

Nutrition and Food Safety Newsletter

February 2025

Dear Subscribers

Happy beginning of the year! Welcome to our new monthly Nutrition and Food Safety Newsletter. In this issue, we present new publications, key news and notable events in the field of nutrition and food safety that took place in January (and at the end of last year), and upcoming dates to watch for. For further details, please click on the related hyperlinks.

New publications

Use of lower-sodium salt substitutes: WHO guideline

The World Health Organization (WHO) published a new guideline on the use of lower-sodium salt substitutes on 27 January 2025. WHO suggests replacing regular table salt with lower-sodium salt substitutes (LSSS) that contain potassium (*conditional recommendation*).

This recommendation is intended for adults (not pregnant women or children) in general populations, excluding individuals with kidney impairments or with other circumstances or conditions that might compromise potassium excretion. LSSS are alternatives to regular salt. They contain less sodium than regular salt and often include potassium chloride.



Risk assessment of food allergens

Four brochures were published on the topic of risk assessment of food allergens: priority food allergens, food allergen reference doses, precautionary allergen labelling (PAL), and exemptions from mandatory food allergen declaration.



Risk assessment of *Listeria monocytogenes* in foods

This meeting report (part 1: formal models) describes the output of the expert meeting of the joint FAO/WHO Expert Meeting on Microbiological Risk Assessment (JEMRA) to develop formal full risk assessment models for *Listeria monocytogenes* in lettuce, cantaloupe, frozen vegetables and ready-to-eat fish.



News

New NFS Director appointment



WHO Director-General announced the appointment of Dr Luz María De Regil as Director of the Department of Nutrition and Food Safety as of 6 January 2025.

Dr De Regil is an epidemiologist with 20 years of experience in the public, private, non-for-profit and intergovernmental sectors. Her expertise spans from research in basic science to large-scale public health programming and policy. Before her current position, she was the Unit Head of Multisectoral Actions in Food Systems at WHO, the Vice-President of Global Technical Services at Nutrition International, in Canada, epidemiologist at WHO, and researcher in Mexico and the United States of America.

Call for experts

Technical Advisory Group on Risk-Benefit Assessment on optimal intake of animal-source foods

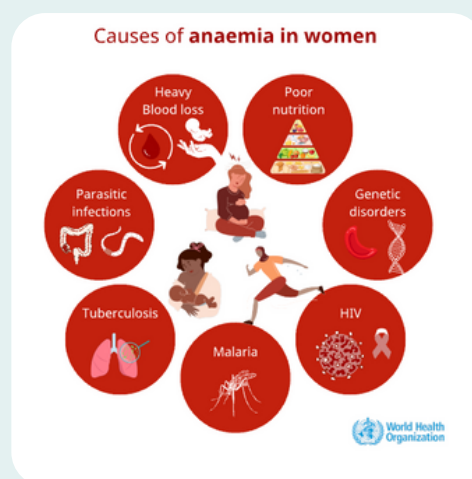
WHO is seeking a multidisciplinary group of experts in food safety, nutrition, environmental and socioeconomic sciences, epidemiology, and risk/benefit assessment to join the TAG on Risk-Benefit Assessment for optimal intake of animal-source foods.

NFS has initiated the development of a guideline on the optimal intakes of animal-source foods (meat, dairy, fish and plant foods) and diet patterns. The TAG experts will act as an advisory body to WHO in this field and work closely with the guideline development group (GDG) in developing and implementing the guidelines. [More information](#) on the call and submission of applications.

Campaign

World Anaemia Awareness Day

World Anaemia Awareness Day is observed on 13 February 2025 to keep the global problem of anemia and iron deficiency in the spotlight. WHO and the Anaemia Action Alliance have prepared key messages and social media materials to raise awareness about anemia. We invite you to watch for the posts on @WHO social media and share the messages on your channels.



Events

Codex Alimentarius Commission side events

WHO hosted four side events at the 47th Session of the Codex Alimentarius Commission (CAC47), with the following available recordings:

- [Beyond food safety: effective labelling for healthier food in the context of Codex guidance.](#)
- [Promoting food safety and access to safe trade: the Codex Trust Fund \(CTF\) and the Standards and Trade Development Facility \(STDF\).](#)
- [Foodborne disease data for action: National engagement in finalizing the next WHO burden estimates of foodborne diseases.](#)
- [Spotlight on the new WHO Alliance for Food Safety.](#)

To follow / watch

Initiative on climate action and nutrition (I-CAN)



The I-CAN (Initiative on climate action and nutrition), was launched in 2022 by the Presidency of Egypt, in partnership with WHO, FAO, other UN agencies and partners such as Global Alliance for Improved Nutrition (GAIN). It champions the need to connect and disseminate actions to accelerate progress in both climate (mitigation and adaptation) and nutrition and aims to facilitate the provision of technical and high-level support to Member States.

I-CAN is co-led by the government of Egypt and WHO. It is linked to WHO's Alliance for Transformative Action on Climate and Health (ATACH), and seeks alignment with other initiatives that share common objectives. As the host agency, WHO works with the I-CAN constituency and other partners to advance its objectives, including through task forces and working groups led by I-CAN members.

Watch a video by Dr Tedros on I-CAN.



Health Talks on Food Systems: Food for Health

WHO hosted a series of virtual Health Talks on food systems under the theme "Food for Health". This series saw the participation of over 30 international experts and explored the role health systems can play as a platform for delivering healthier foods to those with economic and health vulnerabilities due to diet-related non-communicable diseases. The series illustrated the regulatory, programmatic and financial implications of this novel approach.



Global database on the Implementation of Food and Nutrition Action

The upgraded Global Database on the Implementation of Food and Nutrition Action (GIFNA) is WHO's policy database to advocate for nutrition and healthier food environments. It is a unique and comprehensive tool providing nutrition and food environment policy data for decision-making on nutrition and covering all forms of malnutrition in all countries of the world. You can learn more about GIFNA and access it here.

From our collaborators in official relations

WHO/Cochrane/Cornell University Joan Klein Jacobs for Center for Precision Nutrition and Health Summer Institute

A unique Summer Institute for systematic reviews in nutrition for global policy-making 2025 brings together experts from WHO, Cochrane and Cornell University to train participants in the development of systematic reviews of nutrition interventions in populations. It offers a combination of online and in-person learning, with one week of online asynchronous learning and a residential week at Cornell University's campus in Ithaca, New York, during the week of 15 June.

Systematic reviews following the Cochrane methodology are used to ensure that WHO recommendations are based on sound evidence. The Institute is intended for nutrition scientists and practitioners with an interest in the application of scientific evidence in policymaking. Candidates must have a university degree in health or social sciences with an interest in nutrition interventions for public health. Further details are available on the Institute's [website](#).



Resolve To Save Lives Global Nutrition Database webinar

We invite you to join a [webinar](#) hosted by Resolve to Save Lives (RTSL), a global health non-profit, on 11 February 2025, 14:00-15:00 CET/8:00-9:00 EST, “Data for action: Harnessing the new Resolve To Save Lives Global Nutrition Database to shape healthier packaged food policies from global packaged food surveillance”.

This webinar will bring together experts and stakeholders to explore the role of data in shaping policies that address sodium reduction and other nutrients of concern in packaged foods.

**GLOBAL NUTRITION
DATABASE FOR PACKAGED
FOODS**

Open call

WHO Health Inequality Monitoring Network

WHO is establishing a global network of institutes for health inequality monitoring (HIM). The HIM Network serves as a platform for knowledge exchange, capacity strengthening, and advocacy to improve health inequality monitoring at the global, regional, and country levels.

To express interest, complete the online application [form](#) by 28 February 2025.

From our archives

Webinar: Precision nutrition: for low- and middle income countries?

This webinar, hosted by WHO, discussed recent advances in precision nutrition and the challenges for the development of this field in low- and middle income countries.

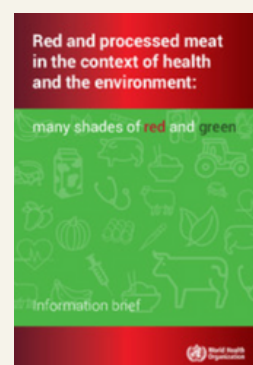
Precision nutrition aims to improve the outcome of nutritional strategies for prevention and/or treatment of diseases considering individual characteristics. The webinar looked at the role that genetic variation, gene-environment interactions, gender, epigenetic mechanisms, the microbiome, and other factors play to contribute to the specific response that an individual has to diet, exploring the concept of precision nutrition.

Information brief:

Red and processed meat in the context of health and the environment: many shades of red and green

This information brief synthesizes the evidence on the role of red and processed meat production and consumption in health and environmental outcomes, and in different social and political contexts.

The publication may also be used to inform the development of commitments and policy action on climate change and food systems.



Department of Nutrition and Food Safety (NFS)



Website: Nutrition and Food Safety .
Telephone: +41 22 791 21 11
Email: NFS@who.int

Department of Nutrition and Food Safety (NFS)
20, avenue Appia CH-1211 Geneva 27

To sign up for WHO's Nutrition and Food Safety mailing list, please click: SUBSCRIBE