

A4NH – Agriculture for Nutrition and Health Food Systems for Healthier Diets

Contribution of Forests, Trees and Agroforestry to sustainable Food
Security and Nutrition in a time of crises

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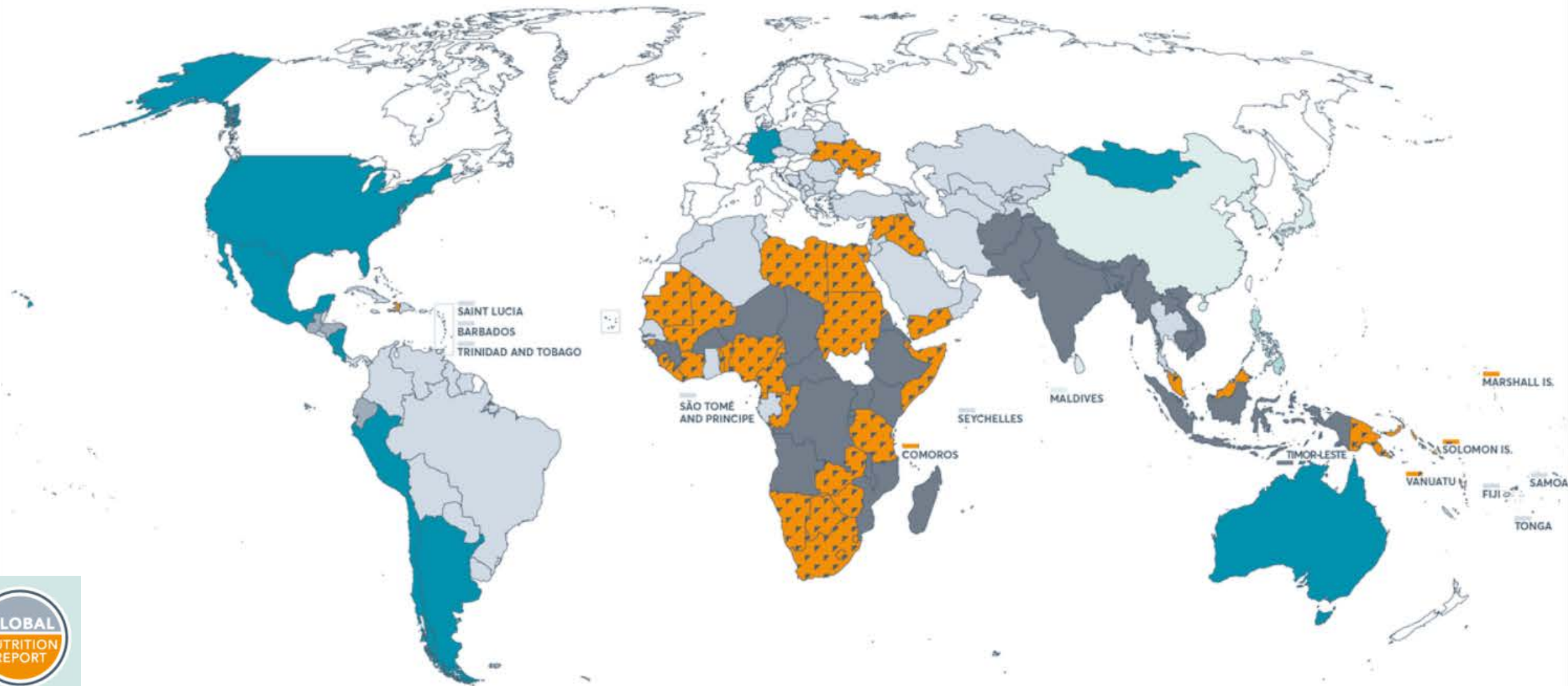
COUNTRY BURDEN

○ Insufficient data
● Overweight only

○ Anaemia only
● Stunting only

○ Overweight and anaemia
● Overweight and stunting

● Anaemia and stunting
● Overweight, anaemia and stunting



Food systems transform rapidly from agrarian to modern shaped by global and regional changes

Present food systems are 'broken'

Challenged to deliver nutritious foods equitably within planetary boundaries

Country-specific approaches needed



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*Eat diversely !

Food-based Dietary Guidelines

- Sufficient fruits, vegetables, nuts, seeds, whole grains, animal sourced foods incl fish
- Moderate or no red meat, processed meat, sugar, salt, alcohol
- Adaptation to local context needed





M.Hasan, c/o Photoshare

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