Parallel Session 2 – Sustainable Diets

Key messages

- All scenarios show **without intervention**
  - a lack of adherence to dietary guidelines and a trend towards worse (more meat and sugar)
  - None of the current diets that are considered healthy are also sustainable. (Trade-off!!)

- If we don't do anything:
  - diets will not become healthier and/or more sustainable.

Key messages

- Need change; but where do we want to go?
  - Need to explore our values around food in a bottom-up manner; include a wide range of stakeholders.
  - Need to look at the system as a whole
  - Potential gain in exploring some country-specific diets that perform more sustainable
- Integrated approach to action is highly need to assess a complex adaptive system; shows trade-offs/synergies
  - but currently lacking data; metrics; etc.

Key messages

- Most common intervention options possible:
  - Fiscal measures: effective, but politically sensitive…. (not modelled)
  - **Information measures**: modest effect, but easy to implement
    - But need the right information on health **and** sustainability!
    - Need to be targeted to farmers, consumers, policy-makers, etc… (meta-level and individual)
    - …perhaps we can put more effort/money into these measures.

Key messages

- Concerted action needed for monitoring/assessment, *but not in everything:*
  - Harmonization of tools, methods, data **useful**
  - Dietary guidelines better to remain country specific

- Challenges:
  - Different scales between models.
  - People want individual information, but difficult to measure
  - Behaviour remains difficult to model/project

- LCA methods have limitations: Needs aggregated data, which simplifies too much (farming styles / health vs. sustainability)

Key messages

- Visualiser is a useful tool, but transparency is key.
  - What is behind the metrics and what are their limitations?
  - How are the elements linked?

- It can acknowledge shortcomings.
  - Should be seen as a _discussion tool_ rather than a _decision tool_.