

SUSTAINABLE DIETARY PATTERNS

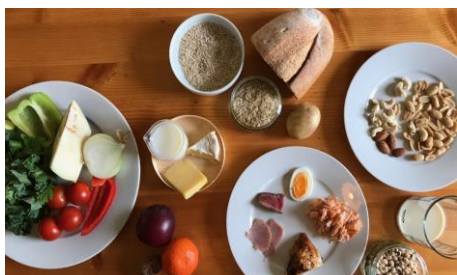
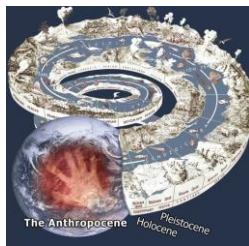
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The lecture presents an overview of the role of Human activities related to the food system to transgression of geochemical planetary boundaries. In addition, the new “Planetary healthy diet” is described, while providing supportive evidence on its role in decreasing environmental footprints while ensuring health promotion and disease prevention. Different measures of adherence to the proposed planetary healthy diet will be presented as well as the affordability of the diet in the coming future globally. Proposed dietary changes toward a planetary healthy diet across the life cycle will be also presented. Finally strategies to implement the diet at the national and global level will be highlighted.



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Dr. Leila Itani is an Assistant professor at the Nutrition and Dietetics Department at Beirut Arab University holds a PhD in Education from the Lebanese University focusing on Nutrition Education curricula in Lebanon, a MSc. Degree in Nutrition and a BSc degree in Environmental Public Health from the American University of Beirut. She has been actively involved in nutrition-related research since 2009. Her research activities has focused on obesity concentrating on its determinants and outcomes namely dietary intake patterns as well as health outcomes including quality of life, cardiovascular outcomes as well as sarcopenic obesity and measures of obesity indicators in addition to development and validation of Nutrition related questionnaires and systematic reviews. She serves as an associate Editorial Board Member in the Journal “Current Rheumatology Reviews”, guest Associate editor in “Frontiers of Nutritional Epidemiology”, Review Editor in “Frontiers of Obesity” and Frontiers in “Nutrition in Adolescents” and “Clinical Nutrition” Her teaching experience since 1989 stems over different Universities in Lebanon Including Lebanese University (LU) and Beirut Arab University (BAU).

<https://eatforum.org/lancet-commission/eatinghealthyandsustainable/>

REFERENCES

Willet Et al, 2019 Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems. Lancet. 2019 Feb 2;393(10170):447-492.