



IDF PRESS RELEASE

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The Role of Dairy in Sustainable Diets: more about some presentations

In a two-day event in Seville, Spain, from 1-2 February 2018, experts will provide insight into how nutritional and environmental aspects of dairy need to be considered in conjunction for a balanced diet. This new perspective will help define the sector's vision for the future.

In her presentation "*Dairy Products: How do they fit into nutritionally adequate and sustainable diets?*" Nicole Darmon (Director of Research at the French National Institute for Agricultural Research-INRA) will demonstrate that sustainable diets are not only diets with low environmental impact. They are also expected to be culturally acceptable, economically viable and affordable as well as nutritionally adequate, safe and healthy. Both observational epidemiology and diet modeling can be used to identify more sustainable diets. "*I will present the application of both approaches in the French context, and will put a specific focus on the place of dairy products in more sustainable food choices.*" said Darmon.

Following up on sustainable diets, Brad Ridoutt (Principal Research Scientist at CSIRO Agriculture)'s presentation "*A critical review of dietary strategies to reduce environmental impact*" will speak about the need to be cautionary in linking environmental sustainability to just GHG emissions and basing dietary advice solely on GHG emissions. The discretionary food element and the health benefits of certain diets/foods often get overlooked. "*Until the evidence base becomes more complete, commentators on sustainable diets should not be quick to assume that a dietary strategy to reduce overall environmental impact can be readily defined or recommended.*" added Ridoutt.

The presentation by Professor Philippe Legrand (Director Biochemistry laboratory / Human nutrition at INRA) will focus on "*Changing perception of Saturated Fatty Acids.*" Dietary saturated fatty acids (SFA) are usually associated with negative consequences for human health. However, this has been over-emphasized and recent results on doses, physiological effects, specificities and functions of individual SFA appear more controversial. Saturated fatty acids have different metabolism depending on their chain length for instance. "*Emerging reports show that all SFA have important and specific biological roles in the cell, showing that they cannot be considered as a single group anymore, in term of structure, metabolism and functions. Even concerning cardiovascular-disease (CVD) prevention, new data and meta-analysis allow a balanced view in term of risk and suggest a reassessment of the recommendations. Such data invite to a reassessment of the current nutritional dietary recommendations for saturated fatty acids, as done in France.*" commented Legrand who will share results with participants.

The event will offer delegates a mix of presentations and content, covering both the nutritional and environmental facets of both topics, throughout the two days. The first day of the programme will cover three sessions, focusing on sustainable diets, public perceptions of dairy and dairy as part of a nutritious diet. The second day of the programme will focus on the environmental and socioeconomic impact of dairy and mitigation of environmental impact and adaptation to climate change.

The full programme is available at <https://www.fil-idf.org/idfevent2018/>

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International Dairy Federation

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Through its working bodies, events and work programme, IDF provides a common platform, systems and processes for the global dairy sector to come together to reach consensus. Given its consensus-building capacity, IDF represents the global voice of dairy towards stakeholders and intergovernmental organisations.

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