



Towards a transformation in nutrition policy: Lessons from Brazil



Date: 30 June 2016

Time: 10.00-12.00

Venue: 6th floor staff room, Chrystal Macmillan Building, 15A George Square, Edinburgh, EH8 9LD
([map](#))

In 2014, the Brazilian government introduced world-leading new dietary guidelines that extend beyond the traditional confines of nutrition policy to engage with environmental sustainability and the social and cultural dimensions of food. The guidelines categorise foods according to the extent of processing rather than with reference to nutrients, encouraging fresh and minimally processed foods eaten at home and actively discouraging consumption of ultra-processed foods and drink products. They therefore constitute a powerful challenge to key parts of the food industry, and their development has entailed actively engaging with questions of conflict of interest in food policy.

This seminar provides an opportunity to discuss the Brazilian experience and its lessons for national and international approaches to key public health challenges. It will provide an opportunity to hear from two central figures in nutrition research and policy:

- Inês Rugani, Associate Professor at the Nutrition Institute, State University of Rio de Janeiro
- Fabio Gomes, Advisor on Nutrition and Physical Activity, Pan-American Health Organization/ World Health Organization.