

Transforming global food systems: Policy, culture, nutrition.

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Introduction

This systematic review explores diverse approaches, key actors, and inherent challenges in developing and implementing sustainable food policies globally. It highlights the complexity of transitioning to sustainable food systems, emphasizing the need for interdisciplinary collaboration and adaptive governance structures to overcome policy fragmentation and ensure equitable outcomes [1].

This qualitative study investigates how food culture, individual health beliefs, and social support networks collectively influence dietary practices in adults across different cultural backgrounds. It reveals the deep-seated impact of cultural norms on food choices and the crucial role of community and personal beliefs in adopting healthier eating habits, suggesting interventions must be culturally tailored [2].

This systematic review and meta-analysis assesses the efficacy of various nutrition therapy approaches for patients with chronic kidney disease (CKD). The findings underscore the importance of tailored dietary interventions in managing CKD progression, improving patient outcomes, and mitigating complications, highlighting specific macronutrient and micronutrient considerations [3].

This systematic review evaluates the effectiveness of food environment policies in enhancing nutrition and health outcomes. It identifies key policy levers, such as taxation, marketing regulations, and zoning, that can reshape food environments to promote healthier choices, advocating for comprehensive, multi-sectoral policy interventions to address diet-related diseases [4].

This systematic review examines culturally sensitive nutrition interventions designed for diabetes management. It highlights the critical need to incorporate cultural values, food preferences, and health beliefs into dietary education and therapy to improve adherence and outcomes among diverse patient populations, advocating for tailored, respectful approaches [5].

This article explores the intricate relationship between food policy, sustainable diets, and food culture, arguing that cultural contexts are paramount in shaping the effectiveness of policy implementation. It suggests that policies aiming for healthier and more sustain-

able food systems must deeply understand and integrate local food cultures to achieve meaningful and lasting change [6].

This narrative review investigates the current evidence and future outlook for personalized nutrition therapy in cancer patients. It emphasizes that individualized dietary approaches, considering tumor type, treatment side effects, and patient-specific metabolic profiles, can significantly improve clinical outcomes, quality of life, and treatment tolerance in oncology [7].

This systematic review maps the global policy landscape addressing food loss and waste (FLW), identifying diverse policy instruments and their efficacy. It concludes that comprehensive, multi-level policy frameworks are essential to tackling FLW across the entire food supply chain, highlighting the need for better monitoring and evaluation mechanisms [8].

This systematic review explores the profound influence of social media food culture on individuals' dietary intake, eating behaviors, and body image. It reveals a complex interplay where digital food trends can both promote healthy choices and contribute to disordered eating patterns and body dissatisfaction, urging for media literacy interventions [9].

This article offers a global perspective on the transformative potential of food systems, highlighting the critical roles of integrated policy frameworks, evolving food cultures, and effective nutrition strategies. It advocates for systemic changes that address environmental sustainability, food security, and public health, acknowledging the interconnectedness of these challenges [10].

Conclusion

This body of research deeply explores the intricate connections within global food systems, examining the critical roles of policy, culture, and nutrition strategies in shaping health and sustainability outcomes. A significant focus lies on sustainable food policies, emphasizing the need for interdisciplinary collaboration and adaptive governance to navigate complex transitions and ensure equitable results, while also addressing global food loss and waste through comprehensive, multi-level policy frameworks [C001, C008]. The

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pervasive influence of food culture is consistently highlighted, demonstrating its deep-seated impact on individual dietary practices, health beliefs, and the overall effectiveness of policy implementation. This includes understanding local food cultures for sustainable diets and recognizing the dual impact of social media food culture on eating behaviors and body image [C002, C006, C009]. Furthermore, the collection emphasizes the necessity of tailored and personalized nutrition interventions. This involves assessing the efficacy of nutrition therapy for chronic conditions like kidney disease and developing culturally sensitive approaches for diabetes management, as well as advancing personalized nutrition for cancer patients [C003, C005, C007]. The effectiveness of food environment policies, such as taxation and marketing regulations, in promoting healthier choices and mitigating diet-related diseases is also extensively reviewed [C004]. Collectively, these studies advocate for integrated policy frameworks and evolving food cultures as crucial elements in transforming food systems to address environmental sustainability, food security, and public health challenges globally [C010].

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