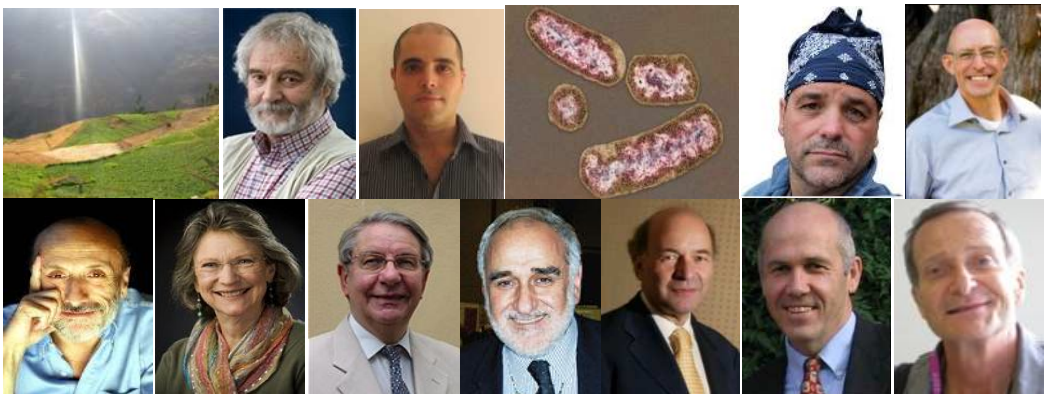
WN *This issue*

World Nutrition **Volume 4, Number 6, June 2013**

Journal of the World Public Health Nutrition Association
Published monthly at www.wphna.org/worldnutrition/

The world of World Nutrition
Big pictures



This month's big pictures are: a vision for rational world agriculture, and the dark continent of gut bugs. Plus two new sections: Inspiration and Network

Editor's note
Big pictures this month. (People named here are pictured above from the top left to right). Our cover feature expresses the life's work of naturalist, biologist, agronomist and gastronome **Colin Tudge**: a vision for world agriculture to nourish the 10 million and the planet. Photographs by **Jean-Claude Moubarac** (and see above, sunlit Andean farmland). Our second big feature is on *The Human Food Project* for nutrition and gut biota (one bacterium pictured above), anthropologist and archaeologist **Jeff Leach,** and as reported by **Michael Pollan**. In *Update* we feature **Carlo Petrini** of the Slow Food Movement, and **Harriet Kuhnlein** on the necessity for biodiversity. In his column *As I see it,* **Philip James** celebrates John Boyd Orr. Then **Ricardo Uauy** is *Inspired* by *There You Go* for our first new monthly section In his column *What do you think?* **Geoffrey Cannon** says, watch our language. *Feedback* has **Mark Lawrence** and **Claudio Schuftan** on folic acid and on agitation. The topic of *Network*, our second new monthly section, is grandmother cooks best. That's not all, folks!

Nutrition is like money: valuable in itself, and even more valuable for all that it means and all that is meant by it. Perhaps it really is time that we saw nutrition as just one aspect of nourishment. *World Nourishment*, anyone? Many if not most of the

champions of nutrition and public health work outside the profession. This has always been so. Good nutrition is a consequence of rational and sustainable food systems, a main theme of *WN* from now on. This month we are proud to publish as our cover feature the first of two commentaries by biologist, naturalist, agronomist, and gastronome **Colin Tudge** on his vision for world agriculture. Photographs are by **Jean-Claude Moubarac**. *Access the commentary here.* Pictures top row above, right.

Our second commentary concerns the biology of nutrition as seen from the inside: the dark continent within us all. This is our guts, or to be more precise our intestines, and the billions of bacteria that live inside us – and all over us too – and mostly protect us from infectious and chronic diseases. At least, they do if we don't bomb them with antibiotics – and also, as **Jeff Leach** of the *Human Food Project* is determined to prove – provided we eat the right stuff. Jeff Leach is an archaeologist, and anthropologist. He is also an entrepreneur, founder of the Naked Pizza take-out chain based in New Orleans. He is convinced that gut microbial ecology is crucial to our health and risk of various diseases – far more than conventionally believed. So too now is **Michael Pollan**, who has had his gut bugs examined. Pictures top row above, right. *Access the commentary here!*

Update this month *(access the section here)* goes way beyond biology, to the social, economic, cultural, political and environmental dimensions of nutrition, and its mental and emoional as well as physical aspects. **Carlo Petrini** (second row above, left) presiding genius of the Slow Food Movement, is now in partnership with the UN Food and Agriculture Organization, in what may be the most significant formal alliance ever between a UN agency and a civil society movement. **Harriet Kuhnlein** of the Center for Indigenous People's Nutrition and Environment is one of FAO's key advisors, moving towards the second UN International Conference on Nutrition in November next year. And new research findings suggest that despite what we may fondly imagine, humans are not steadily getting more intelligent. At least some proportion of the human race seems to be losing its marbles.

Nutrition and health need to be seen as inseparable from the food produced by agriculture. This is a theme of this month's *As I see it* by **Philip James** (*access the column here*), and rational and appropriate food systems can be and are affected and damaged by food aid, as Ricardo Uauy reminds us in *Inspiration,* as seen below and *accessed here.*

Our grasp of nutrition depends on the right use of language, the theme for **Geoffrey Cannon** in *What do you think? (access the column here).* It also depends on knowing new thinking on nutrients and health, as **Mark Lawrence** says in *Feedback*, *accessible here.* Plus we need to act to create social change, the theme of **Claudio Schuftan** in *Feedback*, and think not only of nutrients but also of food made into meals, as shown by photographer Gabriele Garimberti, as seen below and *accessible here* in *Network*.

Inspirations; Network

Now you can all join in

Inspiration



to bring them sustainable development.

There You Go by Oren Ginzburg has inspired Ricardo Uauy. Now it is your turn to write to us and tell in WN what testimony most inspires you, and why

Every month from now on we reprint documents that have most inspired *WN* readers, who explain why their lives, work or ideas have been shaped or changed as a result. The idea is also to inspire readers, by bringing to light a book, report, paper or other document that we all can learn from now. This can be on any topic relevant to public health or nutrition, published at any time in history. This month Ricardo Uuay, a recent President of the International Union of Nutritional Sciences, chooses *There You Go,* whose message, he feels, speaks for itself. More usual choices will be of documents that are mostly words. For details contact *wn.inspiration@gmail.com*.

Network



Normita Sambu Arap, 65 years old, Oltepessi (Masaai Mara, Kenya). Mboga and orgali (white corn polenta with vegetables and goat)

Our second new section is *Network*, now the final page of *WN* each month. This may be visual – a photograph, a painting, a graphic, a cartoon, as examples. It may be in words – a poem or a short statement, as examples. This month we have pictures from the world series taken by photographer Gabriele Garimberti, 'Grandmothers with love', above from Kenya, and on the *Network* page from Bolivia. They must all relate to nutrition and health in some way. For details please contact *wn.network@gmail.com*

World Nutrition
Our editorial team so far



Bringing WN to you. Geoffrey Cannon, Isabela Sattamini; new team members Fabio Gomes, Jean-Claude Moubarac, Seva Khambadkone; and Philip James

Readers sometimes are nice enough to imagine that *WN* is like other journals, housed in a steel and concrete office block with swish furniture, latest Apple apps, hot and cold messenger service, and a staff of paid editors doing all the behind-the-scenes work. How else could we be so professional and elegant and innovative (we jest… or do we…) with a total of over 120 contributors from all over the world, including many distinguished scholars, and new writers every month? Wouldn't that be nice… Well, we won't give away all our secrets, but so far, *WN* is volunteer work. Here we introduce our editorial team and (see below) we need more please.

Geoffrey

On the left is *WN* Editor Geoffrey Cannon. He lives with his family in Brazil and is a research scholar at the University of São Paulo. He is co-author of *The Food System* series convened by Carlos Monteiro whose commentaries appear regularly in *WN*, and whose work has been published recently in *PLoS Medicine*, *The Lancet*, and many other journals. His publications include *The Fate of Nations*, on nutrition and food policy in the new world. His *What do you think? WN* column continues this month.

Philip

On the right is chair of the *WN* Board Philip James. He lives in London in between global journeys to advise UN agencies and national governments on nutrition policy.

His distinguished career includes a period working in Jamaica. He was director of the Rowett Research Institute from 1982 to 1999, and chair of the study group responsible for the WHO expert '797' report *Food, Nutrition and the Prevention of Chronic Diseases*, published in 1990. He is President of the International Association for the Study of Obesity. His *As I see it WN* column continues this month.

Isabela



Comida mineira for breakfasts: beautifully presented fresh fruits and juices, fresh eggs, cheese and dairy produce, breads, cakes, and many other treats

Next to Geoffrey is Assistant Editor (*Feedback*) Isabela Sattamini. She has now completed her MSc at the National School of Public Health in Rio de Janeiro, and writes a regular *I get around* column for the Association's home page. She wrote in February: 'In his book *Food Rules*, Michael Pollan says – I express this positively – 'only eat what your great-grandmother would recognise as food'. The country people of the Brazilian state of Minas Gerais don't need to be told this. They know!'

Fabio

In May the kitchen gardens from Maricá are full of *couve* (a type of kale). The traditional Brazilian culinary recommends that leaves of *couve* be torn by hand. Recently, scientists discovered chemo-preventives in the leaves that are activated by maceration Once again folk wisdom has anticipated scientific evidence. Boiled *couve* is an invariable side dish served with our famous *feijoada*, originally invented by slaves, whose main ingredients are black beans, salt pork, and also offal meats such as ears, feet, throat, and all the other parts usually discarded by the slave-owners. Today, it is enjoyed by all classes at weekends. *Couve* also gives the colour to the traditional originally Portuguese *caldo verde* (green broth).

Fabio Gomes, Assistant Editor *(Network)*, is next to Isabela. He is Brazilian (yes, as evident from the *Rio2012* conference, Brazilians are super-active in public health and nutrition). He wrote a column for us from March 2010 to June 2011, from one of which the prose poem above is an extract, and is the nutrition policy officer at Brazil's National Cancer Institute (INCA). He was one mastermind of the *Rio2012* conference programme. He is also external relations secretary for the Association.

Jean-Claude



Much propaganda for ultra-processed products conveys the impression that once you begin to consume them you will lose control. This may be true

Next is new editorial team member Jean-Claude Moubarac, who has a roving brief with special attention to visuals. He is an example among many, of why it's hard to identify public health nutritionists. He is French-Canadian, his parents are from Egypt and Lebanon (which until the French took over after the 1914-1918 war was part of Syria), and his wife Leidy is from Columbia. He is currently working as a post-doctoral research fellow with Carlos Monteiro in São Paulo. He is an anthropologist with a PhD in public health, and a deep commitment to nutrition. In his *WN* March 2012 commentary 'Sexing up nutrition' (pictures above) he shows how hidden persuaders use their state-of-the-dark-arts to position ultra-processed products as, well, addictive. They may now be regretting such positioning of advertising and marketing. Jean-Claude also writes a regular *I get around* column.

Seva



A Nicaraguan breakfast feast (left) made from gallo pinto, or beans and rice, with tortilla, egg, and also cuajada, a white cheese that is a part of most meals

Next to Philip is our second new team member Seva Khambadkone, Assistant Editor (*Inspiration*). She is a US citizen, returning from work for AMOS, a non-profit organisation in Nicaragua, to Johns Hopkins University, where she will study medicine and public health. She also writes an *I get around* column. In January she wrote from Nicaragua (and see above): 'Here I am with colleagues from the AMOS Health and Hope team. On my ears you can see the gorgeous wood earrings made by the sewing and jewellery programme that Banco de Sikia's health promoter Ismael gifted to me'.

More please

We need more team members. We are looking for assistant editors from all six continents, including Asia, the Arab world and Africa. We are looking for an *Updates* editor. We want two assistant editors to prepare copy and to stay in close touch with contributors. We want a couple of editorial team members who are aces at electronic technology. We want a production editor. We want young colleagues who have already taken the decision that development and amplification of ideas needs to be part of their lives' work. We want more, but that's enough for now! Interested? Write with your qualifications and reasons why please, to *wn.theeditor@gmail.com*, during this or next month, June and July. We look forward.

The editors

Status

This issue is reviewed by members of the editorial team. Readers may make use of the material here if acknowledgement is given to the Association, and *WN* is cited. Please cite as: Anon. The world of *World Nutrition*. Big pictures [This issue]. *World Nutrition*, June 2013, **4**,6, 321-327. Obtainable at www.wphna.org. All contributions to *World Nutrition* are the copyright and responsibility of their authors. They should not be taken to be the view or policy of the World Public Health Nutrition Association (the Association) or of any of its affiliated or associated bodies, unless this is explicitly stated.

How to respond

Please address letters for publication to wn.letters@gmail.com. Letters should usually respond to or comment on contributions to *World Nutrition*. More general letters will also be considered. Usual length for main text of letters is between 100 and 850 words. Any references should usually be limited to up to 10. Letters are edited for length and style, may also be developed, and once edited are sent to the author for approval.