The background features a light gray field with several dark gray arrows. One arrow points straight up, another curves to the left, and a third curves to the right. Below the title bar, there are four vertical bars of varying heights and one arrow pointing straight down.

Nutrients and Health: Current Challenges and Considerations for the Future

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Outline

1. Early phase

2. Current challenges

3. Considerations for the future

The early days...

Phase of
Discovery

The early days...

Phase of
Discovery

Limited in
Knowledge

The early days...

Phase of
Discovery

Limited in
Knowledge

**No Nutrient
Recommendations**

The early days...

Phase of
Discovery

Limited in
Knowledge

**Focus on
Nutrients**

No Nutrient
Recommendations

Then...

Phase of
Discovery

Limited in
Knowledge

**Focus on Nutrient
Inadequacy**

No Nutrient
Recommendations

Focus on
Nutrients

The early days...

Phase of Discovery

Limited in Knowledge

**Nutrient Concerns
in Infectious
Diseases**

No Nutrient
Recommendations

Focus on Nutrient
Inadequacy

Focus on
Nutrients

The early days...

Phase of
Discovery

Limited in
Knowledge

**Non-fortified
Foods**

Nutrient Concerns in
Infectious Diseases

Focus on Nutrient
Inadequacy

No Nutrient
Recommendations

Focus on Nutrients

The early days...

Phase of Discovery

Limited in Knowledge

Non-fortified foods

**Relatively Simple
Food system**

Nutrient Concerns in
Infectious Diseases

Focus on Nutrients

No Nutrient
Recommendations

Focus on Nutrient
Inadequacy

Current Challenges

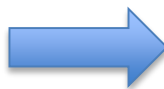
Considerations for Future

✓ Personalized nutrition



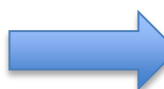
Balance w/public health

✓ Robust evidence base



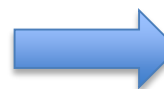
Special populations

✓ DRIs



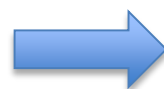
Methods harmonization

✓ Overconsumption



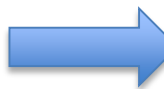
Access healthy choices

✓ Chronic diseases



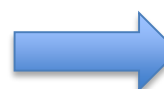
Lifecourse, populations

✓ Food patterns



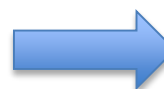
Awareness of new science

✓ Food fortification



Monitor + adjust

✓ Complex food system



Partnerships, COI

Food and Nutrition Board

