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Role of dietitians in promoting sustainable diets for obesity and co-morbidities

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In the face of escalating obesity rates and a reliance on processed fast foods, exploring sustainable diets gains urgency. This presentation examines the connection between sustainable diets, obesity, and associated co-morbidities while emphasizing the vital role of dietitians in steering individuals toward healthier and more sustainable eating patterns.

Introduction: Rising global obesity and consumption of processed foods contribute to health issues like cardiovascular disease, diabetes, and cancer. This presentation highlights how sustainable diets can address health concerns and mitigate the environmental impact of current eating habits.

Key Points: Impact of Non-Sustainable Diets: Diets high in processed, energy-dense foods lacking essential nutrients lead to overconsumption, poor gut health, adverse health effects, financial strain, and reduced quality of life.

Linking Sustainability and Health: Studies indicate that sustainable diets are linked to positive biomarker changes, suggesting that emphasizing nutrient-rich plant foods and reducing processed items can yield better health outcomes.

Role of Dietitians: Dietitians guide sustainable diets by offering expert advice, education, and support. Their expertise facilitates transitions to sustainable eating, involving goals, education on local produce, cooking skills, and mindful eating.

Psychological Aspects: Dietitians address psychological factors to foster lasting lifestyle changes, acknowledging cultural sensitivity and individual boundaries.

Beyond Medication: Dietitians bridge medical interventions and sustainable diets, considering patients' lifestyles and preferences, and empowering them to set achievable goals.

Audience and Takeaway: This presentation targets health professionals and the food industry, emphasizing that embracing sustainable diets, guided by dietitians, improves health outcomes and reduces reliance on processed foods.

Conclusion: Sustainable diets are crucial for health, environment, and society. Dietitians play a pivotal role in guiding dietary changes, benefiting personal health and the global landscape.

Biography

Nina Saund has had the privilege of working collaboratively within a team focused on making a meaningful impact in the healthcare sector. Before her journey with the NHS, she delved into the world of clinical research, specifically in human drug trials, during her time at the University of Surrey. It was during this period that she had the opportunity to contribute to projects that were shared in collaboration with none other than Harvard University. Her journey has led her to specialize in a diverse range of areas, including oncology, gut health, weight management, food allergies, fussy eating, learning disabilities, and mental health. What truly ignites my passion is taking a holistic approach to healthcare, especially in a community setting. She has found immense satisfaction in devising comprehensive plans that cater to the unique needs of each patient.