

Healthy and sustainable diets: synergies and trade-offs
26-28 June 2023, with optional diet-modelling on June 29.
Wageningen, the Netherlands

Preliminary Programme VLAG Graduate Course

Monday June 26, 2023

B0621

Afternoon

- 13.00-13.30 **Welcome & Registration**
- 13.30-14.30 **Welcome, acquaintance, course objectives**, Pieter van 't Veer, Wageningen University & Research, NL
- 14.30-15.30 **KEYNOTE 1: Factors influencing food waste in household**, Liisa Lähteenmäki, Aarhus University, DK
- 15.30-16.30 **Breakout & feedback session**: This is to prepare the panel discussion on Tuesday. Small groups identify key issues on healthy and sustainable diets (30 min), followed by plenary presentation and formulating propositions to be discussed by the panel.
- 16.30-17.30 **SHARP diets – mathematical methods for balancing/optimizing nutrient intake, sustainability (and other) outcomes** (e.g., linear programming, weighing the attributes (indicators), Argyris Kanellopoulos, Wageningen University & Research, NL
- 17.30- **Course drinks and dinner**

Tuesday June 27, 2023

Morning

- 8.30-9.30 **Food choices and sustainability**, Elisabeth Temme, RIVM, NL
- 9.30-11.30 **Computer-assisted case study**: in groups of two, students work on a number of assignments in Excel, first studying diet optimization from a single parameter (nutrient intake/GHG emission), followed by multidimensional optimization (using ready-made Excel document, so participants only have to apply this, not develop this), Kasper Hettinga, Wageningen University & Research, NL
- 11.30-12.30 **Finalize case study**: Interpret the results of the case study calculation. What is the meaning/implication of the outcomes of the calculations? What did you learn about optimizing diets? Kasper Hettinga, Wageningen University & Research, NL

12.30-13.30 **Lunch break**

Afternoon

13.30-14.30 **KEYNOTE 2: Do claims make healthy products healthier and unhealthy products less unhealthy?**, Liisa Lähteenmäki, Aarhus University, DK

14.30-15.30 **A case study on sustainable and healthy diets: the SHARP-model**, Sander Biesbroek, Wageningen University, NL.

15.30-16.00 Break

16.00-16.30 **Pitches by food system stakeholders** (NGO, food producer, health domain).

16.30-17.30 **Discussion with stakeholders** on balancing requirements from social, ecological, nutritional and economic perspectives in working towards healthy and sustainable diets.

Wednesday June 28, 2023

Morning

8.30-9.30 **KEYNOTE 3:** to be announced

9.30-10.30 **Towards circular sustainable food systems**, Hannah van Zanten, Wageningen University & Research, NL

10.30-11.30 **Breakout and feedback session:** formulate your future ambitions, and your take-home messages from this course (in small groups), present, defend, discuss.

11.30-12.30 **Closing lecture: Foresight of the EU Food system. Implications of production and health base scenario's**, Thom Achterbosch, Wageningen University & Research, NL

12.30-13.30 **Lunch break**

Optional one-day extension: Noon June 28 to Noon Thursday June 29, 2023

This extension aims to deepen insight in diet-modelling techniques.

It includes computer exercises on different diet-models and using data provided by the course faculty.

Faculty: Kasper Hettinga, Argyris Kanellopoulos, and Sander Biesbroek

Wednesday June 28, 2023

Afternoon

13.30-17.30 **Diet modelling practical exercises and support.**

Thursday June 29 , 2023

Morning

8.30-11.30 **Diet modelling practical exercises and support.**

11.30-12.30 **Closing session**