



Nutrition- and gender-sensitive agriculture

Associate Professor Robyn Alders, AO

Faculty of Veterinary Science
& Charles Perkins Centre
robyn.alders@sydney.edu.au



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Why is nutrition-sensitive and gender-sensitive agriculture important?

- **Maternal stunting** affects offspring outcomes
- **Preconception nutrition** is crucial
- **Pregnancy** and **lactation** increase nutritional requirements
- **Challenges** meeting recommendations for breastfeeding
- Mothers and children have **specific micronutrient** requirements



What challenges do we face?

Nutritional information for
breastfeeding women



Tanzanian Food and Nutrition Centre, 2014

Environment where
breastfeeding women live



Alders, 2014



Alders, 2014



de Bruyn, 2014

Compared to plants, animal source foods provide more:

- Energy and fat
- **Vitamin B-12** (the *only* dietary source)
- Riboflavin
- **Vitamin A** (the *only* preformed source)
- Vitamin E
- Available iron (the *only* dietary source of heme)
- Available zinc
- Calcium
- **Vitamin D** (the *only* dietary source)

Comparison of nutrient content of meat, milk and eggs (relative amount/kcal)

| | Meat | Milk | Eggs |
|-------------|------|------|------|
| Heme iron | +++ | 0 | 0 |
| Total iron | +++ | + | + |
| Zinc | +++ | + | + |
| Vitamin A | + | ++ | +++ |
| Riboflavin | ++ | +++ | ++ |
| Vitamin B12 | +++ | ++ | ++ |
| Folate | + | +++ | + |
| Calcium | 0 | +++ | 0 |



Achieving balance ...

Imagine if animal source food could be available **once a week** to undernourished women and children ...



Join us and see how one day a week can make a world of difference -

PAUL, MARY AND STELLA MCCARTNEY

SIGN UP >

Food for thought

- **IQ** is declining globally
- The **double burden** of under and over nutrition spans “developed” and “underdeveloped” countries
- Arable land is **finite**
- Climate change and **weather variability** is already impacting on agricultural production
- What is an **optimal**, **ethical** and **sustainable diet** for the world’s dominant species?



Thank you for your attention.

Questions?

Comments?

