

Free British Nutrition Foundation webinar

Challenges to achieving nutritional adequacy through a healthy, sustainable diet

 **13.00-14.00 (GMT) Thurs 28th March 24**

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 @NutritionOrgUK

 LiveStream@nutrition.org.uk

 www.nutrition.org.uk



What's this webinar about?

A healthier and more sustainable diet involves a nuanced understanding of the interaction of several factors including protecting individual and planetary health, providing adequate nutrition, and ensuring diets are accessible, affordable and culturally appropriate to everyone. The Food and Agriculture Organization (FAO) have emphasised that healthy diets are the cornerstone of good nutrition, and agrifood systems have a vital role to play in enabling healthy diets for all. However, many agrifood systems are not working optimally, and face significant stresses.

To meet the UK's greenhouse gas (GHG) emissions targets, the Climate Change Committee (CCC) recommend reducing current meat and dairy intake by 20% by 2030. This requires a food systems transformation and a dietary shift towards plant-forward diets, however the short- and long-term impact of this shift on nutrient intakes is unclear.

This British Nutrition Foundation webinar aims to discuss this critical nexus, with renowned experts providing insights into how the reduction in consuming meat and dairy might affect our nutrient intakes, especially in vulnerable groups, and how these foods may be included in a way that can best support sustainability and public health goals.

Programme

Achieving nutritional adequacy in a healthy, sustainable diet – a public health perspective

Dr Pippa Gibson, Senior Nutrition Scientist, British Nutrition Foundation

How can the benefits and risks of animal source food production be balanced for human and planetary health?

Prof Michael Lee, Deputy Vice-Chancellor, Harper Adams University

Potential risks of environmentally protective diets on micronutrients in vulnerable groups

Prof Mairead Kiely, Professor in Human Nutrition, University College Cork

A case study: Modelling the impact of reducing meat and dairy intakes on the population living in Scotland

Dr Fiona Comrie, Senior Public Health Nutrition Adviser, Food Standards Scotland (FSS)

Register today to join the webinar live on 28th March or watch it on demand at a time that suits you.