

# *Global Conference on Sustainability in Agriculture & Food Systems*

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Abstract of the intervention:

## **Concepts & Indicators to balance Environmental Sustainability and Nutritional Value: we need more than a One-size-fits-all Solution**

Nutritional recommendations based on the planetary boundaries have been proposed for example as part of the EAT–Lancet planetary health diet. Such diets acknowledge clear interlinkages between human health (i.e., nutrition) and planet health (i.e., environment). A range of indicators have been and are being developed to quantify and communicate about the nutritional and environmental aspects of a certain food choice.

In this presentation, our aim is to go beyond the exact and biomedical sciences calculations underlying such nutritional or food based dietary guidelines. Using the national Belgian consumption survey as a case-study, we will demonstrate how the large variability of food choices between citizens and the large variability of actually (partially) reaching nutritional boundaries hampers the effectiveness of a one-size-fits-all dietary guideline. Stimulating a variety of citizen profiles towards choosing a healthy diet respecting planetary boundaries demands that we start looking beyond our academic bubble and strive for an improved food literacy in our societies.