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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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
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