

FOOD DIVERSITY



Around the world...

..there are **thousands** unique foods and flavours. Varieties of **fruits, vegetables, grains, legumes**, forming a diverse food spectrum.



Food diversity forms the basis of our different civilizations.

Food diversity can help increase resilience and protect against future threats.

Over the years humans have cultivated
6.000 plant species over time of
existence.

Nevertheless, in the last 50 years, the
world mostly grows just nine species,
making diets across the globe
homogenised.



Rice, wheat and maize
provide 50% of all calories!

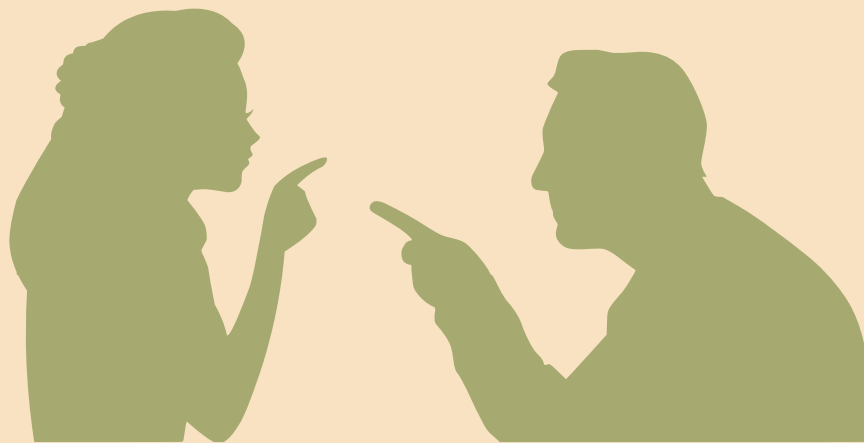


Potatoes, barley, soy, sugar and
palm oil account for another 25%
of our calorie intake!



The paradox

The abundance of food produced by modern intensive agricultural systems is not proving to be a solution against malnutrition but commonly leads to diets lacking diversity.



The loss of biodiversity in agricultural production and food supplies worldwide may cause important damages to global diets.

Food diversity can impact human's health

Micronutrient deficiency is one of the most widespread forms of malnutrition all over the world.



It is strictly linked to monotonous diets.

Diversified farming systems can increase household dietary diversity and nutritional status.

Diversity is at the heart of the farming system

Regenerative Agriculture, mimics nature and supports a more sustainable farming system.

It adopts practices that promote **soil health** and introduce variation in cultivation.

Some examples that benefit food diversity are:

- The use of climate resilient plants
- The intensive crop and diverse rotation
- The integration of legumes as nitrogen fixers which are high on nutritional value

Small-scale farmers can protect food diversity

Cultivating a variety of crops, also perennial crops help farmers to improve their soil fertility, as well as to diversify their income streams.

Farmers who produce diverse food products enhance the availability of nutrient-dense produce in their local regions.



The role of communities

Diverse agricultural systems improve the food security of local communities by strengthening:

- **availability** (what is grown)
- **access** (what can be accessed on local markets)
- **stability** (how stable is the ability to access food)
- **utilisation** (appropriate storage & cooking methods)

(K.Waha, et al. 2022)

*Find a food that's
endangered!
Support local farmers that
share the same mission!*

Join us in our mission!



Coalition of Health Professionals
for Regenerative Agriculture