Impuls zur Ökologischen Ernährung

The organic diet concept

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and 25 colleagues from 20 other countries
The problems are

Decrease in Biodiversity

Increase in weight

Sustainable production and consumption?

Organic? Organic!
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.

Diets link sustainability and health

A dynamic health concept
We think that the organic food system may offer an example of comparing and combining both sustainable production and consumption patterns within one system.
Key indicators for the organic food system worldwide 2011 (by Willer et al. 2013)

162 countries have data on organic agriculture (2010: 160 countries).

37.2 million hectares of agricultural land are organic (1999: 11 million).

In 10 countries more than ten percent of the farmland is organic (2010: 7 countries).

1.8 million producers were reported (2010: 1.6 million).

The global market reaches 62.8 billion US dollars.

86 countries have an organic legislation.

Organic is a worldwide food system

The system goes from vision to principles and from principles to metrics
The organic food quality model

Sustainability
- Process
  - Impact on environment
  - Impact on society
  - Soil
  - Atmosphere
  - Carbon-foodprint

Organic milk quality

Health
- Product
  - Enjoyment
  - Vital qualities
  - Sensory attributes

Aspects
- Criteria
- Indicators
- Parameters
  - Profile
  - Triangular-test
  - Simple description
Organic regulation impacts animal welfare and milk quality

Yield (-0.90, ±0.26)

MUFA (-0.35, ±0.15)

C18:0 (-0.38, ±0.23)

C18:1 n-9 (-1.44, ±0.32)

C18:2 n-6 (-0.71, ±0.2)

n-6 (-0.53, ±0.14)

Tend to conventional group

Fresh forage (0.92, ±0.41)

Fat content (0.21, ±0.18)

Protein content (0.56, ±0.24)

SFA (0.31, ±0.15)

PUFA (0.18, ±0.15)

ALA (1.74, ±0.16)

n-3 (0.84, ±0.14)

CLA9 (0.68, ±0.13)

VA (0.51, ±0.16)

EPA (0.42, ±0.23)

DPA (0.71, ±0.3)

α-tocopherol (0.44, ±0.62)

β-carotene (0.49, ±0.61)

Tend to organic group

(Palupi et al. 2012)
If “diets shape food systems and food systems shape diets” how would (how does) the Organic Food System shape a diet?
Developing Organic diet concept

- Principles
- Adaptations
- Verification
- Methods
- Recommendations
- Adaptations
- Regions
- Best practice
- Frame, linkage
- Best practice
- Goal for development
- Methodology

IFAM

INTERNATIONAL FEDERATION OF ORGANIC AGRICULTURE MOVEMENTS
<table>
<thead>
<tr>
<th>Structure</th>
<th>Responsibility/Acronym</th>
<th>Deliverables</th>
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<tr>
<td>Framework</td>
<td>10 YFP</td>
<td>Goal: Shaping food consumption and production more sustainable</td>
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<tr>
<td>Programme</td>
<td>SFSP</td>
<td>Platform: Bringing initiatives together, develop tools</td>
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<tr>
<td>Sub-Programme</td>
<td>OFSP</td>
<td>Model: Improving food systems by elaborating organic as best practice</td>
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<tr>
<td>Concept</td>
<td></td>
<td>Living Lab: Developing, testing and implementing organic as healthy and sustainable diets</td>
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<tr>
<td>Projects</td>
<td>OD</td>
<td>Tools: Concept development, public meals, improving local food systems, processing</td>
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Thank you for your attention

Let`s go for a sustainable FOOD SYSTEM!