Food and Agriculture Organization of the United Nations

World Health Organization

CODEX ALIMENTARIUS
INTERNATIONAL FOOD STANDARDS



Concept note for a side event at the 34th Session of the FAO/WHO Coordinating Committee for Europe (CCEURO)

SIDE EVENT
24 September 2026
10:30-12:00 (CET)

Developing dietary guidelines for healthy diets - country experiences and good practices

1. Background

Dietary guidelines have the potential to catalyse the transformation of food systems towards not only better nutrition for people but also towards sustainability. Previously, dietary guidelines mainly focused on targeting consumers with key messages and advice on food choices and healthy diets, and this remains a key focus. More recently, the complexity of achieving SDG2 nutrition goals and providing access to a healthy diet suggests a food systems approach to developing and implementing dietary guidelines will yield greater results and progress.

This shift means dietary guidelines are increasingly expected to move beyond meeting nutrition needs alone and consider food-system issues, opportunities, constraints, and interconnections including nutritional value, health, sustainability, cultural relevance, and feasibility. This requires the integration of a wide array of country-relevant data, from food availability, dietary patterns, nutrient composition and bioavailability, affordability and environmental considerations to robust evidence on human nutrition needs.

FAO and WHO promote multisectoral expert and stakeholder engagement and cooperation in developing and implementing dietary guidelines from health, agriculture, education, and other sectors. The FAO Food systems-based dietary guidelines (FSBDG)[1] methodology goes beyond health outcomes and integrates sustainability in its environmental, economic, and social dimensions. The methodology aligns and incorporates relevant resources and guidance, such as:

- WHO Healthy Diets Fact Sheet (2026)
- WHO nutrient and dietary guidance on sugars, sodium/salt, fats, and the nutrient requirement series
- WHO guidance on managing conflicts of interest
- Sustainable Healthy Diets: Guiding Principles (FAO/WHO, 2019)
- What are healthy diets? (FAO/WHO, 2024)
- Modeling tools by FAO, WHO, WFP, University of Hohenheim and others

The side event will complement Agenda Item 7 on the results of the Codex eWG and allow time for further exchange and ideas on possible regional future work. It will present available tools to develop Dietary Guidelines and highlight their role in food literacy and transformation of the food system. It will also share countries' experiences in developing and updating dietary guidelines, including addressing sustainability issues, and identify barriers and opportunities to strengthen implementation of the FSBDGs in policy and programme actions beyond the health and nutrition sector.

2. Objective

The side event will:

- Improve Member Countries understanding of available FAO and WHO tools and methodologies for developing dietary guidelines;
- Enhance understanding of data and expertise needed to develop dietary guidelines;
- Share country experiences and good practices from selected CCEURO members in developing and implementing dietary guidelines.

[1] https://openknowledge.fao.org/items/48b09e6f-bfee-4b80-a2d5-c24440c6d4a8



3. Draft programme

Overall moderation	**Mary Kenny** Food Safety and Consumer Protection Officer, FAO Regional Office for Europe and=Central Asia **Peter Sousa Hoejskov** Team Lead (IHR Capacity Strengthening) a.i., WHO Regional Office for=Europe

Time	Session	Lead
10:30-10:35	Opening and objectives	FAO and WHO Regional Offices
10:35-10:45	Food systems-based dietary guidelines (FSBDGs): an evidence-based approach for country-level action on healthy diets.	**Ana Islas Ramos** Nutrition Officer, Food and Nutrition Division, FAO, Rome
10:45-10:55	Healthy and sustainable diets: WHO tools and approaches	**Clare Farrand** Technical Officer (Nutrition), WHO Regional Office for Europe
10:55-11:10	Discussion and Q&A;	All
11:10-11:40	**Panel: Country experiences** Developing FSBDGs in Kyrgyzstan: progress and results Development and implementation of national FBDG: experience from Denmark From development to implementation: Dietary Guidelines in Spain	**Marina Duishenkulova** Nutrition Expert, Republican Center for Health Promotion and Mass Communication, Ministry of Health of the Kyrgyz Republic (online) **Susanne Kofoed** Special Advisor, Danish Veterinary and Food Authority **Ana Cabrales Miró-Granada** Senior Officer, Spanish Agency for Food Safety and Nutrition (AESAN)
11:40-11:50	Open discussion: sharing experiences or important considerations for future work at country or regional level	Moderated by FAO and WHO
11:50-12:00	Conclusions and next steps	FAO and WHO Regional Offices