

## **Ambitious plan for Scotland to be eating healthier food with less diet-related diseases by 2025**

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A "nationwide movement for change" should be established to transform attitudes towards food in Scotland, a report says.

The Food Commission has set out key areas to be addressed for the country to become a good food nation by 2025.

In an interim report to the Scottish Government, the commission's chairwoman Shirley Spear said everyone in Scotland should have ready access to healthy, nutritious food, that diet-related diseases in Scotland should be in decline, and that the environmental impact of food consumption and production should be reduced.

She also recommended that food companies should be "a thriving feature of the economy and places where people want to work", and that everyone in Scotland should take "a keen interest in their food, know what constitutes good food, value it and seek it out whenever they can".

Ms Spear said: "This movement for change must include everyone and be developed at every single level - no single section of our population is blameless and everyone should look towards improving their own food choices and assisting others to do the same."

A report last week from Obesity Action Scotland (OAS) criticised slow progress in tackling obesity, despite a 2010 government strategy aimed at addressing the problem.

Environment Secretary Richard Lochhead said: "We need ambition from our food, drink and hospitality industries to tackle the challenges of health, sustainability and economic prosperity, and support Scotland to become a good food nation.

"That is what the Food Commission is asking of the sector and I wholeheartedly support this call. This extends to supermarkets, food service and retailers to promote and serve delicious Scottish ingredients, and to the public themselves to embrace the changes."

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[http://www.heraldscotland.com/news/14307762.Ambitious\\_plan\\_for\\_Scotland\\_to\\_be\\_eating\\_healthier\\_food\\_with\\_less\\_diet\\_related\\_diseases\\_by\\_2025/](http://www.heraldscotland.com/news/14307762.Ambitious_plan_for_Scotland_to_be_eating_healthier_food_with_less_diet_related_diseases_by_2025/)