

Stronger coordination of developing national sustainable food based dietary guidelines in the EU

- a member state perspective

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7th Mach 2019 SUSFANS Final workshop











Stronger collaboration on developing SFBDG in EU?

AIM: to consider SUSFANS experiences / tools to be used for stronger coordination of developing national S-FBDG in the EU from the national perspective?

Common

Country specific?

Collaboration?





EFSA (2010): Stepwise approach to FBDG (N&H)

Scientific Opinion on establishing Food-Based Dietary Guidelines

- 1) Identification of diet-health relationships
- Identification of country specific diet-related health problems
- 3) Identification of nutrients of public health importance
- 4) Identification of foods relevant for FBDG
- 5) Identification of food consumption patterns
- 6) Testing and optimising FBDG
- 7) Graphical representations of FBDG





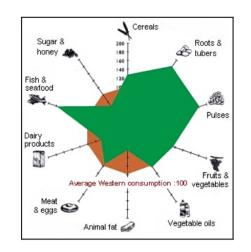


Figure 1: The Portuguese food pattern.¹

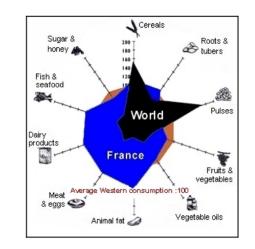


Figure 2: The French food consum



EFSA Journal 2010; 8(3):1460

SCIENTIFIC OPINION

Scientific Opinion on establishing Food-Based Dietary Guidelines ¹ EFSA Panel on Dietetic Products, Nutrition, and Allergies $(NDA)^{2.3}$

European Food Safety Authority (EFSA), Parma, Italy

$\mathbf{A}_{\mathbf{B}\mathbf{S}\mathbf{T}\mathbf{R}\mathbf{A}\mathbf{C}\mathbf{T}}$

ABSTRACT

This Opinion of the EFSA Panel on Dietette Products, Nutrition, and Allergies (NDA) provides guidance on the translation of unique based dietary advice into guidance, intended for the European population as a whole, on the contribution of different conference of everyone for foot groups to an overall tent would help to maintain good-based dietary guidances. The main focus of this opinion are groups approach which should dietary guidances (FBDG) for the would help to maintain good health of county specific dieterstated health problems. I) Identification of diet-health reportations, following a opinisting FBDG and 7). Graphical problems. So Identification of mixens of public health impossible and problems. The problems of the problems. The problems of the problems of the problems of the problems of the problems. The problems of the problems o optimising FBDG and 7) Graphical representations of FBDG. FBDG should pourna, 0) resume and relationships of particular relevance to the specific population and should be developed using a multi-disciplinary approach. The early involvement of statebook is recommended to promote the acceptance of the ordering approach of the properties related to health promotion. Once established, FBDG should be implemented and their impact on food availability and be integrated under the properties related to health promotion. Once established, FBDG should be implemented and their impact on food availability and be integrated.





Harmonization and alignment data

Align dietary assessment methods

Identical food classification system: FoodEx2 (EFSA)

Use **national** Food Composition Data Bases (Nutrients)

+GHG, + Land use +...... (climate, environmental)





Sharp modelling

To design "SHARP diets" for European consumers based on individual-level food intake data

SHARP: YES

SHARP diets are:

Design national SHARP diets: YES

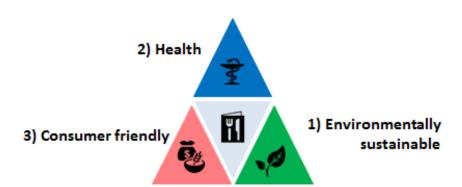
Environmentally Sustainable (environmental impact)

Healthy (nutritionally adequate)

Affordable (accessible yet also supporting the EU agri-food sector)

Reliable (stable in their supply)

Preferred (consistent with cultural norms and preferences)







Modelling tools and principles

Developing:

Modelling tools and modelling principles



- -the most healthy and sustainable diets
- -realistic steps in changing diets to be more healthy and sustainable





Modelling tools and principles

Developing:

Set of indicators of healthy diets and sustainability Set of nutritional and sustainability constrains

YES – but national deviations, country specific foods, meal patterns, food systems etc







Comparison FBDGs other indicators of best practice

	SUSFANS Harmonized	SUSFANS Harmonized	DK	EAT-Lancet g/10.4 MJ	
	g/d/2000 kcal		g/10 MJ		
Wole grain	<i>G</i>		≥75	323	0-60E% Carb
Vegtable oils				40	20-80
Vegetables	≥200	≥239	≥300	300	200-600
Fruits	≥200	≥239	≥300	200	100-300
Legumes	≥19	≥23	na	50	0-100
Soy				25	0-50
Nuts and seeds - unsalted	≥15	≥18	30*	25	0-75
Peanuts				25	
*increase - up to					





Comparison FBDGs other indicators of best practice

	SUSFANS	SUSFANS			
	Harmonized	Harmonized	DK	EAT-Lancet	
	g/d/2000 kcal	g/10 MJ	g/10 MJ	g/10.4 MJ	
Fish	≥21	≥25	50*	28	0-100
Dairy	≥300	≥359	250-500		
Cheese	≤21	≤25	25	250	0-500
Red and processed meat	≤71	≤85	(≤72)		
beef and lamb				7	0-14
pork				7	0-14
Poultry				28	0-58
Sugar sweetend beverags	≤71	≤85	na		
Sugar				31	0-31
Alcohol	≤10	≤12			
Salt	≤6	≤7			
*increase - up to					





Stronger collaboration on developing SFBDG in EU?

Data updated harmonization – but country specific

Modelling tools and principles collaboration

Indicators Constraints collaboration

values country specific

Interpretation of modelling results collaboration

Communicating results to consumers, industry, NGOs

country specific

Common performance Metrics the Health policy goals

Common minimum goals: UN SDGs







Thank you

Thank you for your kind attention.

Thanks to the DTU Food team

Anne Vibeke Thorsen, Karin Ygil, Tue Christensen, Anne Dahl Lassen,

Sisse Fagt, Inge Tetens (now at CphU)

Thanks to the DANSDAsurvey team as a whole for the commitment in data collection and management

Thanks to the SUSFANS Coordinator and Management Board

