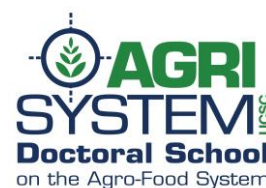




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## The role of human nutrition in sustainable food systems

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### Course Aims

The course aims to explore the role of human nutrition in promoting healthy and sustainable diets, with a focus on nutritional sustainability and its role in supporting balanced dietary patterns, preventing non-communicable diseases, and shaping the food system.

### Methodology

Lectures will be delivered to illustrate the key concepts of the course topic. In-class practical activities, including case studies, will be organized to actively engage PhD students in topics related to the role of nutrition in promoting healthy and sustainable diets.

### Course description

The global burden of malnutrition and non-communicable diseases continues to rise, contributing to about 22% of all deaths and 15% of disability-adjusted life years attributable to dietary risk factors. At the same time, current dietary patterns are increasing the pressure on the environment, highlighting the interconnected challenges of human health and environmental sustainability. Thus, the quality of a food and a diet should be assessed from a dual perspective: both human and planetary health. This approach ensures an adequate and balanced intake of macronutrients to meet energy and nutrient requirements, ensures sufficient micronutrients and hydration, contributing to a reduced risk of non-communicable diseases related to an unbalanced diet, and, in parallel, accounts for the broader environmental impacts of dietary choices. In this context, well-recognized healthy dietary models play a pivotal role in supporting the transition toward more sustainable food systems, in addition to providing their associated health benefits.

### Recommended texts

Selected scientific publications and documents (guidelines, position papers) provided by the lecturer