

# The ultimate goals of sustainable development are to establish a food system in terms of secure and nutrition.

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## Introduction

The Sustainable Development Goals (SDGs) are a global goal-setting framework that every country is expected to meet. SDG2, for example, aims to ensure food security and nutrition in sustainable food systems. However, due of the current state of food production and consumption, accomplishing that aim is fraught with uncertainty. Dietary trends around the world, as well as the food systems that produce them, indicate that they are neither healthy nor sustainable, which has consequences for SDG2 achievement. The current situation of global diets and food systems, the concept of "healthy and sustainable diets," and ethical issues for obtaining healthy and sustainable diets for sustainable development are all described in this study [1].

Food systems include all of the inputs (environment, people, processes, infrastructures, institutions, and so on), activities, and actors involved in the production, processing, distribution, preparation, and consumption of food, as well as the outcomes of these activities, such as nutrition and health, as well as economic, social, and environmental outcomes. Food systems are designed to supply the variety of foods that make up people's diets.

The ideal diet for human optimum nutrition and health status is one that is healthful, of sufficient quality and quantity, inexpensive, safe, and culturally acceptable. Something, however, has gone wrong. Malnutrition affects every country in some way, whether it's undernutrition, micronutrient deficiencies, overweight and obesity, or a combination of the three, with some countries dealing with various types. These types of malnutrition are a serious roadblock to long-term development, with devastating effects for human health, the environment, and human skills [2].

While there are many underlying causes of malnutrition, inadequate diets are a common contributor to poor nutrition outcomes. Understanding how food systems are changing and their ability to supply nutritious meals while avoiding negative environmental impacts is crucial since diets, whether healthy or unhealthy, are derived from them.

Food systems and actors have become increasingly complicated as a result of urbanisation and globalisation, economic expansion, and food industry consolidation, with possible negative consequences for health and nutrition. There

are also global concerns that food systems are becoming less sustainable, resulting in major pollution and environmental deterioration. If current trends continue, the effects of these increases will be seen most severely in low and middle-income nations, where double and triple malnutrition is already a problem [3].

Food security, nutrition, climate stability, sustainable consumption, and human justice and dignity are among the ambitious aims included within the Sustainable Development Goals (SDGs), which are the world's principal accountability mechanism for sustainable development during the next 15 years. SDG2 focuses on eradicating hunger and malnutrition while also strengthening the long-term viability of food systems. When looking at existing trends and trajectories in diets and food systems, achieving this aim involves problems, and solutions to these challenges involve a range of compelling ethical ideals that must be evaluated. The goal of this article is to look at worldwide progress toward SDG2 and the role of diets and food systems in reaching SDG2, to emphasise the challenges of attaining sustainable diets, and to identify some ethical problems related to sustainable diets in order to meet SDG2.

## Goals for sustainable development

Following the Millennium Development Goals (MDGs), which came to an end in 2015, the Sustainable Development Goals (SDGs) were agreed upon in September 2015 during the United Nations (UN) General Assembly. The SDGs are aimed to put every country on a path to sustainable development, building on the achievements of the MDG era. They can be thought of as a blueprint, a road map, or even a codex for achieving a better and more sustainable future for everybody [4].

There are seventeen aspirational SDGs that encompass the necessary bricks and mortar for sustainable development — development that fulfils current population needs without jeopardising future generations' ability to meet their own requirements for a resilient future for people and the earth. To this end, sustainable, inclusive, and equitable economic growth must be promoted, as well as the creation of more opportunities for all, the reduction of inequalities, the raising of basic living standards, the promotion of equitable social development and inclusion, and the promotion of integrated and sustainable management of natural resources and ecosystems.

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While the MDGs were primarily aimed at developing nations, the SDGs apply to all countries – low-, middle-, and high-income – and aim to end all forms of malnutrition, improve health, combat climate change and environmental degradation, combat inequity, and achieve social justice. They are responsible for ensuring that no one is left behind and that growth benefits everybody. They are intended to be more comprehensive, cover more ground, and go beyond the MDGs in terms of addressing inequality, creating sustainable employment, cities, and industries, safeguarding oceans and ecosystems, reducing climate change, and establishing peace and justice. While not legally obligatory, governments are required to take ownership of the seventeen goals and provide national frameworks and guidelines on how to achieve them through enhanced means of implementation, funding mobilisation, technology, data, and institutions [5].

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