

Indigenous Food Systems: linking ecosystems and sustainable diets

Professor Barbara Burlingame
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REVIEW OF KEY ISSUES ON BIODIVERSITY AND NUTRITION

Commission on Genetic Resources for Food and Agriculture (CGRFA)



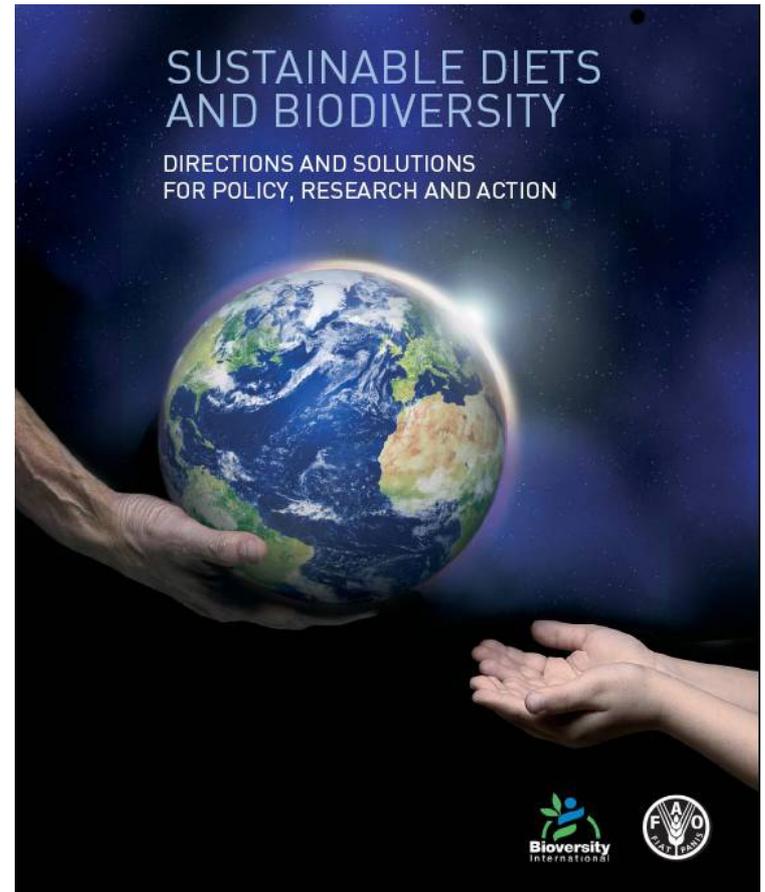
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...recognizing the importance of linking food biodiversity and the environment sector to human nutrition and healthy diets, and of the concept that nutrients in food and whole diets, as well as food, should be explicitly regarded as ecosystem services.

Indigenous food systems are ecosystems

Sustainable Diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.

Source: FAO, 2010

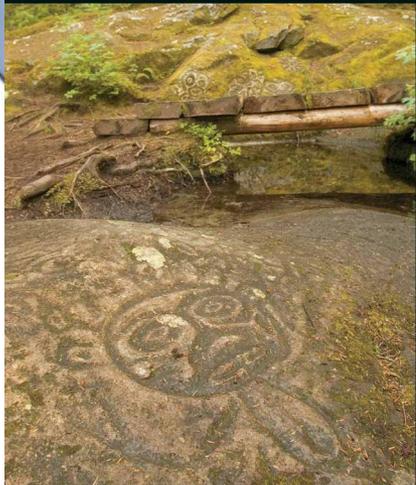





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Indigenous Peoples' food systems:

the many dimensions of culture, diversity and environment for nutrition and health




Indigenous Peoples' food systems & wellbeing

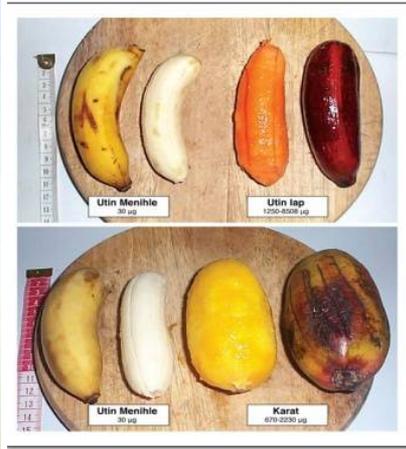
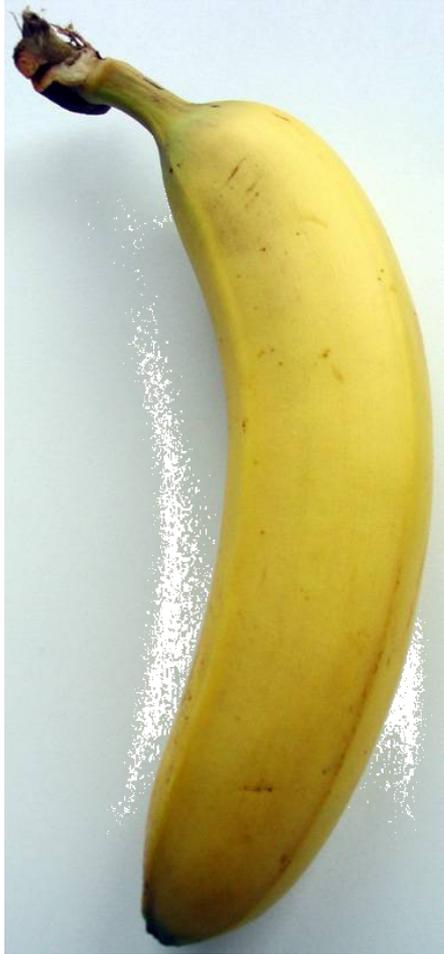
interventions & policies for healthy communities



HARRIET V. KUHNLEIN • BILL ERASMUS • DINA SPIGELSKI • BARBARA BURLINGAME



Bananas and vitamin A



Journal of Food Composition and Analysis 16 (2003) 3–19

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www.elsevier.com/locate/jfca

Original Article

Micronesian banana, taro, and other foods: newly recognized sources of provitamin A and other carotenoids

Lois Englberger^{a,*}, Joseph Schierle^b, Geoffrey C. Marks^a, Maureen H. Fitzgerald^c

^a Nutrition Program, Division of International Health, School of Population Health, University of Queensland, Level 3 Edith Cavell Building, RBH Herston, 4029, QLD, Australia

^b Human Nutrition and Health, Roche Vitamins Ltd, Basel, Switzerland

^c School of Occupation and Leisure Sciences, University of Sydney, Sydney, Australia

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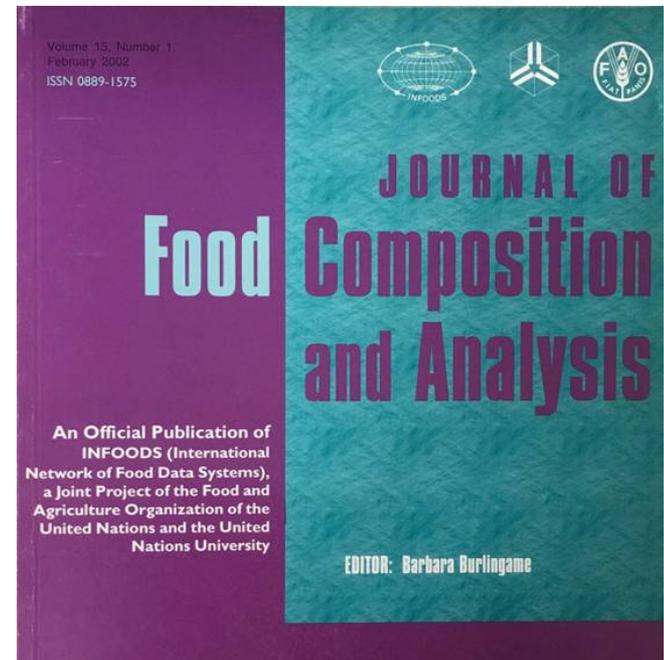


C arotenoids

<5 µg/100 g

C arotenoids

>8500 µg/100 g



Transformational Change

International Code of Marketing of Breast-milk Substitutes (WHO, 1981)

Draft Code of Conduct for Sustainable Diets (FAO, 2010)

- Recognizing that the health of infants and young children cannot be isolated from the health and nutrition of women...

- Recognizing that the health of humans cannot be isolated from the health of ecosystems;

- Conscious that breast-feeding is an unequalled way of providing ideal food for the healthy growth and development...

- Conscious that food is an unequalled way of providing ideal nutrition for all ages and life cycles/stages;

- Recognizing that the encouragement and protection of breast-feeding is an important part of the health, nutrition and other social measures ...

- Recognizing that the conservation and sustainable use of food biodiversity is an important part of human and ecosystem well-being;

- Considering that, when mothers do not breast-feed...there is a legitimate market for infant formula ...and that they should not be marketed or distributed in ways that may interfere with the protection and promotion of breast-feeding;

- Considering that when indigenous food systems are not able to support sustainable diets, there is a legitimate use of supplements, RUTF, and fortificants; and that they should not be marketed or distributed in ways that may interfere with sustainable diets;

- Recognizing further that inappropriate feeding practices lead to infant malnutrition, morbidity and mortality...and that improper practices in the marketing of breast-milk substitutes and related products can contribute to these major public health problems.

- Recognizing that when indigenous food systems are able to support sustainable diets, nutrition programmes, policies and interventions supporting the use of supplements, RUTF, fortificants, and infant formulas are inappropriate and that the marketing of these and related products can contribute to major public health problems.

Key messages

- Research on indigenous food systems can provide the evidence base for programmes, policies and actions for improving public health and sustainable agriculture. Biodiversity and food composition are critical.
- Research on indigenous food systems examines the past to protect the future.
- Remember Small Island Developing States.