

Nutrition & Health: Shaping Sustainable Food Systems for Future Generations

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General presentation

This session highlights research conducted at the *Université Paris-Saclay*, particularly within the thematic program "Food Science, Nutrition & Human Nutrition" of the Biosphera Graduate School, focusing on sustainable food systems and their interaction with human health. The *Université Paris-Saclay* is a pioneer in advancing knowledge in this field, addressing the challenge of creating food systems that are both environmentally sustainable and beneficial to health (while integrating economic and social dimensions).

The research covers a broad range of studies, including innovations in food production, the role of food/diets in nutrition/health, and the wider implications for public health and environmental sustainability. The program spans multiple disciplines—such as food science, process engineering, consumer science, microbiology, physiology, toxicology, nutrition and epidemiology—with research focused on major societal and economic issues: sustainable food production processes, innovation to improve the nutritional and sensory qualities of food, reduction of environmental impacts, promotion of local food chains, ensuring nutrition security, support of food transitions and study the role of the dietary exposome on health.

Objectives

After a brief introduction to BIOSPHERA, providing an overview of the research conducted within the program and highlighting the diversity of projects being conducted, this proposed scientific symposium will feature the following:

i/A 30-minute keynote addressed by a BIOSPHERA senior scientist (Professor of Nutrition, F. Mariotti), highlighting the sustainability ambitions and the changes in our food systems and reference diets that appear critical to achieve these goals.

ii/ This conference will then be followed by four 10-15 minute oral presentations by PhD students presenting their thesis results from various research teams within the aforementioned thematic program of BIOSPHERA.

Background

The future of dietary guidelines must go beyond traditional health guidelines, integrating climate change and sustainability considerations to promote human and planetary health. In the face of unprecedented environmental challenges, public health nutrition must become even more multidisciplinary to propose changes in diets that are better for many aspects of health but also minimize the environmental footprints. This includes promoting plant-based diets, reducing food waste, and fostering local and sustainable food systems. While key drivers have been identified, ongoing and future research will aim to better characterize the brakes and levers for the transition and the optimal pathways of rapid change for our food system to deliver sustainable diets. In the years to come, dietary guidelines will need to reflect these interconnected issues, proposing strategies that address food security, reduce environmental

Number: **ICNOS-00051**

Topic : **The future of nutrition recommendations**

Session chair 1 : **Delphine Rousseau-Ralliard**

Chair only or also speaker : **Chair only**

Session chair 2 : **Anne Saint-Eve**

Chair only or also speaker : **Chair only**

Conflict of interest : **No**

Symposium pack : **Premium (Std + Visibility pack)**

Capacity of the booked conference room : **220 seats**

Organizing institution : **Graduate School BIOSPHERA (Programme thématique SANAH), Université Paris-Saclay**

Country : **France**

Company order form number : **Yes**

☒ Ethical Charter

☒ Personal Data Agreement

☒ Engagement

Non-availability of speakers : **Yes**

Declaration of non-availability : **We prefer to avoid early we prefer to avoid very early morning slots (since local speaker participants will arrive from the Paris suburbs in the morning)**

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footprints, and support resilient food systems. By aligning nutritional goals with environmental sustainability, we can shape a healthier and more equitable future for current and future generations.