



Currently, there is no clear consensus as to what constitutes a sustainable diet. The evidence base on dietary patterns that are **healthy** and **sustainable** for both the human population and the planet is evolving, complex and nuanced. A close examination of this topic is particularly timely and relevant for dietitians. At the symposium, you will have the opportunity to listen to internationally recognized speakers on this topic from the Food and Agriculture Organization (FAO) of the United Nations, McGill University, the University of California, Davis, and Agriculture and Agri-Food Canada. Don't miss it!

After attending the symposium, participants will:

- better understand definitions and goals for sustainable diets
- expand understanding of the impact of animal agriculture on environmental sustainability, particularly as it relates to Canadian food production
- gain insights on the nutritional implications of plant-based or “flexitarian” diets as proposed by EAT-Lancet

Where and when:

- **Montreal**  
October 29 — webcast available in French  
from 8:30 am to 12:00 pm (Eastern Daylight Time)
- **Edmonton**  
October 30 — webcast available in English  
from 9:30 am to 1:00 pm (Mountain Daylight Time)

To view the program and to register, visit [dairynutrition.ca/symposium](https://dairynutrition.ca/symposium)



BROUGHT TO YOU  
BY OUR DIETITIANS