

# DIETARY & AGROBIO DIVERSITY



# Definition: agrobiodiversity

"Agrobiodiversity is the variety and variability of animals, plants and micro-organisms that are used directly or indirectly for food and agriculture, including crops, livestock, forestry and fisheries." -FAO



## Definition: dietary diversity



"Dietary diversity is a qualitative measure of food consumption that reflects household access to a variety of foods, and is also a proxy for nutrient adequacy of the diet of individuals." -FAO

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

Decrease on species diversity lead to monotonous diets



Soil microbiota extinction means nutrient density loss

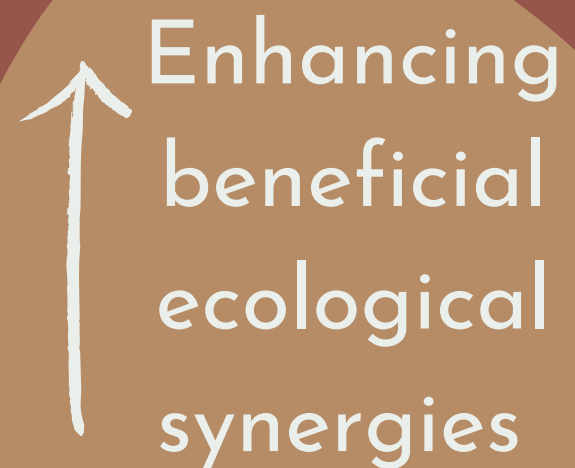


Ecosystems are more susceptible to disease that can destroy harvests



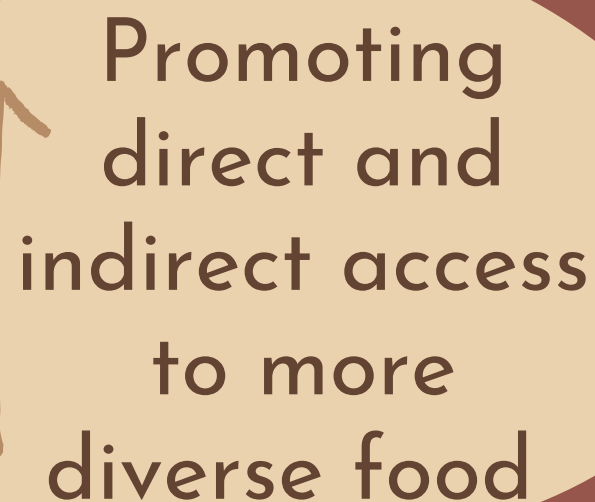


Improving  
soil fertility  
and yield



Enhancing  
beneficial  
ecological  
synergies

**Diversified farming systems** can improve  
(household) dietary diversity and  
nutrition by:



Promoting  
direct and  
indirect access  
to more  
diverse food

## What to aspire to?

The agroecology movement's close connections with Indigenous identity and its embrace of traditional food practices makes it a unique space of inquiry for measurable impacts on traditional foods.



Agroecology's potential is particularly relevant given its ongoing expansion as the predominant framework for connection among food oriented social movements and peasant farmer organisations across the world

The practical nexus between agroecology & nutrition is one of the main challenges for the agroecological transition.

“Interventions that diversify agricultural production can make important contributions to dietary diversity, which is in turn associated with micronutrient sufficiency, but **only if farmers actually know how to and want to consume the new additions to their production**”



(Deaconu, 2019)

We are on a mission to spread awareness amongst health professionals about the connection between **soil-human health**.

Join us in our mission!



Coalition of Health Professionals  
for Regenerative Agriculture