

How do different sources of evidence contribute to European policy making in the field of food and nutrition?

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Propositions

1. **Sustainable dietary guidelines**, which consist of nutrition recommendations shaped through a holistic approach to support the environment, are a manageable and key priority in the context of nutritional policies to be implemented at the national or regional levels.
2. **Economic analyses**, useful tools in identifying and guiding the implementation of sustainable policies, have intrinsic technical drawbacks that are perceived by policymakers as barriers to their use in decision-making.
3. Among nutrition policies, **universal policies**, such as **school interventions**, **reformulation initiatives** with costs borne by the food industry, and policies aimed at **changing the default options**, work best in reducing health inequalities at the population level.
4. **Regular coffee consumption**, with implications at the social, economic and environmental levels, may be beneficial in moderate amounts in preventing some forms of cancer in **women**. These include post-menopausal breast cancer, pre-menopausal endometrial cancer and post-menopausal endometrial cancer (with a more marked effect on the post-menopausal forms).
5. Peoples' choices are influenced by the environment in which they live, shaped by social and cultural norms and values, as well by policies and regulations. **Sound food and nutrition policies** can help to guide people to **healthy choices** and improve our societies.
6. Sustainability must be achieved within three dimensions: the earning capacity and purchasing power of ordinary people, the environment, and universal access to essential goods. No one should choose between **food and medicine**. (Nick Ashford, 2019)
7. What I do is put forward evidence-based policies presented in a spirit of **social justice**. We need the evidence and we need to argue the strong social and moral case for those policies, based on that evidence. (Michael Marmot, 2019)
8. The time we are living in is an opportunity to rise and become the best version of ourselves. It is as profound a **teaching moment** as any of us have experienced, calling us to put civic responsibility into action. (Julio Frank, 2020)