

The National Academies of
SCIENCES • ENGINEERING • MEDICINE

**Sustainable Diets, Food, and Nutrition:
A Food Forum Workshop**

August 1-2, 2018

The National Academy of Sciences Building, Lecture Room
2101 Constitution Avenue, NW, Washington, DC

DAY 1, August 1, 9:00 AM – 4:00 PM

9:00 AM

Welcome & Opening Remarks

Sylvia Rowe, Food Forum Chair, SR Strategy, LLC, Washington, DC

9:05 AM

SESSION 1: What are Sustainable Diets?

Session Moderator: Fergus Clydesdale, University of Massachusetts, Amherst

The Dimensions of Sustainability

Adam Drewnowski, University of Washington

Implications and Relevance of Sustainable Diets Internationally: It's All About the Context

Jessica Fanzo, Johns Hopkins University, Food and Agriculture Organization of the United Nations

Decision-Making Under Uncertainty: Sustainable Diets for Conditions of Scarcity or Abundance

Parke Wilde, Tufts University

30-minute Moderated Discussion/Q&A

10:35 AM

15-MINUTE BREAK

10:50 AM

SESSION 2: Measurement and Analysis of Sustainable Diets from Production to Consumption

Session Moderator: Diego Rose, Tulane University

Mapping Food Supply and Demand: Data Inputs, Metrics and Measures

Ashkan Afshin, Institute for Health Metrics and Evaluation

Dietary Patterns Link Human Health and the Environment

David Tilman, University of Minnesota

What Makes for Food Systems that are Sustainable and Resilient?

Mark Rosegrant, International Food Policy Research Institute

20-minute Moderated Discussion/Q&A

12:10 PM **LUNCH BREAK**

1:30 PM **SESSION 3: Sustainability and Healthy Dietary Changes through Policy and Program Actions**
Session Moderator: David Klurfeld, USDA

Health and Environmental Benefits of Dietary Changes
Marco Springmann, Oxford University

How to Reduce the Carbon Footprint without Sacrificing Affordability, Nutrient-Density, and Taste
Jennie Macdiarmid, University of Aberdeen (via Zoom)

A Menu of Solutions for a Sustainable Food Future
Janet Ranganathan, World Resources Institute

2:30 PM **20-MINUTE BREAK**

2:50 PM **SESSION 3 con't...**

How to Include Nutrition in All Aspects of the Value Chain
Maha Tahiri, Former Food Industry Executive

Opportunities for Integrating Sustainability and Dietary Guidance
Barbara O. Schneeman, University of California, Davis (Professor Emerita)

30-minute Moderated Discussion/Q&A

4:00 PM **ADJOURN DAY 1**

DAY 2, August 2, 9:15 AM – 12:00 PM

9:15 AM **Welcome & Opening Remarks**
Sylvia Rowe, Food Forum Chair, SR Strategy, LLC, Washington, DC

9:20 AM **SESSION 4: Innovations in Food Production and Distribution to Reduce Environmental Footprint**
Session Moderator: Kate Houston, Cargill

Reducing the Footprint of Animal Agriculture
Frank Mitloehner, University of California, Davis

Reducing the Footprint through Alternative Diets
Marty Heller, University of Michigan

Local and Regional Food Systems in Sustainable Diets

Nicole Tichenor Blackstone, Tufts University

Retail/Sustainability Across Supply Chain

Karrie Denniston, Walmart

20-minute Moderated Discussion/Q&A

11:00 AM Concluding Discussion

Moderator: Erik Olson, Natural Resources Defense Council

Panelists:

- Connie Avramis, Unilever
- Adam Drewnowski, University of Washington
- Jessica Fanzo, Johns Hopkins University, UN FAO
- Diego Rose, Tulane University
- Marco Springmann, Oxford University
- David Tilman, University of Minnesota

12:00 PM ADJOURN WORKSHOP

Planning Committee for Sustainable Diets, Food, and Nutrition: A Workshop

Connie Avramis, M.Sc.
Research and Development Director
Nutrition and Health
Unilever

Kate J. Houston, M.S.
Director
Federal Government Relations/Corporate Affairs
Cargill, Inc.

Adam Drewnowski, Ph.D., M.A.
Professor of Epidemiology and Director
Nutritional Sciences Program
School of Public Health
University of Washington

Pamela Starke-Reed, Ph.D.
Deputy Administrator
Nutrition, Food Safety, and Quality
Agricultural Research Service
U.S. Department of Agriculture

Jessica Fanzo, Ph.D.
Bloomberg Distinguished Associate Professor
Global Food and Agricultural Policy and Ethics
Nitze School of Advanced International Studies
Berman Institute of Bioethics
Department of International Health
Bloomberg School of Public Health
Johns Hopkins University

Parke E. Wilde, Ph.D.
Professor
Friedman School of Nutrition Science and Policy
Tufts University

The Food Forum convenes scientists, administrators, and policymakers from academia, government, industry, and public sectors on an ongoing basis to discuss problems and issues related to food, food safety, and regulation and to identify possible approaches for addressing those problems and issues. The Forum provides a rapid way to identify areas of concordance among these diverse interest groups. It does not make recommendations, nor does it offer specific advice. It does compile information, develop options, and bring interested parties together.

The Food and Nutrition Board (FNB) established the Food Forum in 1993 to allow selected science and technology leaders in the food industry, top administrators in the federal government, representatives from consumer interest groups, and academicians to periodically discuss and debate food and food related issues openly and in a neutral setting. The Forum provides a mechanism for these diverse groups to identify possible approaches for addressing food and food safety problems and issues surrounding the often complex interactions among industry, academia, regulatory agencies, and consumers.

About the FNB: The FNB falls within the Health and Medicine Division of the National Academies of Sciences, Engineering, and Medicine. The Academies are private, nonprofit institutions that provide independent, objective analysis and advice to the nation to solve complex problems and inform public policy decisions related to science, technology, and medicine. The Academies operate under an 1863 congressional charter to the National Academy of Sciences, signed by President Lincoln.

<http://www.nationalacademies.org/foodforum>