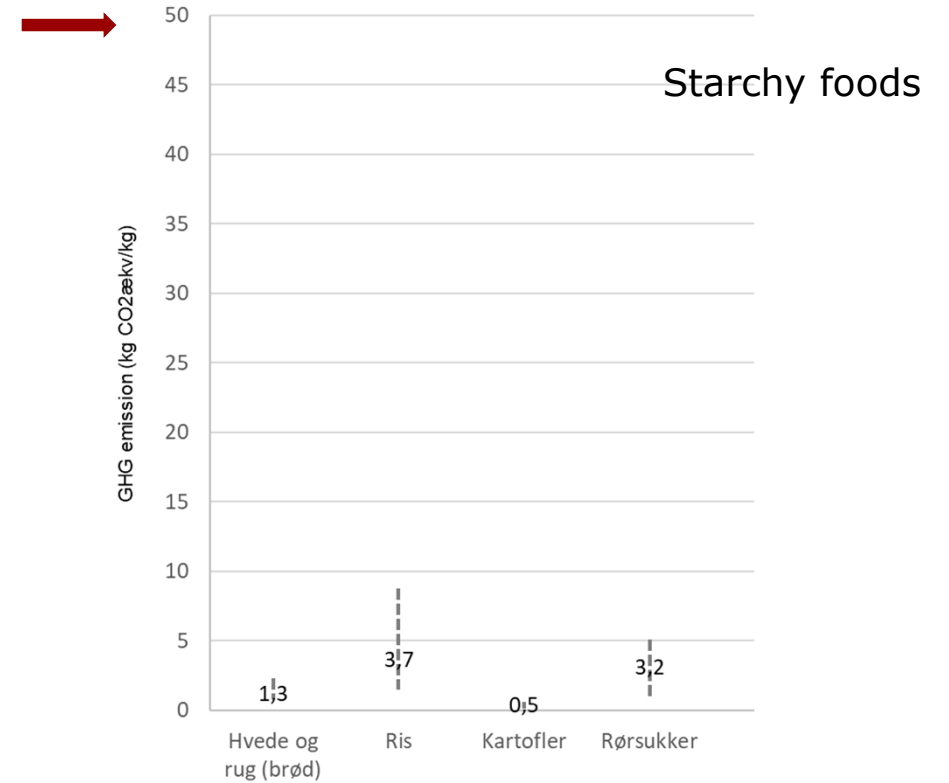
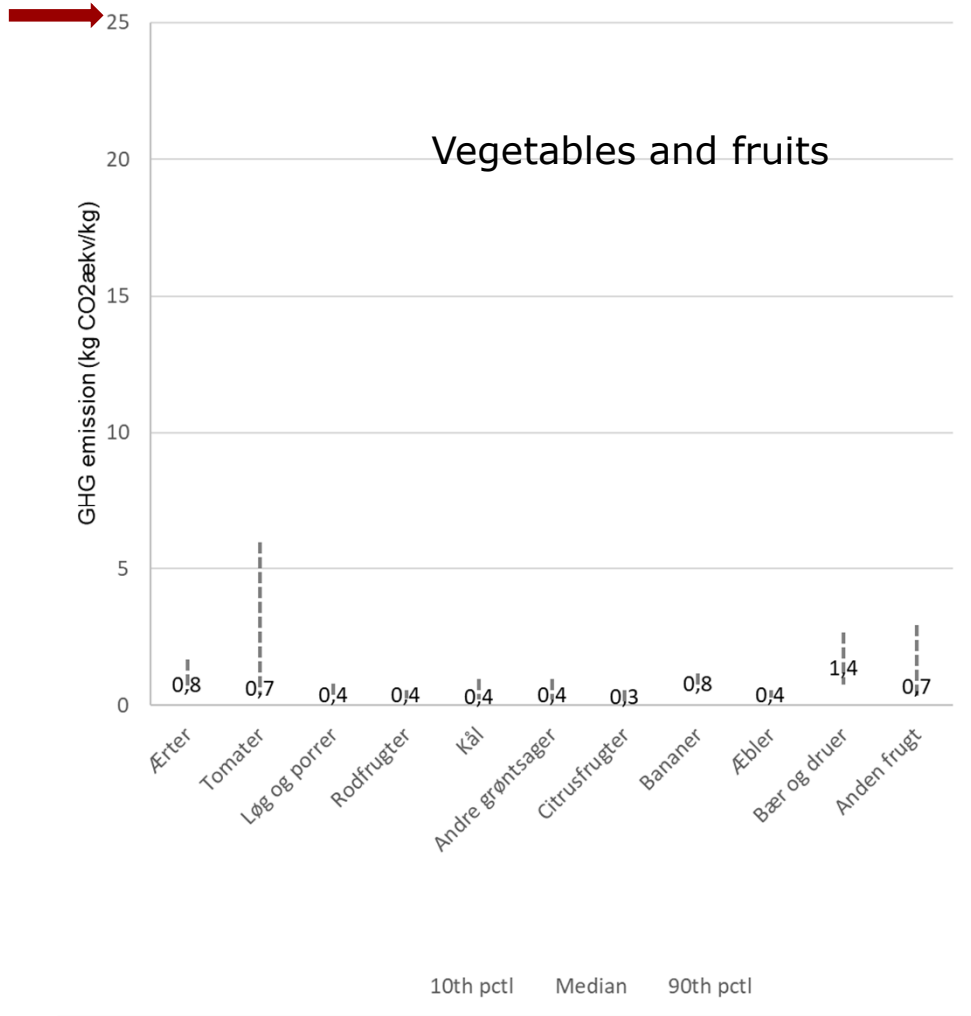


Poore, J., and T. Nemecek. 2018. Reducing food environmental impacts through producers and consumers. *Science* 360:987-992 (relative weights beef beef from dairy cow contra chicken 1:4,5 and chicken contra legumes 1:5,4)

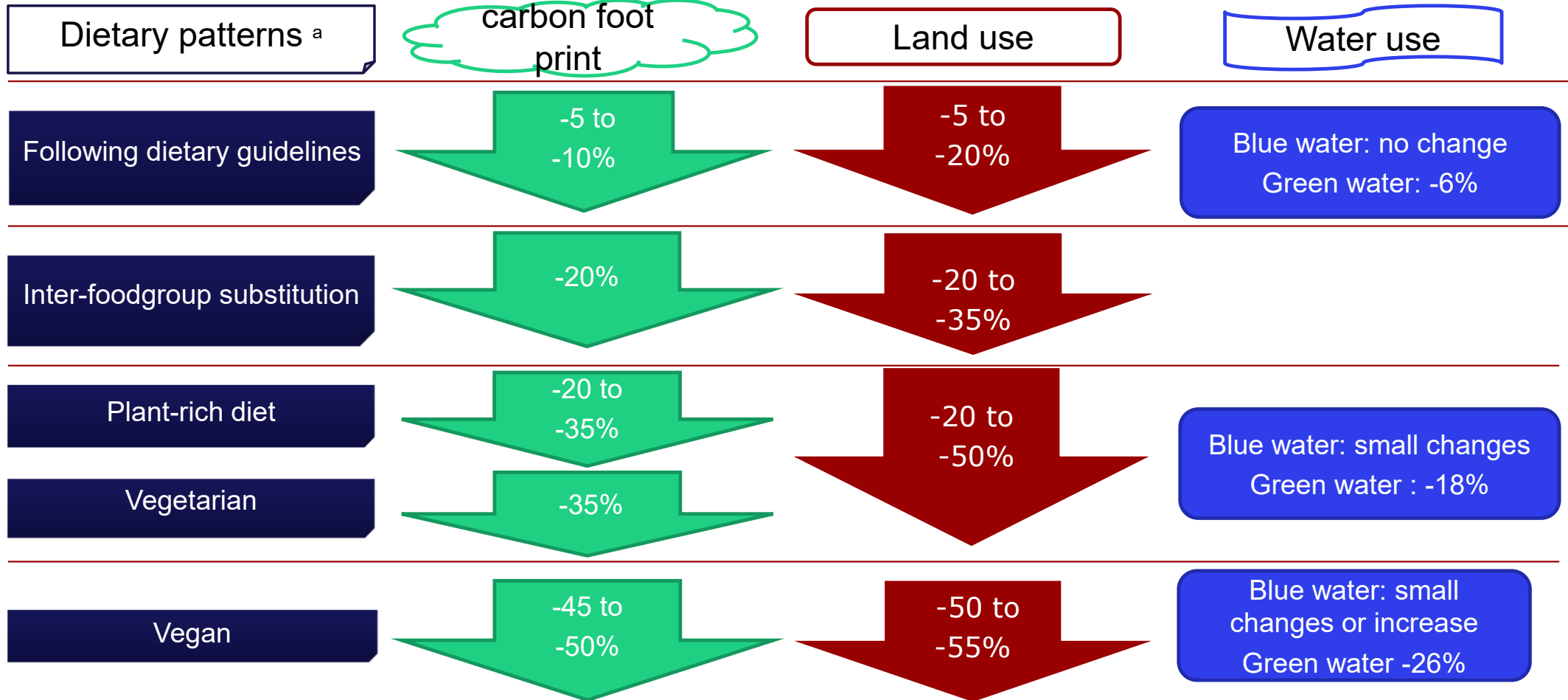
Poore, J. and T. Nemecek. 2018. "Reducing food environmental impacts through producers and consumers." *Science*. 360:987-992.



Different foods have very different carbon foot print (vegetables and starchy foods)

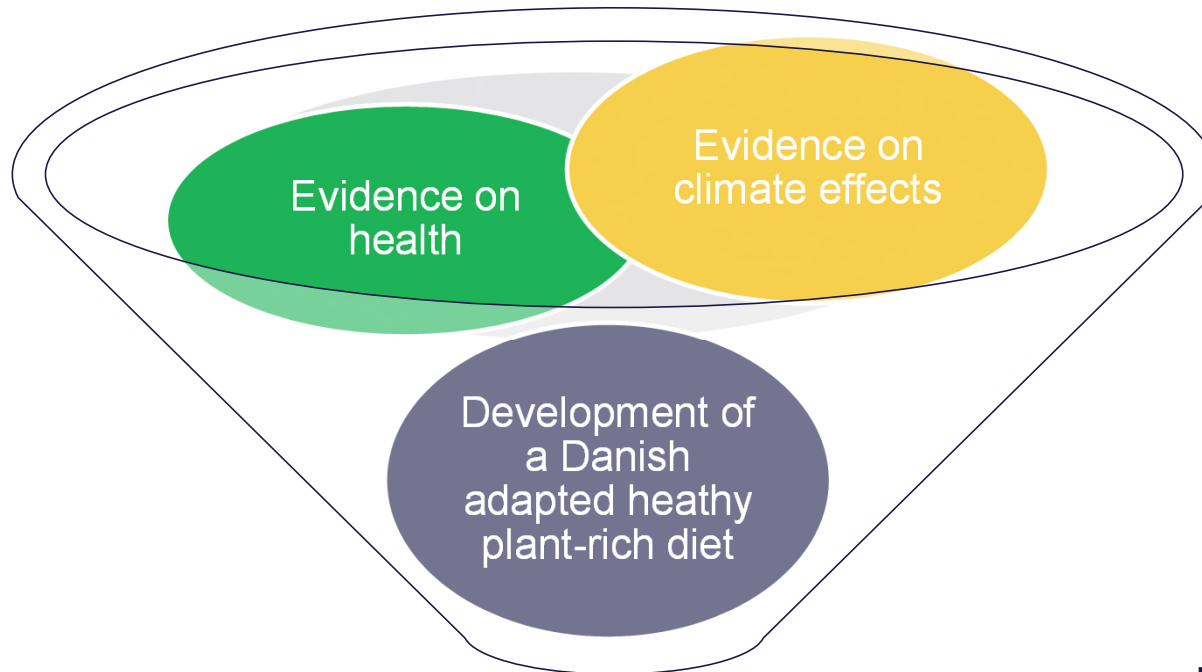


Different diets have very different environmental impact

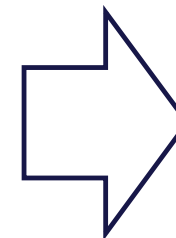


^a For references see Figure 3.3. in the report "Råd om bæredygtig og sund kost" (Lassen et al, 2020)

The method used



Summarize the main points to consider when adopting a more sustainable healthy plant-based diet



Process for the development of the Danish adapted plant-rich diet



Evidence
Health
Sustainability
(Climate)

EAT-Lancet
reference-
diet

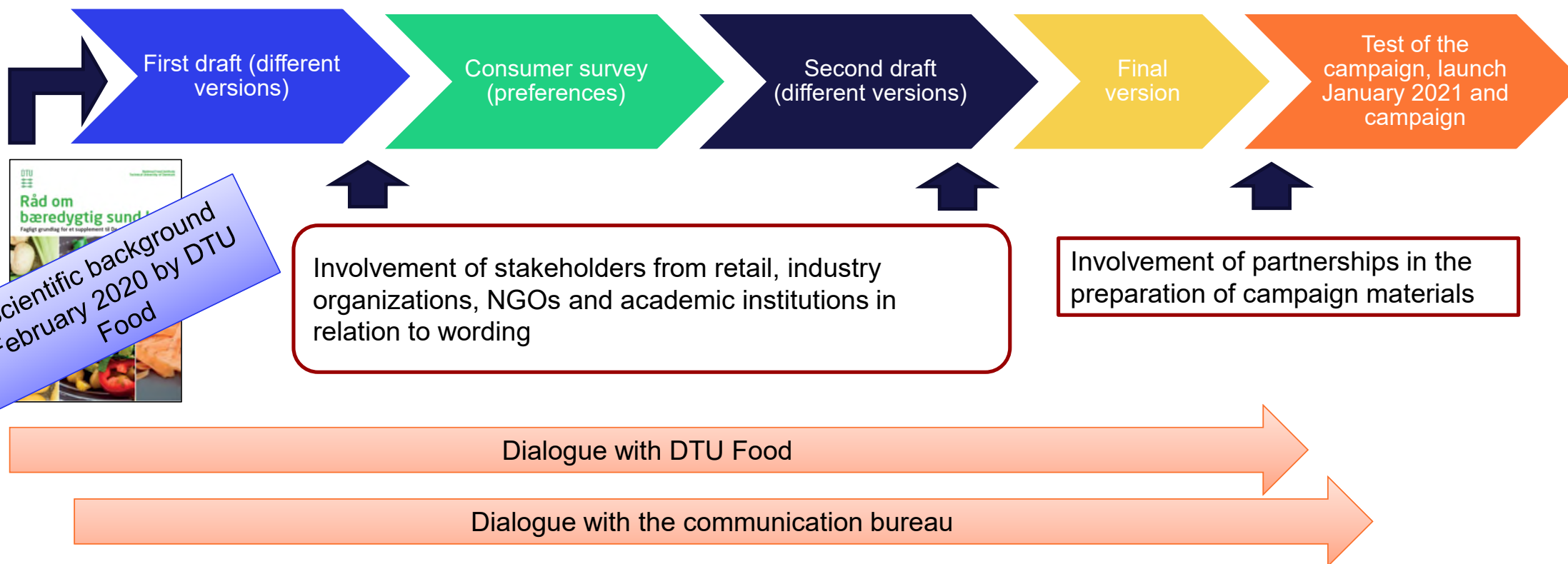
Danish food
database

Foods and amounts
reflecting Danish
food culture

Adjusted to reflect
Danish FBDG,
NNR and scientific
evidence



Further process by the Veterinary and Food Administration



The official Dietary Guidelines consist of seven recommendations as well as additional tips

1. Eat plant-rich, varied and not too much
2. Eat more vegetables and fruits
3. Eat less meat - choose legumes and fish
4. Eat whole grains
5. Choose vegetable oils and low-fat dairy products
6. Eat less of the sweet, salty and fatty
7. Drink water

Approx. 350 g per week

600 g a day

350 g fish per week

Approx. 100 g pulses per day

Approx. 30 g nuts per day

Tips:

- Limit food waste
- Go for the Keyhole Label



No one can do everything - but we can all do something

Perspectives of research needs

- **Nutritional, safety and environmental aspects** of foods in the plant-based diet such as nuts, seeds, legumes, mushrooms – and fruits, vegetables.
- **Documentation of effects** etc.
- **Innovation** product development, minimally processed foods sustainable production methods etc
- Continuing need for more and **up-dated data**
- **Implementation research and collaboration** / many stakeholders: private – public – municipalities

- The report is available here:
 - <https://www.food.dtu.dk/english/publications/nutrition>
- It is in Danish with English summary
 - Translation function in MS Word works rather well!
- The paper is available here:
 - <https://www.mdpi.com/2072-6643/12/3/738>
- The new official dietary guidelines - Good for Health and Climate is available here <https://altomkost.dk/> (in Danish).