

Sustainable Food Consumption in Asia



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Dietary Pattern in Asia

Food - nutritional composition

macronutrients



carbohydrates, lipids & proteins



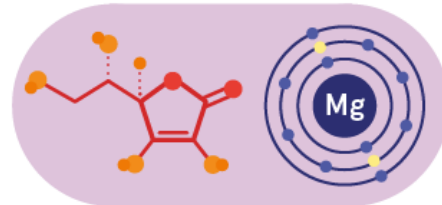
main source
of energy for
the body



needed
in grams
per day

Image source: <https://www.eufic.org/>

micronutrients



vitamins & minerals



essential
to maintain
health



needed mostly
in mg or µg
per day

	Food Supply (kcal/capita/day)			Fat Supply			Protein Supply (g/capita/day)		
EAT Lancet recommended	2500			51.8			209		
Region/Year	2000	2018	% Increase	2000	2018	% Increase	2000	2018	% Increase
South Asia	2390	2550	6.7	46.4	59.2	27.8	57.5	64.5	12.1
East Asia	2818	3152	11.8	76.6	98.8	28.9	84.8	99.7	17.6
South East Asia	2377	2828	18.9	46.1	66.7	44.5	54.9	73.2	33.4

Food Balance Sheet (FAO, 2021)

- ❑ >1/2 of all undernourished people (418 million) live in Asia

The State of Food Security and Nutrition in the World (2021)

- ❑ Food and nutritional security – both under- and over-nourishment remains a challenge to Asia

Dietary Pattern in Asia

- ❑ Intrinsic linkages between dietary pattern and culture
- ❑ Traditional & local → processed & non-local food
- ❑ ↑ consumption of Macro-nutrients (Fats & sugar) → health risks

- ❑ Diversity in dietary pattern across Asia
- ❑ E.g., rise in cost of oil may lead to a reduced consumption of oil in low-income households
 - ❑ *Question?* Is reduced oil consumption good for lower income households where the oil serves as a source of not just calories but nutrients?
 - ❑ *Question?* Would it lead to a shift towards consumption of low-grade oil?
- ❑ Differences between - Lower income households Vs Urban middle class

Transitioning towards healthier diets

1. Fruits and vegetables

- Higher consumption in East-Asia but still low in South Asia

2. Organic food/ natural farming

- Many farming systems are still de-facto organic or uses very minimal synthetic inputs
- Effective management of the environment, local resources (local seed kinds, manure, etc.) - cost-effectiveness – improved accessibility

3. Neglected and Underutilized Food Crops:

- Nutritionally dense, huge health benefits, climate smart, environmentally sustainable, strong cultural linkages

4. Local food:

- Food that suits the local ecosystems- biophysical and socio-economic
- Urban farming

2.5. Traditional food:

- Multiple benefits

Need to create a culture of appreciating traditional and local food

Transitioning towards healthier diets

Enabling environment

☐ Businesses

☐ Policy support

☐ Technology

- Simple, innovative and easily replicable technology

☐ Capacity building and awareness

- traditional foods still part of daily diets of people but some have lost their value
- Redefining traditional food and creating awareness



Thank you