Healthy and sustainable diets - Position statement and briefing paper 2022

Our position

It is the position of Dietitians Australia that to promote human and planetary health, a food system transformation is needed that enables the population to adopt healthy and sustainable diet-related practices.

Background

A healthy and sustainable diet must:

- be nutritionally adequate, healthy and safe,
- have low environmental impact and be protective of natural resources and biodiversity
- be culturally acceptable
- be accessible, economically fair and affordable.

Dietitians Australia acknowledges that it is critical to prioritise Indigenous knowledges in consultation, policy-making and implementation processes to achieve these recommendations.

In facilitating the uptake of healthy and sustainable diets, dietitians are contributing to the transformation of our current food system that is urgently required to nourish present and future generations within planetary boundaries.

In developing this position statement, opportunities for future research have been identified including those to advance the professions' capacity to improve environmental sustainability

outcomes across all areas of practice.

To achieve a population-level shift towards this diet, Dietitians Australia recommends:

- the development of a National Food and Nutrition Strategy which honours Indigenous knowledges on food systems
- the integration of sustainability principles in Australia's dietary guidelines
- the reorientation of our food environment to prioritise access to healthy and sustainable foods
- investment in capacity building activities to equip the current and future nutrition and dietetics workforce

For more information, read our full position statement and briefing paper.

Get in touch

If you have questions about the position statement or briefing paper, contact us at policy@dietitiansaustralia.org.au