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SUSTAINABLE DIETS AND BIODIVERSITY

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ABSTRACT:

Food and agriculture are major drivers of biodiversity loss, Nutrition science tried through act the 20th century to clarify what is good diet for human health. But today it has little or nothing to say to for about how to marry human and ecosystems health. It is time to face the evidence of a worldwide unascertainable food system. Its complexity mokos it extremely fragile to any climatic socio-economic, political or financial crisis. Nutrition education about appropriate food choices remains essestential everywhere. It thus appears very urgent to profoundly change our food. strategy and promote fair culturally-appropriated, biodiversity based ecofriendly, sustainable diets.

Keywords:

Sustainable Diet, Nutrition, Biodiversity.

INTRODUCTION:

Biological diversity known as biodiversity, underpins the well being of society. The poor who depend disproportionately on biodiversity for their subsistence needs suffer first and most severdy from its degradation, but we all ultimately rely on biodiversity. As the president of the Federation of European Nutrition Societies (FENS), gathering national nutrition societies of 24 countries in Europe, FENS associated to the International Scientific Symposium “Biodiversity and Sustainable diets united against hunger, organized at FAO head quarters in Rome, 3-5 November-2010. At the beginning of this new millinium, we are steel facing an alarming challenges. One billion poor people still suffer while about 2 billion show undernutrition and micronument deficiencies (FAO, 2011). Sustainable diets are those diets with 10 w environmental impacts which contribute to food and nutrition security and to healthy and future generations sustainable diets are protective and respectful of biodiversity. In April

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2002, the parties to the (CBD) (see-www.cbdint for further information) agreed to achieve by 2010, a significant reduction in the cement rate of biodiversity loss at the global, regional and national level as a contribution to poverty 'alleviation and to the benefit of all life on Forth'. Ecosystem around the world are becoming increasingly fragmented and species used for food and medicine are at an increasing risk of extinction. In addition to fragmentation, the degradation of freshwater, marine and terrestrial ecosystems is also a threat to food security. For example, the world's fisheries employ approximately 200 million people and provide about 16 percent of the protein consumed worldwide. However almost 80 percent of the world marine fish stock, for is available, are fully exploited, recovering from depletion (FAO Fisheries and Aquaculture department, 2009). While the average maximum size of fist percent since 1959 globally for all assessed communities and in addition there is on increasing trend of stock collapses over time with 14 percent of assessed stocks collapsed in 2007 (worm et. al. 2009). The areas where a degrading trend was observed barely overlapped in 1991, indicating that new areas are being of teethed and that some regions of historical degradation remain of low levels of productivity (Bai.et.al 2008).

MATERIAL AND METHOD:

POVERTY REDUCTION GOALS THAT THE WORLD AGREED UPON.THE MILLENNIUM DEVELOPMENT GOALS. There are currently an estimated 925 million people suffering food and nutrition insecurity, however with food price increases, these estimates may be conservative (FAO, 2010). In addition to those who are hungry, there are also 195 million children under five years of age who are sounded and of those children, 90 percent live in just 36 countries malnutrition takes its fall, it is responsible for 35 percent of all child deaths and 11 percent of the global

disease burden. Micronutrients deficiencies, known as hidden hunger, underline the growth and development health and productivity of two billion people. At the same time, on estimated one billion people are overweight and another 300 million loped and developing world (WHO, 2006) which contributes to non-communicable disease risk such as diabetes and hearts disease. With over nutrition, many countries and developing world are experiencing the nutrition transition – going from undernutrition to obesity caused by insufficient exercise, sedentary lifestyles and unhealthy diets (Popkin, 2008). Global, regional and national progress towards the MDG1 hunger target. In the developing world the proportion of children under five years of age who were underweight currently 129 million declined from 31% to 26% between 1990 and 2008 (based on subset of 86 courtiers with trend data for the period 1990 and 2008, convening 89 percent of the developing world's population) Progress on the prevalence of underweight children It is important to recognized that within regions just as within countries, great disparities exist in levels of children stunted and underweight can be found in Burandieast timer (Timer-Leste.) Madagascar and yemen. In Americas, Belize, Guyana and Panama are off track in meeting MDG1. In sub-Saharan Africa, Countries prevalence are Burundi, Chad, Eritrea, Madagascar and Niger. Conversely, some countries within the region are well on track to meeting MDG1 including Angola, Botswana, Congo, Ghana, Guinea-Bissau, Mozambique, sao tome and principle and Swaziland. In Asia, Nepal are in the top ten countries with the greatest proportion of children underweight while Combodia, Thailands, Viet Nam are on track to meet MDGI progress on the proportion of the population who are undernourised most of the hungry reside in Asia and Pacific and sub-sahavan Africa much like the mends for underweight prevalence.

RESULT AND DISCUSSION:

Agricultural biodiversity includes all components of biological diversity of relevance to food and agriculture, and all components of biological diversity of relevance to food and agriculture, and all components of biological diversity that constitute the agricultural ecosystems, also named agro-ecosystems the variety and variability of animals plants and micro-organisms, at the genetic, species and ecosystem levels which are necessary to sustain key functions at the agro-system, its structure and processes. Agricultural biodiversity for agro biodiversity is a fundamental feature of sustainable farming systems and encompasses many types of biological resources tied to agriculture, including (Thrupp, 2000) • Agro ecosystems components and types (polycultural/monoculture small/large-scale rainfed/irrigated etc.) indispensable for nutrients cycling stability and productivity. • Naturally occurring insects, bacteria and fungi that control insect pests and diseases of domesticated plants and animals. • Soil organisms vital to soil fertility, structure, quality and health. • Edible plants and crops, including meditational verities cultivars, developed renders. • Genetic resources-the essential living materials of plants and animals. • Livestock (Small and large lineal breeds or thoroughbreds) and freshwater fish. • Wild resources species and other elements of natural habitat and landscapes that can provide ecosystem functions and servias (for example pest control and stability) to agriculture and • Pollinators, especially bees, bats and butterflies Agricultural biodiversity is the basis of the food and nutrient value chain and its use is important for food and nutrition security as potentially. • A safety net against hunger • A rich source of nutrients for impored diet diversity and quality a basis to strengthen local food systems and environmental sustainability. This agricultural biodiversity incudes species with under exploited potential for contributing to food security,

health income generation and ecosystem services. Terms such as underutilized, neglected, orphan, minor, promising , niche, local and traditional are frequently used interchangeably useful species (both plant and animal) which are have at least significant local importance and considerable global potential to improve and nutrition security. Yet, the major causes of neglect and underuse of these importance crops are often related to poor economic competitiveness with commodity crereal crops, lack of improved varieties or enhanced cultivation practices, the inefficiencies in the processing and value addition disorganized or non-existent market chains and perception of these foods being "food of the poor" (Jaenicke et al., 2009). Figure.1 :Schematic representation of the key components of a sustainable diet. Values of Biodiversity • Social Values • Option Value • Consumptive use Value • Productive use Value • Aesthetic Value

CONCLUSION:

The biodiversity is the prime important basis of the life cycles as well as interspecies relations are well maintained with healthy biodiversity of the particular biome or overall global status of biological environment. A t the national level ministries of agriculture, health, environment, education and of course, ministries of finance must come together to set up and develop policies to address these problems in sustainable way.

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