



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

- a member state perspective

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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**
- 2) 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

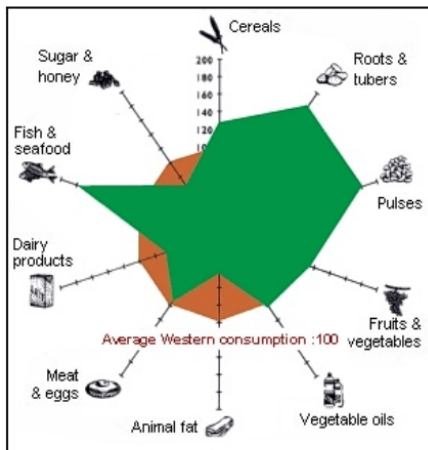


Figure 1: The Portuguese food pattern.¹

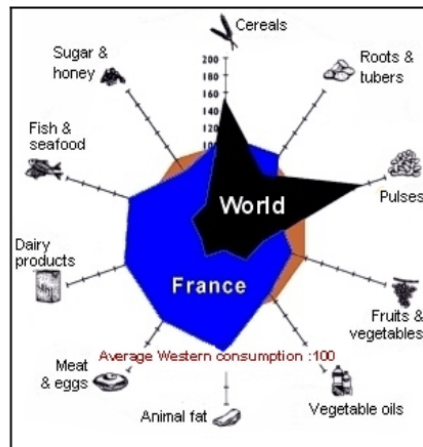


Figure 2: The French food consumption.





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

Design national SHARP diets: YES

SHARP diets are:

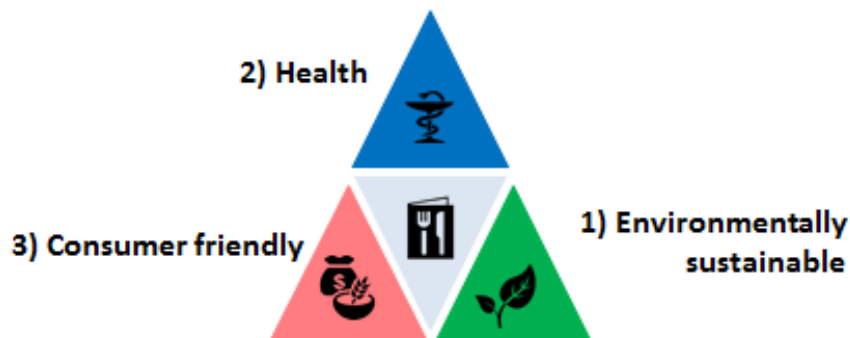
Environmentally **S**ustainable (environmental impact)

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

YES

- 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 constraints

**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/d/2000 kcal	g/10 MJ	g/10 MJ	g/10.4 MJ	
Wole grain			≥75	323	0-60E% Carb
Vegetable 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 Harmonized	SUSFANS 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 beverage	≤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

Collaboration – National deviations





Thank you

Thank you for your kind attention.

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