Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID-19. The COVID-19 resource centre is hosted on Elsevier Connect, the company's public news and information website.

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these novel protein sources in reducing our reliance on animal-derived foods, together with improving the sustainability of the remaining livestock industry, will be addressed.

46. Food systems solutions for reducing animal product food waste in households

C. Reynolds
Center for Food Policy, City, University of London, UK

Of the 1.3 billion tonnes of global food loss and waste, food waste related to animal products such as meat, seafood, and dairy is estimated to be 14%. This is equivalent to ~19% of global animal products production, and is linked the majority of the greenhouse gas emissions and other environmental impacts related to food loss and waste. One prominent method to reduce the environmental impact of animal products is to reduce global food loss and waste. To highlight the global scale of this challenge, this presentation presents the results of a 9 country pilot survey (Brazil, Ghana, India, Kenya, Nigeria, Argentina, Colombia, Peru, and the UK). The results show how different shopping, cooking and packaging options drive household animal products waste. This presentation then proposes possible solutions to reduce household global animal products waste, including product shelf life extension; changing purchase, consumption, and freezer use behaviour; and packaging and portion size modifications. These interventions have been validated using the household simulation model - a discrete event simulation model that replicates the stages and processes of home food purchase, storage, consumption and disposal. Examples of the scale of household waste reduction impacts are given for Chicken breast fillets and Bacon in the UK.

47. Are plant-based diets the silver bullet? Evidence from a sustainability, health and resilience angle

P. Scheelbeek
London School of Hygiene & Tropical Medicine, UK

Rapid and transformation changes in food systems - especially those in the Global North - are a pivotal part of our “race” to stay within +1.5°C of warming above pre-industrial levels. Stimulating consumers to eat more sustainable diets presents a major opportunity for reducing the environmental footprint of food systems. At the same time, shifts towards sustainable diets are highly likely to improve population health. In her talk, Dr Scheelbeek will cover the complex linkages between climate change, diets and health. She will give a number of examples of successful (and less successful) global, national and regional strategies, as well as their co-benefits and co-harms for health, environmental sustainability and resilience. Furthermore, she will discuss the challenges of increasing adherence to “sustainable and healthy dietary guidelines” and the potential leverage points for accelerating dietary change in Europe.

48. The nutritional value of milk and meat, their association with human health/disease and how this is reflected in consumer information

I. Givens
University of Reading, UK

Milk and dairy foods. This will focus on the common misconception that milk and dairy foods are harmful to health as often judged by the fact that they are typically the largest supplier of saturated fats in the diet. This will be explored with reference to recent meta-analyses and new knowledge on the impact of the so-called food matrix. Broadly these indicate no association between dairy consumption and risk of cardiometabolic diseases with some indication of significant negative associations. In addition, milk and dairy foods have functionality beyond that which is expressed in their nutrient composition and this may have implications at some key life stages. This includes the indirect effects of milk proteins on growth in children, in the maintenance of skeletal muscle mass in the elderly and in blood pressure moderation throughout adulthood. Topically, there is now increasing evidence that whey protein, and lactoferrin in particular, may represent a potential strategy in the prevention/treatment of COVID-19.

Meat: Perhaps to a greater degree than for dairy foods meat is often regarded as a detrimental source of fat and saturated fatty acids. There is often little recognition that red meat is a key source of haem iron and the related fact that many adolescents in particular, have very sub-optimal iron intakes in good part due to reducing red meat consumption. There is often very little differentiation between the three broad meat types i.e. red, white and processed meat despite the fact that each has considerably different health related characteristics. There is good evidence around the negative health effects of processed meat, in particular related to the risk of colo-rectal cancer, yet there remains confusion about what constitutes processed meat despite the WHO definitions. Processed meat is a highly variable commodity and there are questions as to whether the health risk is the same for all types and whether there should be separate dietary guidance for red and proceed meat and not the combination as at present.

49. Food labels – a panacea or a trojan horse? What information do food labels provide now, what could they provide in the future and what change will they drive?

K. Halliwell
The Food & Drink Federation, UK

There is a high demand for low carbon lifestyles in the UK. Survey data puts it as high as 88% of customers want food brands to help them live sustainably. One way to facilitate sustainable lifestyles is to provide clear and transparent communication of information, to promote informed choices;