

Food literacy refers to the ways in which people interpret and implement healthy eating:

- Adequate food literacy has been argued to contribute to the enhancement of the individual psycho-physical well-being through appropriate food choices. (4)
- Inadequate food literacy has been depicted as a causal factor of negative consumer behaviours within the food system. In particular, it has been associated with unwillingness to promote a positive change in attitudes and perceptions toward food, poor ability to deal with food-related information, confusion in selecting and consuming food (5) and food wastage.
- Food Literacy concept has also been debated as a factor to improve psycho-physical wellbeing at individual and population level



Why food literacy is important for Dietitians

- Promoting food literacy is a major imperative that every dietitian, not only in clinical but also in community and population settings, must be aware of.
- Every dietitian should be specifically trained in health and food communications skills, to improve communication with patients and to help people to implement their own food skills, abilities and knowledge.



FOOD LITERACY AND HEALTH: KEY CONCEPTS

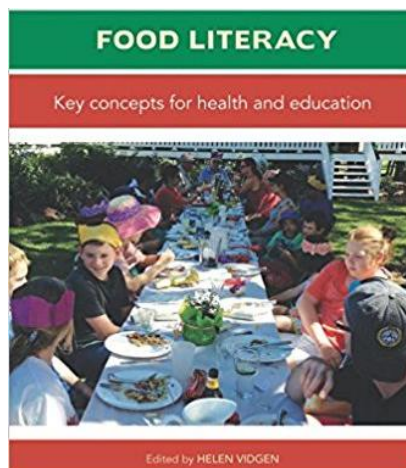
- Food Literacy concerns “the everyday practicalities associated with navigating the food system and using it to ensure a regular food intake that is consistent with nutritional recommendations” (3)
- An indirect relationship connects Food Literacy and nutrition through three mechanisms: security, choice, and pleasure
- Food Literacy concept has also been debated as factor to improve “a positive psychological, physical, emotional, and social relationship with food at both individual and societal levels” (5)

REFERENCES

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Further reading:
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2016



ACKNOWLEDGEMENTS

A special thank to Ersilia Troiano for her precious help in developing this Fact Sheet and to every member of ANDID WG Food Literacy: this is a special group composed of expert colleagues with a great passion about Food Literacy