

# Program of the Open Virtual Symposium on Environmental Sustainability of Food Systems and Diets, 25 March, 2021

## 9.30-12.30 (EET, Finnish time)

### Session 1: Towards sustainable food systems and diets

- **Opening of the symposium** (*Food Safety Director Sebastian Hielm, Ministry of Agriculture and Forestry, Finland*)
- **Viewing diets through Planetary Health lens – the Helsinki Declaration** (*Research Program Director Jaana Halonen, Finnish Institute for Health and Welfare, THL*)
- **The development of food based dietary guidelines taking sustainability into account** (*Dr. Caroline van Rossum, National Institute for Public Health and the Environment, RIVM, Bilthoven*)
- **Shifting consumer habits towards a diet with more plant-based foods and less animal-based foods – the ongoing SHIFT-DIETS project** (*Dr. Marga Ocké, National Institute for Public Health and the Environment, RIVM, Bilthoven*)
- **Commentary note** (*Research Director Helle Margrete Meltzer, Norwegian Institute of Public Health and Committee member of the Nordic Nutrition Recommendations 2022*)

### Short break

#### Recent activities and results

- **The Nature Step to Welfare (Luontoaskel)** (*Senior Res. Heli Kuusipalo, Finnish Institute for Health and Welfare, THL*)
- **Sustainable diets across socio-demographic groups of the Finnish population (Just-Food)** (*Prof. Xavier Irz, Univ. of Helsinki, Finland*)
- **The role of legumes in diet and health (Leg4Life)** (*Dr. Niina Kaartinen, Finnish Institute for Health and Welfare, THL*)
- **Commentary note:** (*Res. Prof. Minna Kaljonen, Finnish Environment Institute*)
- **General discussion**

### Break 12:30-13:15

## 13:15 – 15:30 (EET, Finnish time)

### Session 2: How to best assess the nutritional quality of sustainable protein sources?

- **Opening of the Session**
- **State-of-the-art methods to assess protein bioavailability *in vivo*** (*Prof. Claire Gaudichon, INRA, Paris*)
- **Can we apply *in vitro* digestibility methods to evaluate the nutritional quality of plant and animal proteins?** (*Research Director, Dr. Didier Dupont, INRA, Rennes*)

### Short break

- **Analytical methods to compare the quality of plant and animal-based protein sources** (*Dr. rer. nat. Lotti Egger, Agroscope, Bern*)
- **General discussion**
- **End of the Symposium**