



The Nutrition Society



Winter Conference 2025

Dietary guidelines and advice – current and future

Since the first International Conference on Nutrition (ICN) was held in 1992, dietary guidelines have become a central part of nutrition policy, both nationally and globally. However, the global and national nutritional landscape has evolved over the past 30 years and new challenges have emerged.

In the UK, official advice to the Government on diet and health comes from the Scientific Advisory Committee on Nutrition (SACN). The Committee, which is made up of independent experts, provides dietary advice to government agencies and departments, such as Office for Health Improvement and Disparities, and other UK government organisations. Members are appointed on the basis of their specific skills and knowledge.

Using SACN's advice, which is based on thorough reviews of the up-to-date scientific evidence, the Eatwell Guide was developed as a policy tool to define government recommendations on eating healthily and achieving a balanced diet. However, the Eatwell Guide was published in 2016, and there have been no updates to the Guide since. The Eatwell Guide is currently eight years old, but with previous updates in 1994 and 2007, there may be an update soon.

This January, our Winter Conference will bring together experts in the field to discuss the need for an update. This Conference will be a place for the wider nutrition community to discuss the evidence needed to support the next iteration of the Eatwell Guide and wider Food Based Dietary Guidance.

Speakers will include the current SACN chair, Professor Ian Young, Queen's University Belfast, and Dr Pauline Scheelbeek, London School of Hygiene & Tropical Medicine, who will consider the environmental impacts of the Eatwell Guide. The need for better dietary guidance in relation to specific nutrients will be discussed; Professor Susan Lanham-New, University of Surrey, will consider vitamin D, and Professor Helene McNulty, Ulster University will look at the evidence for folic acid. The final symposium of the day will consider the role of personalised dietary guidance with Professor Sarah Berry, King's College London, discussing how to make personalised nutrition for metabolic health a reality, and Professor Louis Levy, Independent Public Health Nutritionist, considering personalised nutrition in the context of the Eatwell Guide.

Attendees will leave the Conference with an understanding of the role and evidence for nutritional and dietary guidelines, and the impact in terms of health, and social and environmental factors. We will engage

in a wide discussion of what needs to be researched to provide a better evidence base, and what needs to be revised to make the guidelines relevant for the challenges of 2050.

Join us at the Winter Conference 2025 held at the Royal Society in London: www.nutritionandsociety.org/events/winter-conference-2025-dietary-guidelines-and-advice-current-and-future

Upcoming events

1st International Symposium on Obesity, joint with the Nutrition Society and the Société Française de Nutrition

Date: 30-31 January 2025

Venue: Sorbonne Université, Paris, France

Website: www.nutritionandsociety.org/events/1st-international-symposium-obesity

Scottish Section Conference – Undernutrition in later life: Current understanding and advances

Date: 1-2 April 2025

Venue: Dundee, Scotland

Website: www.nutritionandsociety.org/events/scottish-section-conference-undernutrition-later-life-current-understanding-and-advances

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