

Research Project

Mapping Sustainability in Swiss Nutritional Guidelines

Third-party funded project

Project title Mapping Sustainability in Swiss Nutritional Guidelines

Principal Investigator(s) [Emmenegger, Rony](#) ; [Bornemann, Basil](#) ;

Co-Investigator(s) [Ruppen, Gizem Jessica](#) ;

Project Members [Teschner, Ronja](#) ; [de Alencar, Maria Tereza](#) ;

Organisation / Research unit

Departement Gesellschaftswissenschaften / Nachhaltigkeitsforschung (Burger)

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Our modern food system is fundamentally undermining the environment, health, and social justice. It is multifaceted, with many actors and contested interests. When it comes to consumption, the voices become even more diverse, as diets are highly personal and related to many factors such as culture, affordability, taste, and environment. Individuals and organizations might want to look for reliable and clear guidance on how to better consume. Nutritional Guidelines can be influential instruments to offer such direction. Not surprisingly, the context of these guidelines might not be uniform and lead to varying diet stories, especially in the case of sustainability. Considering this context, in our research project, we propose to map sustainability in the existing Swiss Nutritional Guidelines (NGs) to clarify questions such as: What are the dominant NGs in Switzerland? How are they approaching Sustainability? What are the trade-offs and synergies that are rising from different dimensions within NGs? Our research aims are the following: (1) To review the NGs in Switzerland and assess them through five dimensions: economic, social, environmental, health and governance; (2) To analyse the emergent key trade-offs and synergies within these dimensions; (3) To engage with stakeholders to complement the findings; (4) To generate a Sustainable-Diet Map.

Keywords food system, nutrition, nutritional guidelines, sustainability, trade-offs, synergies

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