



AT IUCN, THE SUSTAINABLE NUTRITION SCIENTIFIC BOARD PRESENTS
A NEW METHODOLOGICAL APPROACH TO UNCOVER INSIGHTS & SOLUTIONS
FOR THE FUTURE OF HUMANITY

By focusing on a holistic approach to investigating the importance of Sustainable Nutrition, the group of interdisciplinary experts for the first time publicly debated key research themes at a keynote symposium at the 2021 IUCN World Conservation Congress, including their first-year study on vegetable oils.

Marseille, France – On Sept 4th the Sustainable Nutrition Scientific Board (SNSB) hosted their first public international symposium at the IUCN World Conversation Congress titled “Sustainable Nutrition: Matching the needs for the future”. There, the group of cross-disciplinary research experts presented and debated the case for taking a new methodological approach to uncovering Sustainable Nutrition solutions for a world expected to be made up of 10 billion people by 2050. **The SNSB aims to contribute to countering the negative effects of a food system that is pushing the planet to the limit.** Indeed, to ensure sufficient safe food for all, as well as sustainably developed products, there is a need for novel approaches that will optimize health and nutritional outcomes whilst respecting the key ecosystems on which the world depends. During the symposium, the SNSB explored key advances and recommendations in rethinking the traditional methodological approach to the intersection between sustainability and nutrition, illustrated research currently underway focused on vegetable oils, and unveiled the questions and approach for the group’s upcoming projects, 100% focused on its key focus: “Sustainable Nutrition.”

Established and supported by Nutella, the SNSB is composed of international experts from a range of intersecting and complementary fields such as environmental science, nutrition, health, food environments as well as epidemiology and foodborne diseases. The SNSB develops research that is independent, holistic and scientifically valid. In fact, any of the Board members can propose a desired research topic, as well as any partner needed to support the work. More information on the individual members can be found here: [LINK](#).

Professor Mario Rasetti, SNSB research coordinator stated *“Our world is going through a turbulent moment that has marked us all. The societal issues highlighted by the pandemic have underscored the importance of driving innovation and rethinking the way we approach many topics. For us, by collaborating with colleagues from across the globe to explore the novel concept of Sustainable Nutrition, our hope is to uncover actionable insights and solutions that will provide sufficient energy and essential nutrients required to maintain a population’s good health while in parallel limiting the consumption of natural and societal resources.”*

The importance of Sustainable Nutrition & a novel approach to research methodology

There is a compelling need for feeding a growing humanity in a healthy and sustainable way as the world’s growing population puts enormous pressures on food and health systems. By taking a look at the cross-section of sustainability and nutrition, the holistic concept of “Sustainable Nutrition” is arguably the only path forward for a prosperous, collective future. But to achieve this ambitious goal, a traditional approach to research can be elevated to fuel innovation. With the help of artificial intelligence and big data, the SNSB argues that researchers can adopt a brand-new research model approach that analyses



complex issues which until now have been taken a look at independently, particularly across the nutrition and environmental sustainability fields. Indeed, these new methodologies – when complementing more traditional ones – will generate a mutually challenging approach which hopes to contribute to the much needed evolution in analysing scientific cause & effect relationships.

The case for vegetable oils

The SNSB's first research project, currently underway and scheduled to be fully published in Spring 2022, leverages on the above innovative methodological approach with the objective to explore the case of vegetable oils and its impact in human nutrition. This is a complex and timely topic as there is a scarcity of important chemical data on all vegetable oils, but especially palm oil. Ultimately, the hope is that the output helps drive collaboration for the evolution of food systems. Highlights explored and presented at IUCN include:

- Taking a deeper look into vegetable oil intake recommendations which are oftentimes linked to saturated fats and cardiovascular health without the support of consistent data.
- Increasing knowledge of vegetable oil oxidative stress markers to improve oil quality and safety parameters.
- The need for objective assessment in vegetable oil production contexts of trade-offs and synergies between social and environmental indicators of the United Nations' 17 Sustainable Development Goals.

In this first research project, the SNSB will also build a "Data Warehouse" which will mine, curate and structure a state-of-the-art database to facilitate the analysis and understanding of correlations and causation between food composition beginning with their chemical scale, and the prevalence of non-communicable diseases in general populations. Topics that inextricably link *sustainability* and *nutrition*.

To read more about the SNSB: www.sustainablenutrition-sb.com.

About the Sustainable Nutrition Scientific Board

Established in 2020, the Sustainable Nutrition Scientific Board is a group of renowned international experts brought together to independently investigate and share the importance of a Sustainable Nutrition approach as a solution for the 2050 needs of Humanity. This concept explores the ability to provide sufficient energy and the essential nutrients required to maintain a population's good health while in parallel limiting the consumption of natural and societal resources. The SNSB has been established and continuously supported by Nutella.

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