

Sustainable nutrition – healthy populations

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After revamping the Nutrition and Health and Editorial Board members, we are glad to have good CiteScore and as well as SCImago Journal Rank. We have also formally submitted our application for indexing in Clarivate Journal Citation Reports and expect our first impact factor this year. These facts indicated our progress in effectively managing Nutrition and Health and fulfilling the needs of the community for quality research work in the domains of Nutrition, Health, and Food Science. We are extremely thankful for all authors who have submitted their manuscripts to the Nutrition and Health and the reviewers and Editorial Board members that make the peer-review process work efficiently.

Sustainability, as a concept, is difficult to define, as it caters to a variety of discussion contexts. The conceptualization by the United Nations' Brundtland Commission on Sustainable Development in 1987, "Sustainable development [meets] the needs of the present without compromising the ability of future generations to meet their own needs", has served as the most, and frequently quoted benchmark (World Commission on Environment and Development (WCED), 1987). Accordingly, sustainable nutrition can be described as the inherent ability of food systems to provide a balance of energy and essential nutrients for the maintenance of good health of the population, and without a negative impact on the ability of future generations in terms of meeting their nutritional needs (Smetana et al., 2019). The similar interconnectedness of the environment, economics, health, nutrition, and other associated dimensions can be recognized in the FAO's description of sustainable diets, whereby these are diets with minimal environmental impact, significant contribution to the food and nutrition security, as well as to the healthful life outcomes for current and future generations, and that offer economic affordability and fairness while optimizing both natural, and human resources (Burlingame, 2012).

There have been an ever-increasing number of research studies, as well as various industrial applications focusing on addressing the need for more carbohydrates, proteins, and energy, to feed the growing number of people through intensive agriculture practices (Burlingame, 2014). However, global evidence is strongly indicative that a substantial shift from current diets to more sustainable, and healthy options is imperative since the world population is estimated to grow to more than 9 billion by the year 2050.

Sustainable nutrition, therefore, encompasses the following aspects:

- (A) **Right food and nutrients for the right people**—Diets should be healthful, and nutritionally adequate, as well as safe. Accordingly, there should be a reduction in the intake of nutrients that have been linked to various non-communicable diseases (such as refined sugars, saturated fats, and sodium), and the inclusion of nutrients that are more beneficial for health (such as proteins, fiber, minerals, and vitamins). Moreover, nutrition should be proactive, with benefits targeting specific health needs, such as digestive health, immune health, and healthy and active aging.
- (B) **Reducing the environmental impact of food systems**—Food waste/loss should be mitigated at all stages, and the focus should shift to sustainable protein sources, such as plant-based proteins, insect proteins, cellular agriculture, and precise fermentation.
- (C) **Economic affordability is paramount**—Sustainable diets and therefore, sustainable nutrition should be economically viable since this has far- and wide-ranging implications for many sections of the population facing economic pressure. Reduction in the number of *food deserts* should be a prime focus.
- (D) **Sustainable diets should cater to diverse sociocultural beliefs and backgrounds**—Finding culturally-appropriate sources of various nutrients is key to sustaining the long-term health and survival of diverse cultures across the globe.

There is a growing need that we all should adopt an additive approach when sourcing and producing food by including and embedding the aforementioned sustainable nutrition aspects in the thought process centered around food production systems. This will not only bode well for the environment, and the optimal nourishment of individuals and populations, but also for the general health and well-being outcomes in the form of a reduction of the prevailing epidemic of various NCDs, such as obesity, diabetes, cardiovascular diseases (CVDs), neurological conditions, and immune disorders.

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