



## The contribution of agroforestry to improved nutrition

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Suboptimal diet contributes to more deaths than any other risk factor globally, including tobacco smoking. Furthermore, the way that we currently produce food is pushing up against planetary boundaries, threatening local ecosystems and the stability of the Earth system. Recent analyses by the EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems have provided the parameters of a set of diets which minimise health risks and keep us within planetary boundaries. In this reference diet, >13% of all dietary energy comes from foods grown on trees.

This presentation will rapidly outline the evidence on the health benefits of foods grown on trees, especially fruits. It will review the range of alternative approaches to increasing the consumption of these foods in human diets. It will then discuss the *indirect* ways in which agroforestry can contribute to more nutritious diets, both in the short term (by producing fodder for animals which increases yields of milk, for example, and by permitting inter-cropping) and in the longer term through a variety of pathways.