



# FAO'S WORK IN NUTRITION

## NUTRITION AND AGRICULTURE

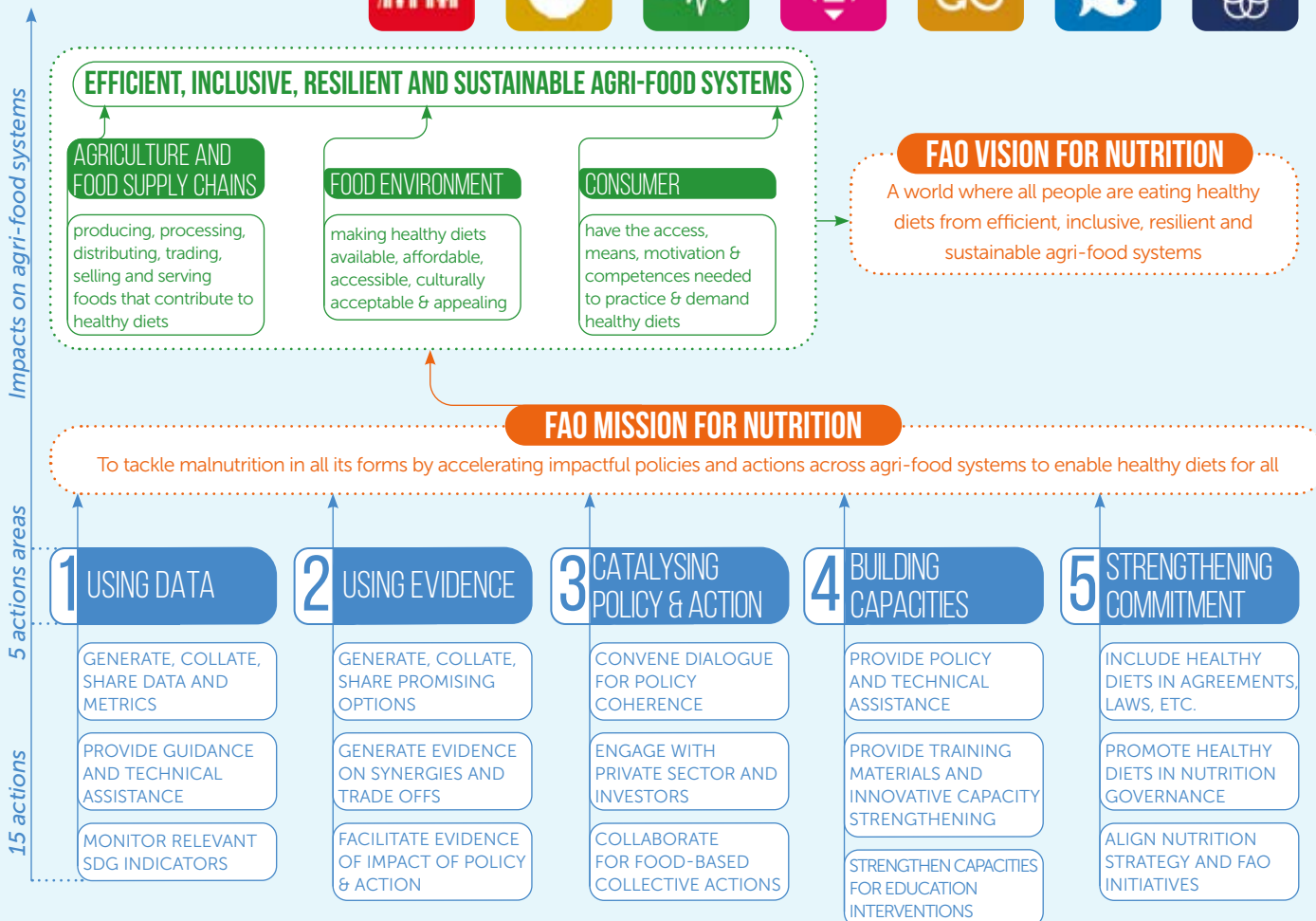
Improving nutrition is one of the greatest developmental opportunities.

Yet the world is still off-track on global nutrition targets: 2 billion people suffer from micronutrient deficiencies, 690 million people are undernourished, 1 out of 3 adults is overweight or obese, 149 million children are stunted and 45 million suffer wasting.

A major challenge for achieving good nutrition is the inadequacy of current diets. The Food and Agriculture Organization of the United Nations (FAO) works in nutrition to enable healthy diets and to advance efforts towards reaching global nutrition targets and the Sustainable Development Goals (SDGs). The [2021-2025 Vision and Strategy for FAO's Work in Nutrition](#) aligns with the Organization's [Strategic Framework 2022-31](#) to leverage all areas of technical expertise towards achieving the four aspirations of *better production, better nutrition, a better environment and a better life*, leaving no one behind.

## PATHWAY TO IMPACT

Contribute to the Sustainable  
Development Goals



Source: adapted from PC 130/5. Figure 2. Pathway to impact of the Vision and Strategy for FAO's Work in Nutrition

The Organization's role in raising levels of nutrition is reflected across the Programme Priority Areas of FAO's Strategic Framework through dedicated cross-organizational action with specific accountability to Members. The accountability framework and implementation plan of the Vision and Strategy for FAO's Work in Nutrition are the mechanisms for FAO to hold itself accountable for actions to improve nutrition and foster an enabling environment to facilitate that work.

# NUTRITION AND AGRICULTURE

The key to address all forms of malnutrition is a healthy diet



The agricultural sector is essential in terms of enabling healthy diets. Fruits and vegetables contain important vitamins, minerals and phytochemicals (that can help protect you from some diseases). They also contain fibre—as do whole grains and pulses, which are additionally an important source of energy, carbohydrates and protein. Milk, dairy products, eggs, poultry and livestock can provide a critical supplement and add diversity to staple plant-based diets. They are energy dense foods and a good source of high-quality proteins. They are also a good source of iron, zinc and vitamins A & B12.

## GUIDING PRINCIPLES

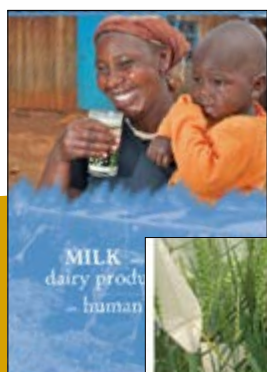


Steered by an **agri-food systems approach** and its **Guiding Principles**, FAO's work in nutrition recognizes the critical role of dairy, eggs, poultry, livestock and diverse crops in policies and actions for food security, improved nutrition, as well as more efficient, inclusive, resilient and sustainable agri-food systems.

FAO's work in agriculture supports the vision of all people eating healthy diets, for example, by:

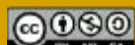


## AGRICULTURE AND NUTRITION AT WORK



Food and Nutrition Division  
Economic and Social Development  
[nutrition@fao.org](mailto:nutrition@fao.org) - [www.fao.org/nutrition](http://www.fao.org/nutrition)

Food and Agriculture Organization of the United Nations  
Rome, Italy



Some rights reserved. This work is available under a [CC BY-NC-SA 3.0 IGO](https://creativecommons.org/licenses/by-nc-sa/3.0/) licence