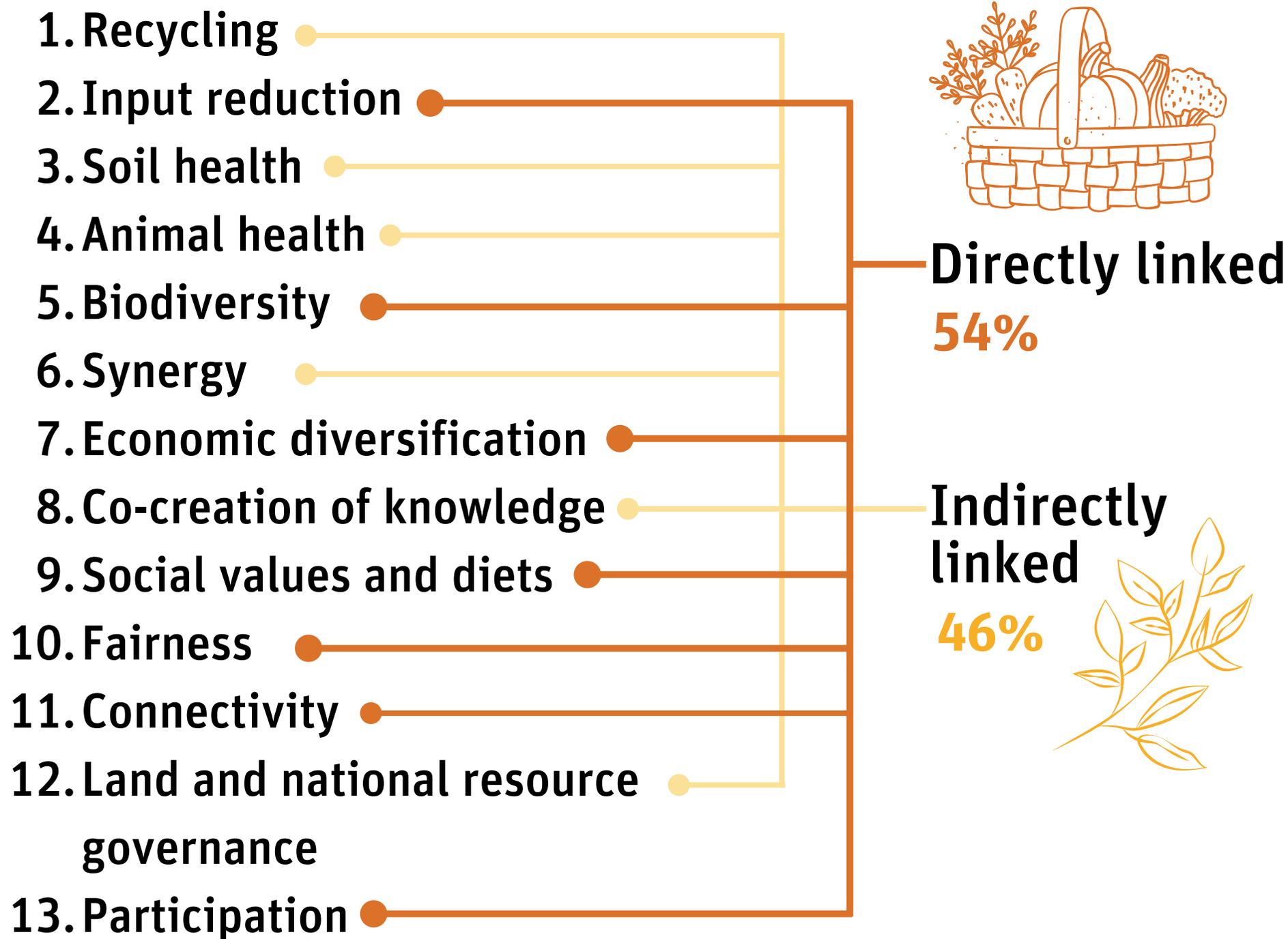


Are agroecological foods by default nutritious?

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

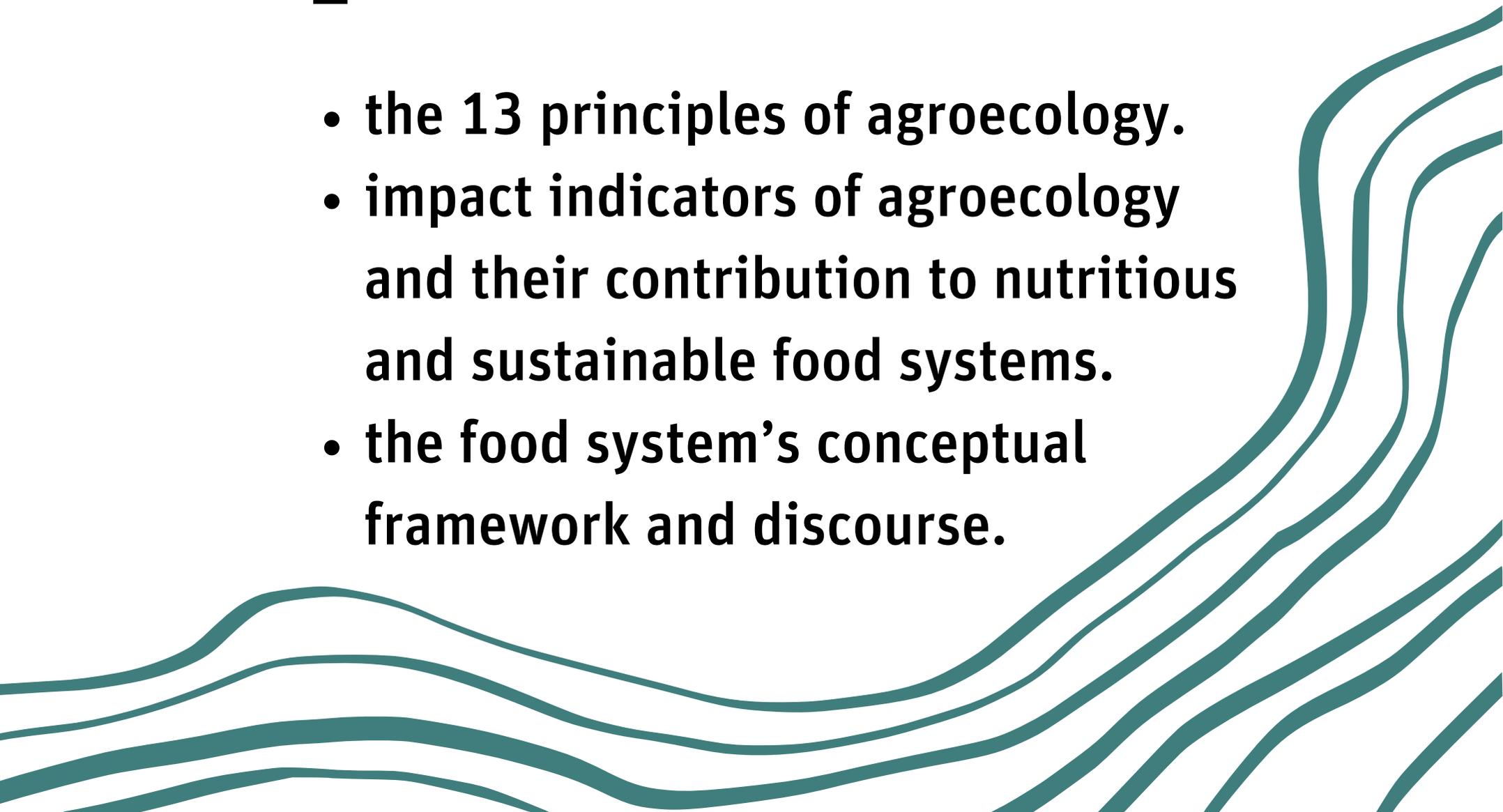
- Produce diverse food in accordance with healthy diet recommendations
- Adopt sustainable farming practices
- Innovate for efficiency in the value chain

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