

Dairy products role in the future of healthy and sustainable meals

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Project manager: Ellen Trolle
Institution: Technical University of Denmark, DTU National Food Institute
Collaborators: Anne Vibeke Thorsen, Technical University of Denmark, DTU National Food Institute
Lisbeth Mogensen, Aarhus University, Department of Agroecology

Aim and Description:

With the current focus on sustainability, a great market potential has been identified to reduce the climate impact of food consumption. In the past evaluation of carbon footprint of food, little attention has been paid to the nutrient contents of foods and the total dietary patterns, and Danish data on foods' carbon footprint are not sufficiently developed.

The aims of the current project are to provide novel comprehensive knowledge of healthy sustainable diets that meet the upcoming nutritional recommendations and cause minimal greenhouse gas emissions. The project will develop a novel tool to optimize, simultaneously the nutrient and food intake together with the carbon footprint. The focus will be on the unique nutritional composition of various dairy products and the diets including these dairy products.

The composition of the selected diets is described in order to form the basis for developing future healthy and sustainable meals as well as new and updated data on carbon footprint for foods and their nutrient composition identified by key features of the climate optimized Danish diets meeting the upcoming Nordic Nutrient Recommendations and the upcoming new Danish food based dietary guidelines that will be launched in 2012.

The outcome of the project has a strong international dimension through the common global need to reduce the greenhouse gas emission related to foods. The project will offer the Danish food industry, including the dairy industry with new opportunities for innovation, production and marketing of healthier and more sustainable food products.