

On behalf of Drs. Paul Moughan, Suzanne Hodgkinson, Kiran Bains, Manuel Otero

The Science Days Side Event entitled Protein for All: The Importance of Protein Quality in Equitable, Sustainable Food Systems was very well received by a global audience of about 125 attendees.

Following opening remarks by Dr. Manuel Otero, the Director General of the Inter-American Institute for Cooperation on Agriculture (IICA), the audience heard presentations from three internationally recognized experts on issues related to the importance of dietary protein quality in health and disease.

The first speaker, Dr. Paul Moughan, Distinguished Professor and Riddet Institute Fellow Laureate at the Riddet Institute in New Zealand discussed the importance of protein quality in sustainable food systems, particularly among vulnerable populations and those who consume low quality protein diets. Dr. Moughan indicated that access to high-quality protein containing-foods can help minimize or alleviate several severe health conditions.

Dr. Suzanne Hodgkinson, Research Leader at the Riddet Institute spoke about methods for measuring protein quality of foods, and how important it is to have an accurate measurement of protein quality so as not to under- or overestimate the overall quality of one's diet. She spoke about ongoing research to develop and refine the DIAAS (Digestible Indispensable Amino Acid Score) method of measuring protein quality, to ensure accurate values of foodstuffs in the future.

The final speaker of the session was Dr. Kiran Bains, Professor and Head of the Department of Food Science and Nutrition at the Punjab Institute of Agriculture. Dr. Bains spoke about the prevalence of protein deficiencies in India, and the need for higher quality protein sources to mitigate risk of stunting and wasting, and other health related conditions.

The session was moderated by Dr. Mitch Kanter, Technical Director of the Global Dairy Platform, one of four organizing bodies for the session along with the Punjab Institute of Agriculture, The Riddet Institute, and IICA.

The recording of the session can be found <https://bit.ly/2Vm8b05>