

# Dairy's Role in a Healthy Sustainable Diet

Moderator:

Tammy Anderson-Wise, MS, CAE  
CEO, Dairy Council of California



# Session Objectives



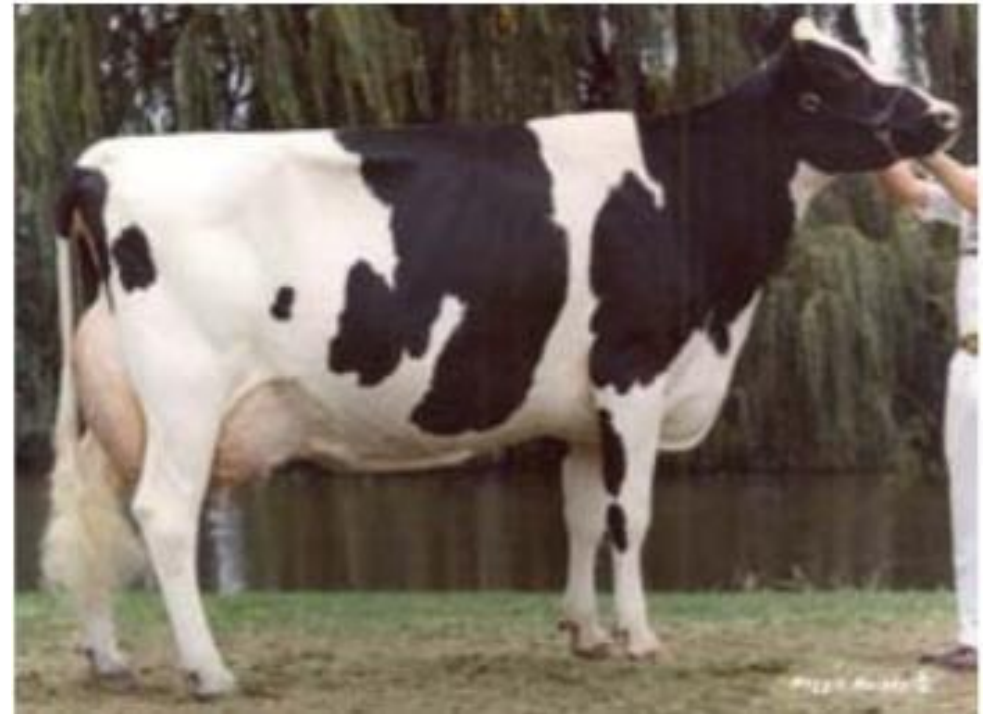
- 1) Explore consumer perceptions and expectations around eating.
- 2) Review the nutrient advantage dairy foods contribute to an affordable, sustainable diet.
- 3) Discuss the capabilities of the different types of sustainable food modeling research.
- 4) Learn what dairy farmers are doing to decrease the environmental burden of producing dairy.

# Climate Change Focus has Shifted

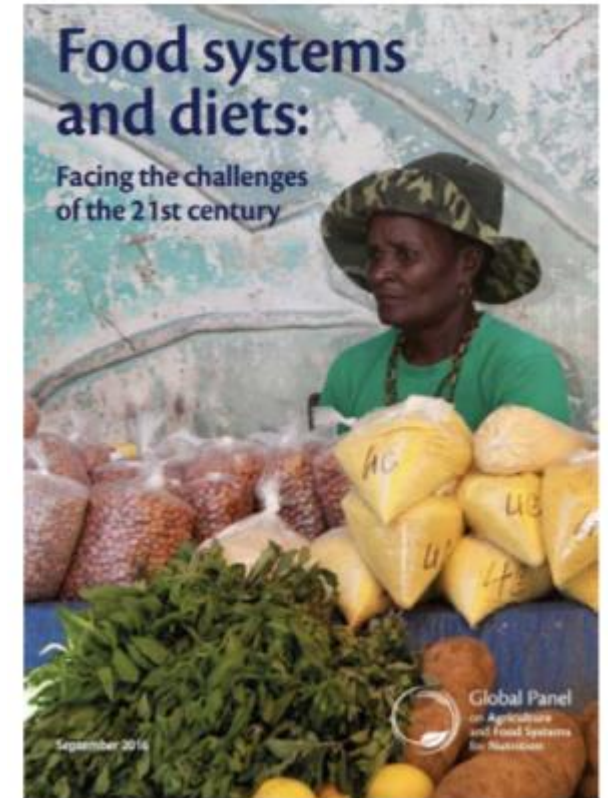
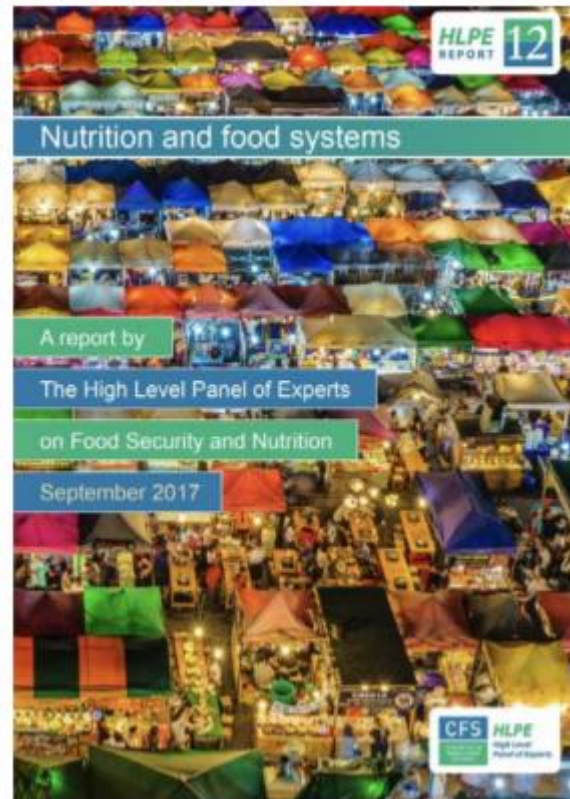
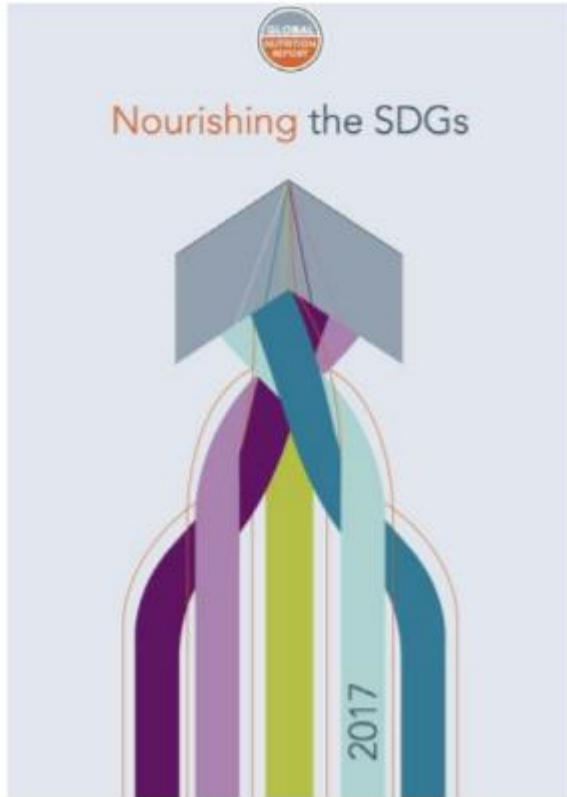
Then



Now



# Multiple reports discuss diets and sustainability issues:





## Meeting


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### Sustainable Diets, Food, and Nutrition: A Workshop

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**When:** August 1, 2018 - August 2, 2018 (9:00 AM Eastern)

**Where:**  National Academy of Sciences Building (Lecture Room) • 2101 Constitution Avenue, NW, Washington, DC 20418

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**Topic** Food and Nutrition

**Activity:** Food Forum

**Board:** Food and Nutrition Board

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The Food Forum of the National Academies of Sciences, Engineering, and Medicine reviewed the current and emerging knowledge on the concept of sustainable diets within the field of food and nutrition. The workshop explored sustainable diets and relevant impacts for cross-sector partnerships, policy, and research. Workshop presenters discussed how sustainable diets influence dietary patterns, the food system, and population and

# Sustainable Diets

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 and Bioversity 2011

## SUSTAINABLE DIETS AND BIODIVERSITY

DIRECTIONS AND SOLUTIONS  
FOR POLICY, RESEARCH AND ACTION



# Dairy's Role in a Healthy Sustainable Diet



**Katie Brown, Ed.D.,  
RDN**  
National Dairy Council



**Marianne Smith Edge,  
MS, RDN, LD, FADA,  
FAND**  
The AgriNutrition Edge



**Cindy Switzer, PhD**  
Schweitzer Consulting LLC



**Lynn Giacomini Stray**  
COO, and co-owner of  
Point Reyes Farmstead  
Cheeses Co