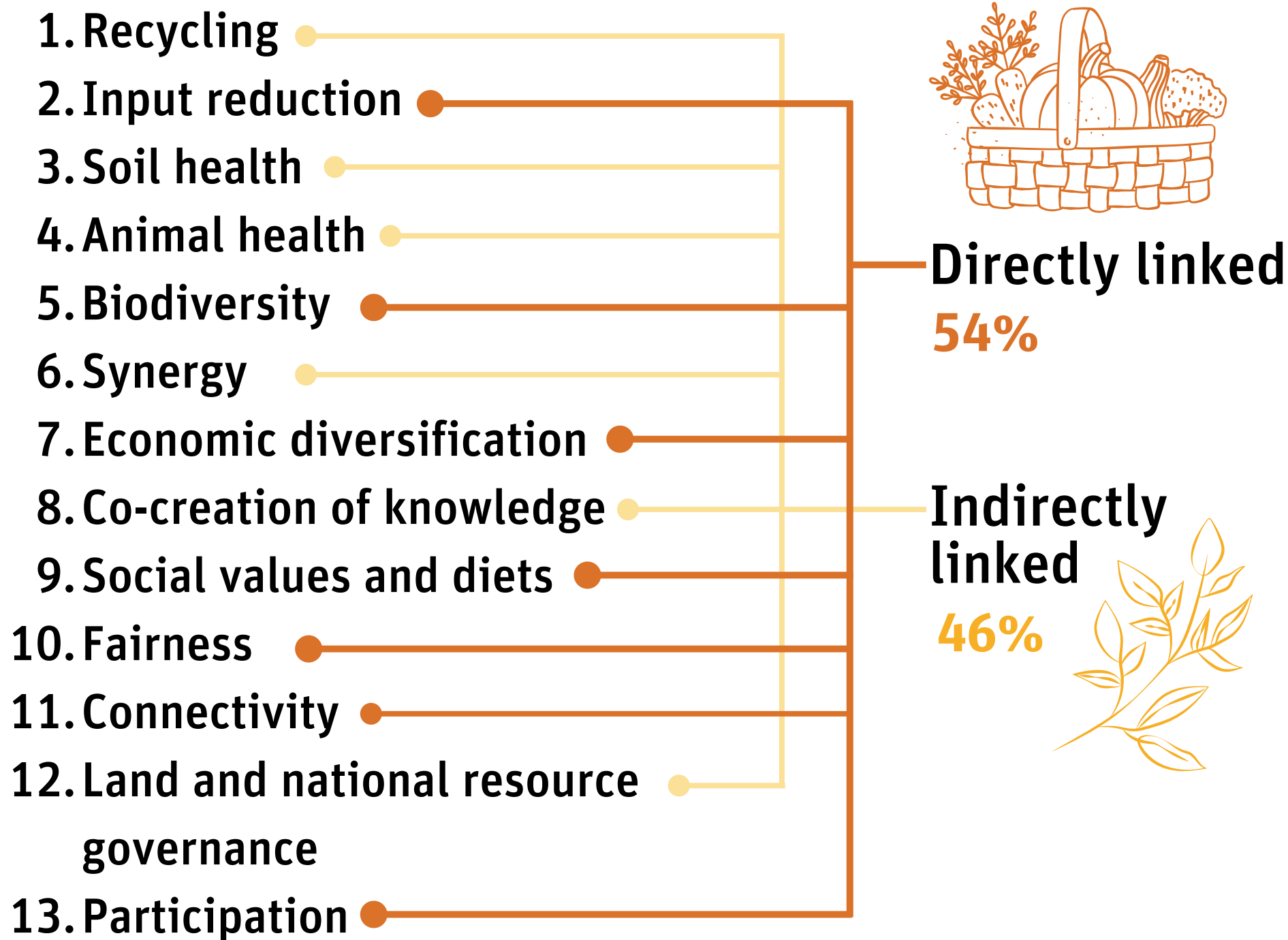


# Are agroecological foods by default nutritious?

Scroll for key findings >



# 13 Principles of Agroecology — and our proposed link to — Nutrition



10. Wezel, A. et al. Agroecological principles and elements and their implications for transitioning to sustainable food systems. A review. *Agron. Sustain. Dev.* 40, 40 (2020).

11. Agroecological and Other Innovative Approaches for Sustainable Agriculture and Food Systems That Enhance Food Security and Nutrition (HLPE, 2019).

**The most apparent link between agroecology and nutrition is made explicit in only **1** of the 13 principles: **social values and diets**, which refers to "healthy, diversified and culturally appropriate diets"**

Many of these principles, however, are linked to the **'food access'** dimension of food security (affordability and physical access to food), and less to the **'food utilization'** dimension

## Food security

- Economic and physical access to food
- Physical availability of food
- Food utilization
- Stability over time

## Agroecology Principles

**Nutrition**

**There are many hidden linkages between agroecology and nutrition that are waiting to be uncovered.**

**What we eat can influence the supply chain, and the need for agroecological practices.**



**Consumer demand**

- Nutrition awareness
- Women empowerment
- Desirability

**Shift in consumption to sustainable healthy diets**

**Shift in production to sustainable food supply**





**Nutrition can serve as a critical outcome and driver of agroecological practices, and can drive transformative change across the food system.**

**7 agroecological principles at plot/farm levels**

### **Sustainable food supply chain**

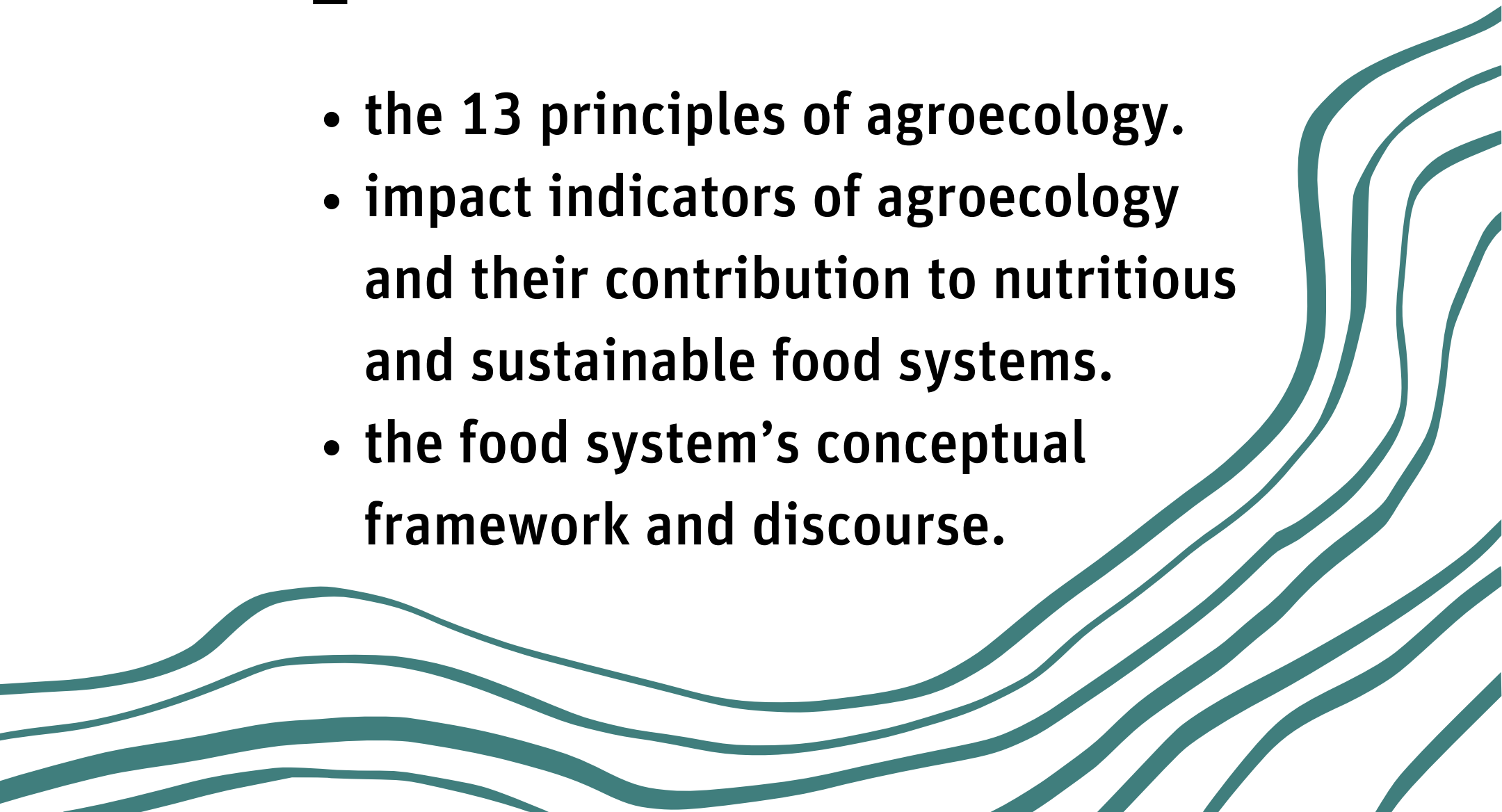
- Produce diverse food in accordance with healthy diet recommendations
- Adopt sustainable farming practices
- Innovate for efficiency in the value chain

**6 agroecological principles at community level**

### **Food security**

- Food availability
- Food affordability
- Nutritional quality & safety
- Food acceptability

# **Nutrition** should be given **greater** **importance** across...

- the 13 principles of agroecology.
  - impact indicators of agroecology and their contribution to nutritious and sustainable food systems.
  - the food system's conceptual framework and discourse.
- 
- The bottom right corner of the slide features several thick, wavy, teal-colored lines that flow from the bottom left towards the top right, creating a sense of movement and organic form.

# Read the commentary

<https://rdcu.be/c02kt>



**NUTRITION** *in*  
**CITY ECOSYSTEMS**