

Human Nutritional Requirement

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Introduction

Knowledge of human energy and nutrient requirements is essential for the complete assessment of food supplies and nutritional needs, enabling governments to monitor nutrition programmes, and to plan development activities in general. The Food and Agriculture Organization of the United Nations (FAO), in conjunction with the World Health Organization (WHO) and United Nations University (UNU), organize biennial expert consultations on nutrient requirements.

The primary purpose of all expert meetings is to advise the Directors-General of FAO and WHO on scientific issues related to energy and nutrients so that appropriate recommendations for action can be formulated. The recommendations and guidelines, which result from these consultations, serve to enable governments and organizations to better plan, monitor and evaluate nutrition programs and policies.

FAO sponsors and publishes documents relating to the practical applications and uses of the requirements in the context of nutrition

Diet and Chronic Diseases

The joint report on **Diet, Nutrition and the Prevention of Chronic Diseases** was undertaken as part of the ongoing FAO and WHO collaborative program of expert consultations on human nutrition. The team

of global experts identifies the burden of chronic diseases - which include:

cardiovascular diseases, cancers, diabetes and obesity - as rapidly increasing worldwide. This Report is significant because it contains the best available scientific evidence on the relationship of diet, nutrition and physical activity to chronic diseases, based on the collective judgment of a group of experts with a global perspective.

The Committee on Agriculture (COAG), which conducts periodic reviews and appraisals of agricultural and nutritional problems in order to propose concerted action by Member Nations and the Organization, convened a special session at the request of member nations, to seek advice on FAO's follow-up to the report.