

Finding the Sweet Spot When it Comes to Sustainability

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This Morning

- Updates
 - World Health Organization Sweetener Guidance
 - WH Conference on Hunger, Nutrition and Physical Activity
- Today's main topic: Dietary Guidance and Sustainability
 - The convergence of nutrition and the environment
 - Introduce Jack Bobo to speak
 - Q&A



World Health Org: Draft Guidance on Use of Non-Sugar Sweeteners (July 15)

Background:

- Since the release of WHO's added sugars guidance in 2015, interest in non-sugar sweeteners (NSS) increased – making it important for WHO to systematically review the evidence on NSS

Draft conclusions:

- WHO suggests that NSS not be used as a means of achieving weight control or reducing risk of noncommunicable diseases (conditional recommendation).
-conclude that the lack of evidence to suggest that NSS use is beneficial for body weight or other measures of body fatness over the long term, together with possible long-term undesirable effects in the form of increased risk of death and disease, outweigh any potential short-term health effects resulting from the relatively small reductions in body weight and BMI observed in randomized controlled trials.





BRIEFING ROOM

White House Announces Conference on Hunger, Nutrition and Health in September

MAY 04, 2022 • STATEMENTS AND RELEASES

The first White House Conference on Food, Nutrition and Health in 1969 was a pivotal event that influenced the country's food policy agenda for the next 50 years. The President sets out to do the same with this year's Conference.

The Biden-Harris Administration has set a goal of ending hunger and increasing healthy eating and physical activity in the U.S. by 2030 so that fewer Americans experience diet-related diseases, such as diabetes, obesity, and hypertension.

White House Conference Pillars

- Pillar 1: Improve Food Access and Affordability
- Pillar 2: Integrate Nutrition and Health
- Pillar 3: Empower All Consumers to Make and Have Access to Healthy Choices
- Pillar 4: Support Physical Activity for All
- Pillar 5: Enhance Nutrition and Food Security Research



One Potential Outcome: Front of Package Labeling

Canada



Mexico



Dietary Guidance and Sustainability

EAT Forum Output (2019)

#3 - National dietary guidelines are an opportunity for policymakers to support coherent food and agriculture priorities aligned with the Paris Agreement and Sustainable Development Goals.

The national dietary guidelines of G20 countries are inconsistent in their dietary recommendations, and few integrate both health and environmental sustainability.

Food is the single strongest lever to optimize human health and environmental sustainability on Earth.

Summary Report of the EAT-Lancet Commission 2019

OPINION > ENERGY AND ENVIRONMENT

How dangerous must consequences be before US dietary guidelines include sustainability?

BY MARK RIFKIN, MS, RDN, OPINION CONTRIBUTOR - 06/16/22 1:30 PM ET

THE VIEWS EXPRESSED BY CONTRIBUTORS ARE THEIR OWN AND NOT THE VIEW OF THE HILL

2025 Dietary Guidelines Underway: Sustainability in Play



DGA | 2025 DIETARY GUIDELINES ADVISORY COMMITTEE

Evidence Review

- Scientific Topics**
 - Dietary patterns
 - Ultra-processed foods
 - Beverages
 - Added sugars
 - Saturated fat
 - Behavioral strategies
 - Weight management
- Health Outcomes**
 - Overweight and obesity
 - Cardiovascular disease
 - Type 2 diabetes
 - Cancer
 - Neurocognitive health
 - Sarcopenia
 - Bone health
 - All-cause mortality
 - Pregnancy and infant health outcomes
- Approaches**
 - Systematic reviews
 - Data analysis
 - Food pattern modeling

The Committee will incorporate health equity principles and use a life stage approach across its review.

There are two topics not on the list of questions to be examined by the 2025 Dietary Guidelines Advisory Committee that will be addressed in separate processes.

- Alcoholic beverageswill be examined in a separate effort led by HHS Agencies that support work on this topic.
- **Sustainability and the complex relationship between nutrition and climate change is an important, crosscutting, and high priority topic that also requires specific expertise. HHS and USDA will address this topic separate from the Committee’s process to inform work across the Departments.**



Sugar's Place in a Sustainable Diet: What do we Know?

Table 5: Climate impact from primary production of food: Low, Medium, and High CO₂e values per kg edible weight.

*NB Palm oil can in principle have a low climate impact due to the high efficiency of its production. However, the rise of demand for palm oil has been associated with deforestation, which affects biodiversity and raises the climate impact of palm oil.

Low < 1 kg CO ₂ e/kg	Medium 1-4 kg CO ₂ e/kg	High > 4 kg CO ₂ e/kg
Field vegetables Root vegetables Greenhouse vegetables (heated with renewable resources) Potatoes Beans, peas, lentils Cereals Pasta Bread Fruits, local (apples, pears) Vegetable oil (palm*, coconut) Sugar	Poultry Greenhouse vegetables (heated with fossil fuels) Rice Fish Vegetable oil (olive, rape) Sweets Snacks Fruits (bananas, melons) Vegetables imported from a far distance Wine Eggs Milk, yoghurt	Beef Lamb Pork Cheese Tropical fruits and vegetables transported by air Butter



Sustainable Diet

Sustainable diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.

FAO, 2010, Sustainable Diets and Biodiversity

Healthy Diets From
Sustainable Food Systems

Food Planet Health

Summary Report of the EAT-Lancet Commission 2019



“Transformation to healthy diets by 2050 will require substantial dietary shifts. ***Global consumption of fruits, vegetables, nuts and legumes will have to double, and consumption of foods such as red meat and sugar will have to be reduced by more than 50%.*** A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits.”



Prof. Walter Willett MD

Harvard T.H. Chan School of Public Health

	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
 Whole grains Rice, wheat, corn and other	232	811
 Tubers or starchy vegetables Potatoes and cassava	50 (0-100)	39
 Vegetables All vegetables	300 (200-600)	78
 Fruits All fruits	200 (100-300)	126
 Dairy foods Whole milk or equivalents	250 (0-500)	153
 Protein sources Beef, lamb and pork	14 (0-28)	30
Chicken and other poultry	29 (0-58)	62
Eggs	13 (0-25)	19
Fish	28 (0-100)	40
 Legumes	75 (0-100)	284
Nuts	50 (0-75)	291
 Added fats Unsaturated oils	40 (20-80)	354
Saturated oils	11.8 (0-11.8)	96
 Added sugars All sugars	31 (0-31)	120

Summary Report of
the EAT-Lancet
Commission 2019

How sugar taxes can benefit both human and planetary health

🕒 JULY 25, 2022

Reducing sugar consumption to achieve climate and sustainability goals

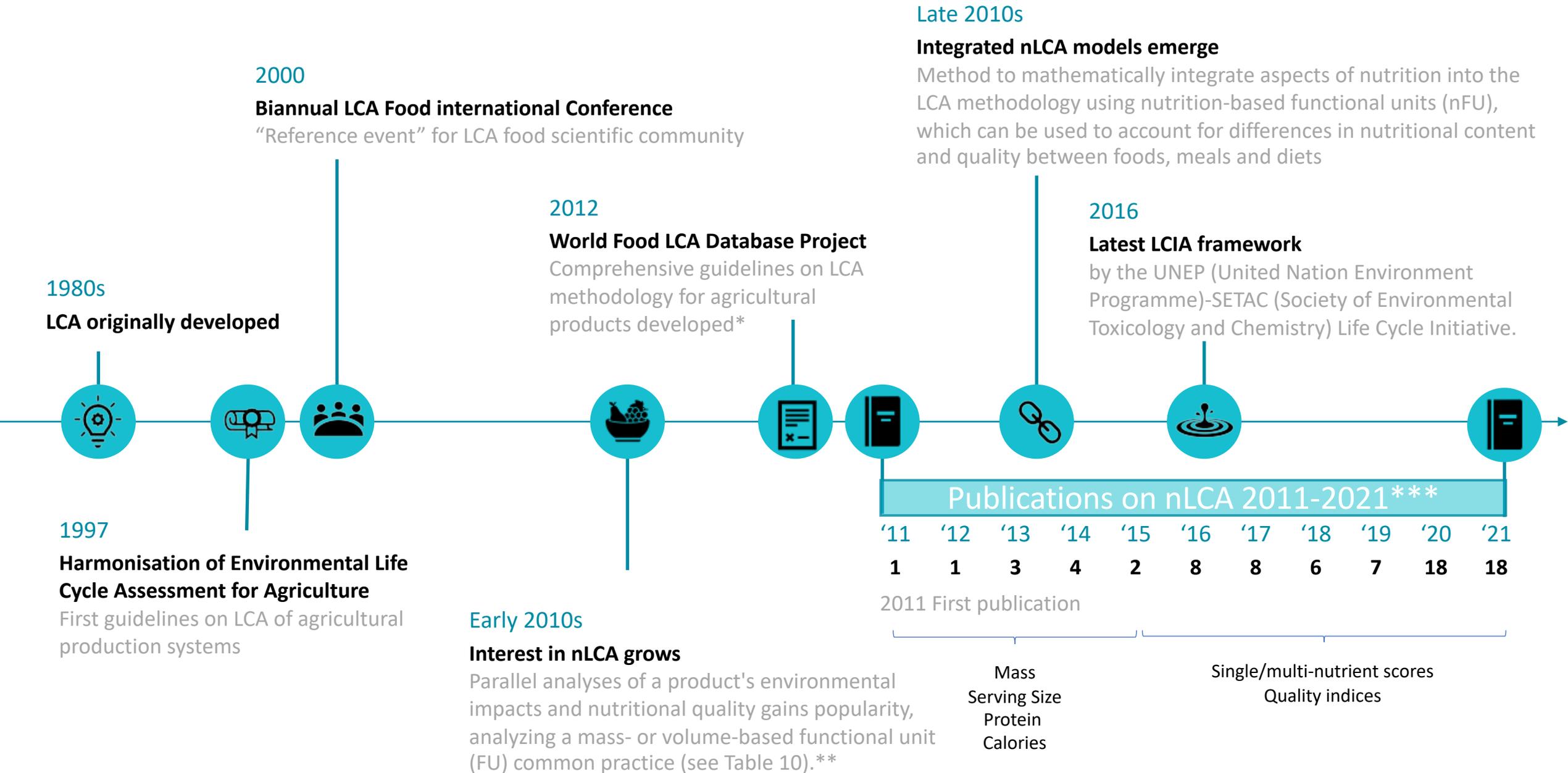
by Autonomous University of Barcelona

"For sustainability policies to be both efficient and effective, we must consider the full impact across the three—environmental, social, and economic—pillars. Changing how we use sugar crops presents an appealing strategy from this perspective as sugar is arguably the least efficient crop to be used as food, apart even from its negative health impacts; moreover, it is the most efficient crop for biofuel from a net energy perspective," states Lewis King, ICTA-UAB researcher and first author of the article.

<https://phys.org/news/2022-07-sugar-consumption-climate-sustainability-goals.html>



Nutrient LCA Research Timeline



Denmark Moving Forward

The Official Dietary Guidelines

– good for health and climate



Ministry of Food, Agriculture
and Fisheries of Denmark
Danish Veterinary and
Food Administration

Danish official dietary guidelines include CO2 emissions for first time

By Oliver Morrison [↗](#)

12-Jan-2021 - Last updated on 12-Jan-2021 at 15:59 GMT

COMMENT | April 26, 2022

Denmark to introduce voluntary climate labelling ahead of a planned EU-wide roll out

The announcement of climate labelling on food appears to be a conscious directive to instil social responsibility at the heart of Danish consumption.

According to a report by the Danish Council on Climate change, the average Dane can reduce the environmental impact of their diet by 31-45 percent if they follow Denmark's dietary guidelines.

Global Momentum for Sustainability Labeling

Codex eyes possible sustainability labeling standards for foods

Joan Murphy, Senior Editor

With sustainability gaining traction for shoppers and food companies, a Codex labeling committee has agreed to take the first stab at whether to draft a possible harmonized standard for sustainability labeled foods.

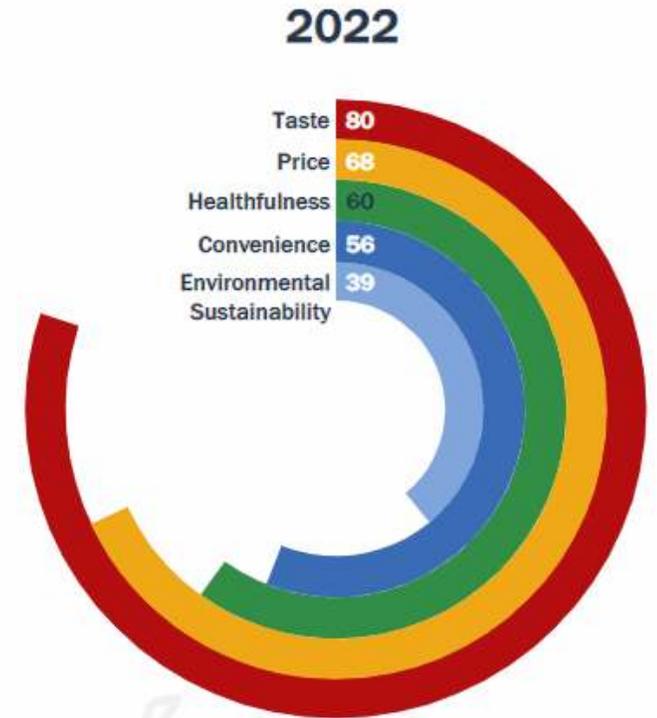
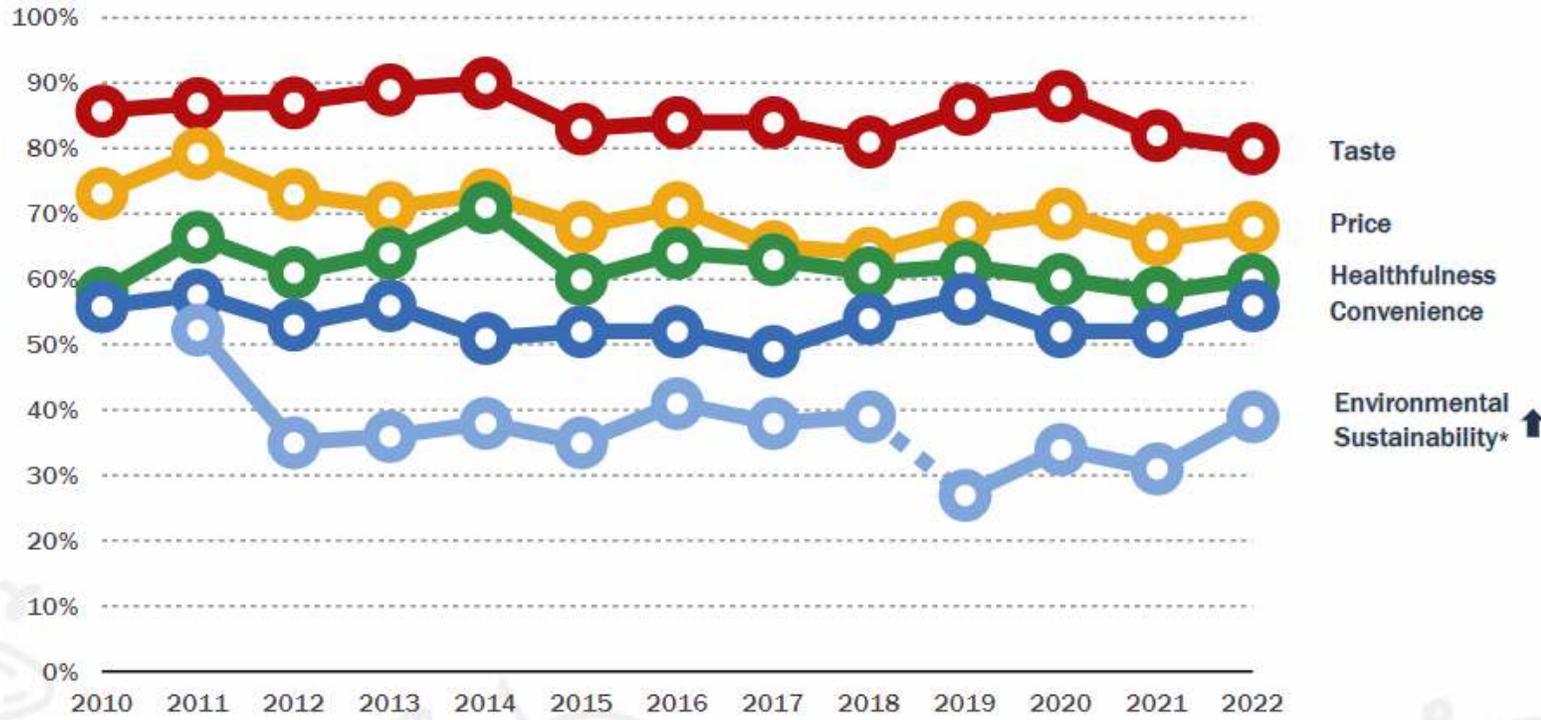
According to a Codex circular letter, “Increasing global awareness on sustainability, including the impacts of climate change and the need to preserve our natural resources, has resulted in a focus on providing consumers with greater information on the sustainability of food products. The conclusion of the UN Food Systems Summit in September 2021 reinforced the importance of sustainability and the need for consumers to be making purchases with a sustainability lens.”

The effort will likely surface at the next CCFL meeting in Ottawa, Canada in 2023.

The importance of environmental sustainability has increased in 2022

Although it still ranks below other purchase drivers, 4 in 10 say environmental sustainability has an impact on their decision to buy certain foods and beverages

Purchase Drivers Over Time
(% 4-5 Impact out of 5)



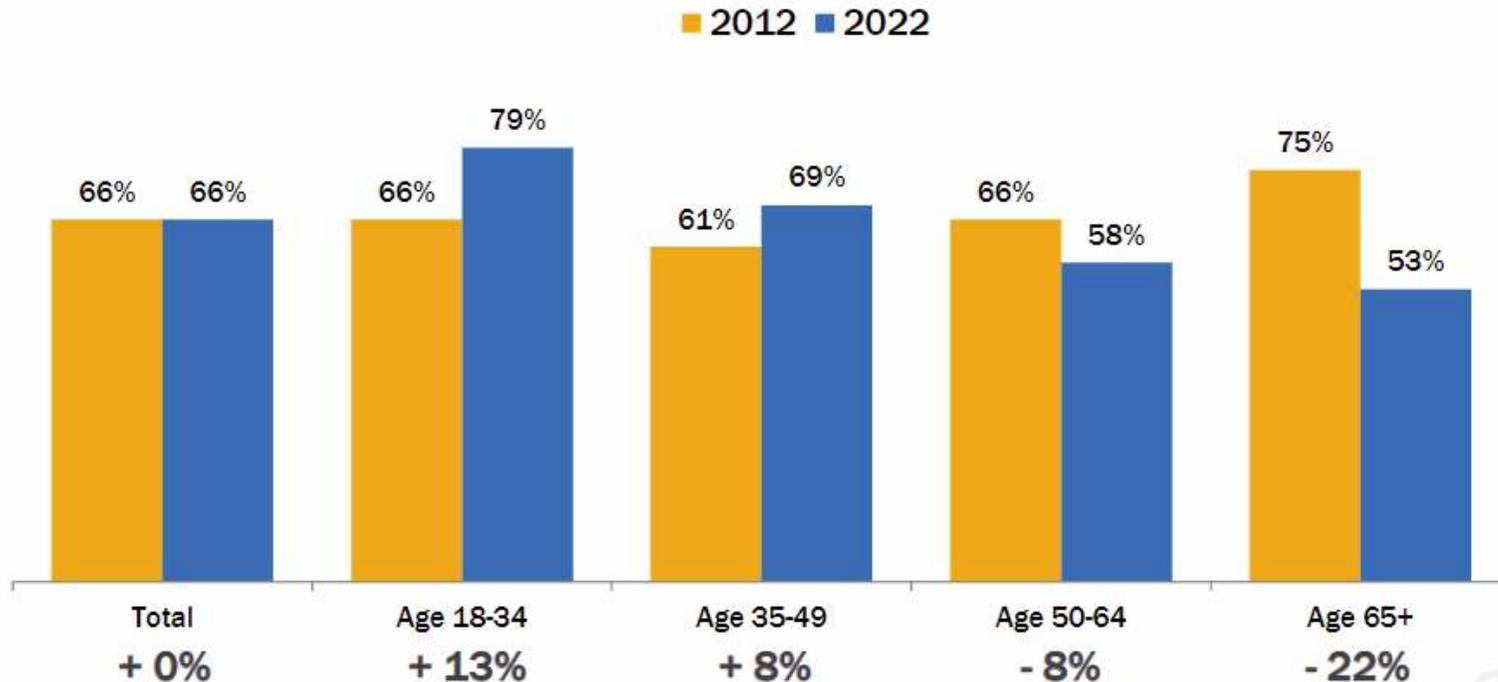
[TREND] Q6 How much of an impact do the following have on your decision to buy foods and beverages? SUMMARY: TOP 2 (Great Impact/Somewhat of an Impact); (n=1,005)

*Prior to 2019, Environmental Sustainability was addressed as "Sustainability"

While attention to sustainability looks flat vs. 2012, big shifts have occurred by age

Younger consumers are now much more likely to consider sustainability, while older consumers are significantly less likely to consider it

Has Given Thought to Whether Foods and Beverages are Produced in a Sustainable Way: 2012 vs. 2022



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Positioning Sugar as Part of a Sustainable Diet



Tell our story to shape their story



Be part of the conversations



Be proactive – voluntary measures are the best kind



Make progress – show progress



Collect and use data



Must promote sugar in balance/moderation



Must educate on why sugar is in foods

SAI Discovery Project: Lifecycle Assessments and Nutrition

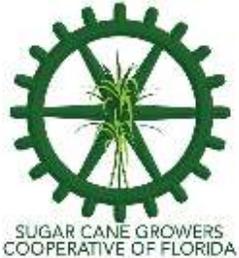
- **Issue:** Integrating sustainability into nutrition policy has been discussed for several years but questions remain as to whether the methodology is there yet – or will ever be there.
- **Purpose:** Identify available literature describing nutrition and sustainability to determine if there is a methodology that is rising above others.
- **Findings:** Key report from FAO published in November 2021 largely answered the question of how many nLCAs currently exist and how far along the science is.
 - The science is new – first nLCAs developed in 2010s
 - There are many way to conduct nLCAs
 - There are 18 functional units (primary way to compare foods) used across existing nLCAs
 - This includes 5 different ways to utilize Nutrition Rich Food Indices
 - Results of nLCAs, and LCAs, are specific to the functional unit used (e.g. using calories as the functional unit does not describe nutrition beyond energy intake)
 - It is difficult to assess impact of both nutrients to encourage and nutrients to limit using the same functional unit
 - Added sugars are difficult to include in nLCAs due to difficulty in measuring/lack of data
 - Further research is needed on:
 - Treatment of nutrients to limit
 - How to capture food functionality beyond nutrient content (e.g. impact of sugar in food waste reduction)
 - Minimum data requirements for an acceptable nLCA

[Integration of environment and nutrition in life cycle assessment of food items: opportunities and challenges](#)



the Sugar association

Established in 1943, our members are U.S. sugar beet and cane growers, processors and refiners.



The Sugar Association is the scientific voice of the U.S. sugar industry. We make a difference by responsibly supporting scientific research and sharing our knowledge to enhance consumer understanding and confidence in the role that sugar plays in a nutritious, balanced and enjoyable diet.