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WEBINAR: Sustainable nutrition: what it means globally and for consumers

DATE: 7/10/2023

THE "BIG 5" TOPICS COVERED:

#1 75% of global food supply is plant-sourced

#2 We currently produce sufficient food energy and protein to feed the 2050 population

#3 Key micronutrients found in dairy, such as calcium, are already in global shortfall, or likely to become so in the near future

#4 Dairy is currently responsible for around half of the global calcium supply, with key contributions to other micronutrients also

#5 Optimized diets are generally plant-based, but optimized with a few nutrient-dense animal-sourced foods such as dairy

THE "BIG 5" TAKEAWAYS:

#1 Remember that sustainability is about more than just the environment

#2 Go beyond calories and protein when thinking about nutrition – these are usually not the problem

#3 Understand the role of dairy in both the global food system and sustainable diets

#4 Question whether hyped new foods or dietary changes will deliver the same nutrition as what they aim to replace

#5 Remember that one healthy diet won't necessarily suit every individual