

Trends in food availability in Switzerland, 1961-2007

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Background and aims

Background

- There is little if no information regarding dietary trends in Switzerland in the long term.

Aims

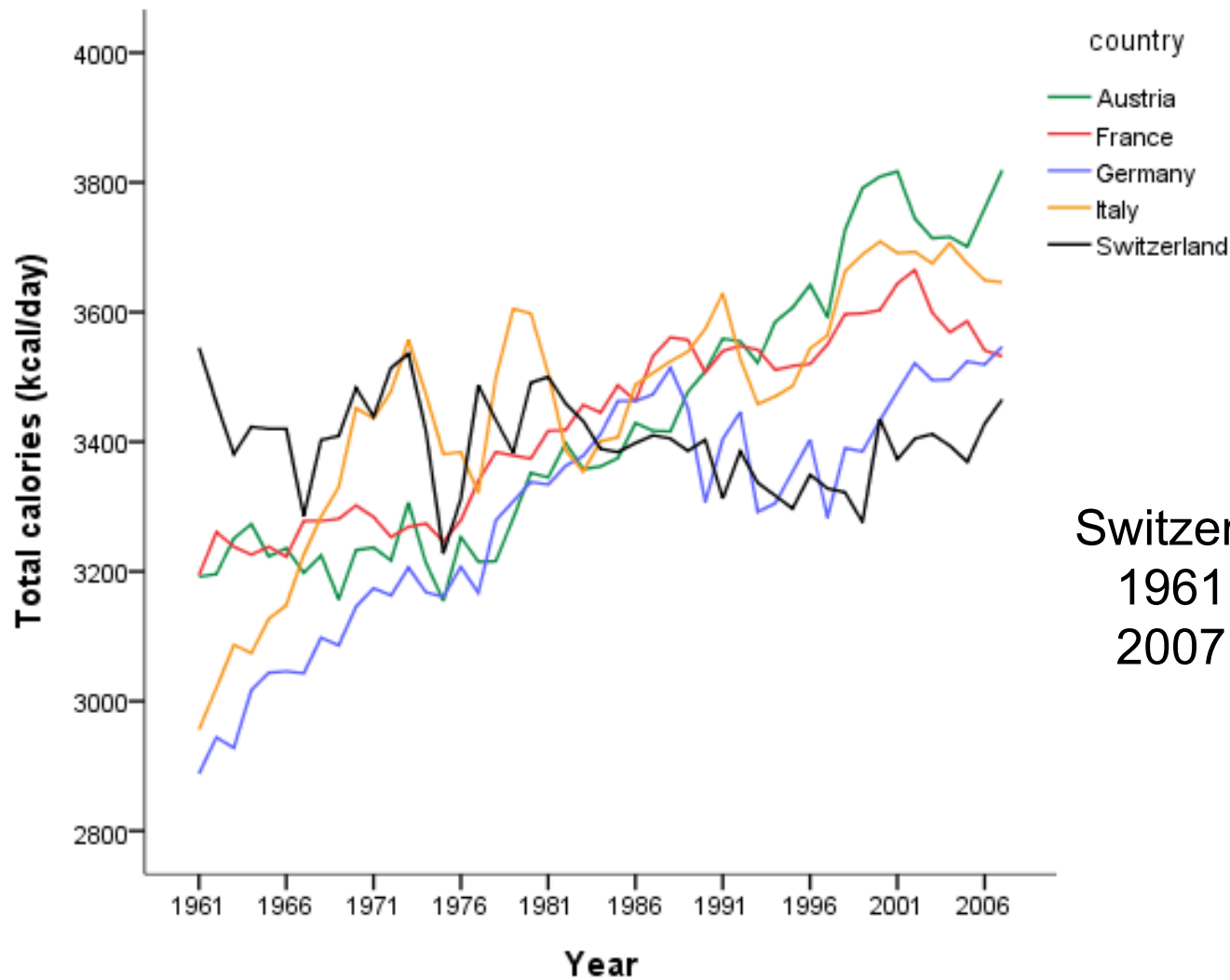
- Assess trends in food availability in Switzerland, in comparison with its immediate neighbors (Austria, France, Germany, Italy), for the period 1961-2007.

Methods

- Food and Agricultural Organization food balance sheets from Austria, France, Germany, Italy and Switzerland (<http://www.fao.org/>).
- Food commodities supply for a given country is estimated taking into account total production, imports, exports and stocks of food as well as its non-food use. The resulting yearly supply is then divided by the average population and the number of days of the corresponding year to obtain an estimate of the daily food available *per capita*.

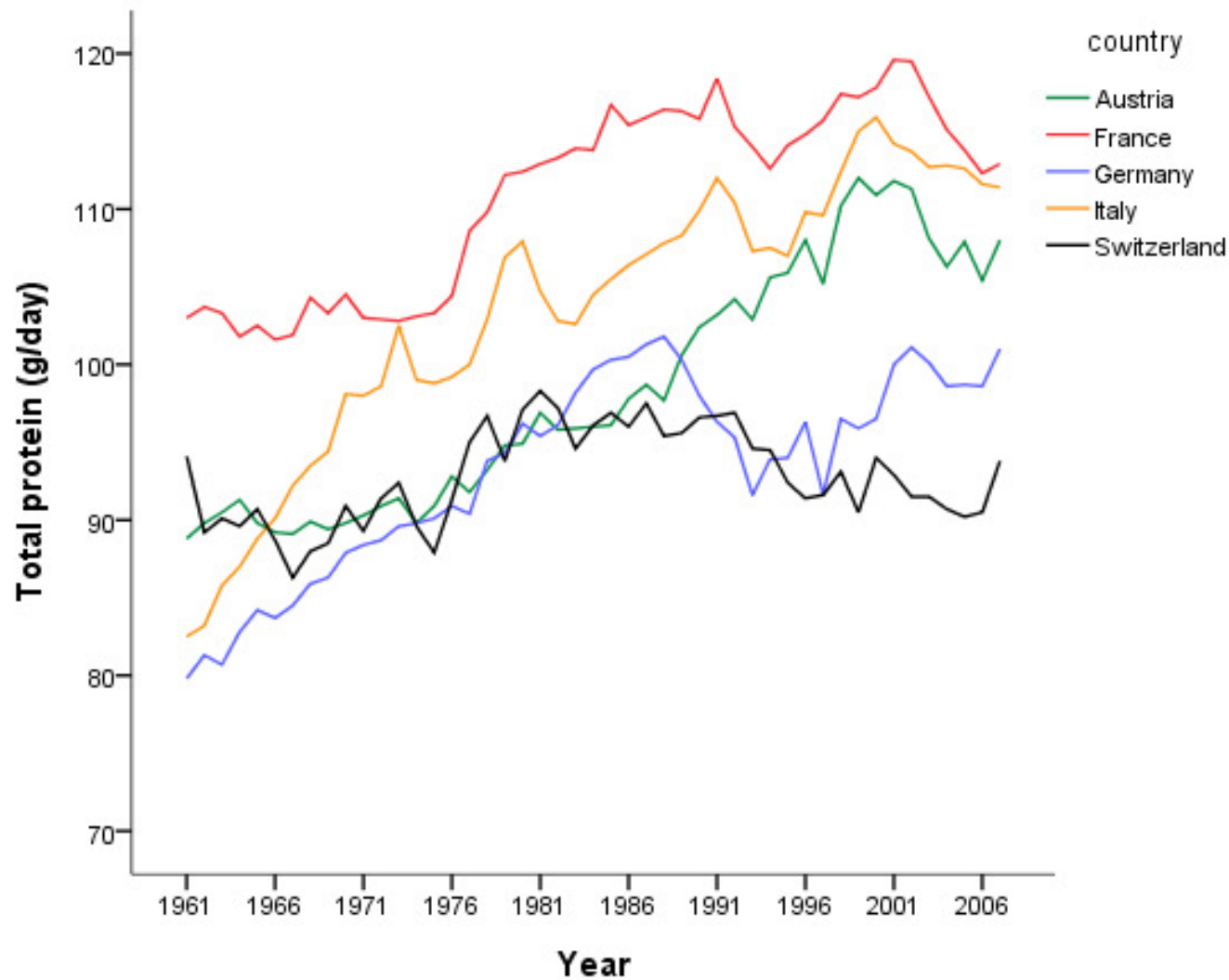
Chen et al. *Eur J Nutr.* 2007 Oct;46(7):418-27

Daily calories availability *per capita*

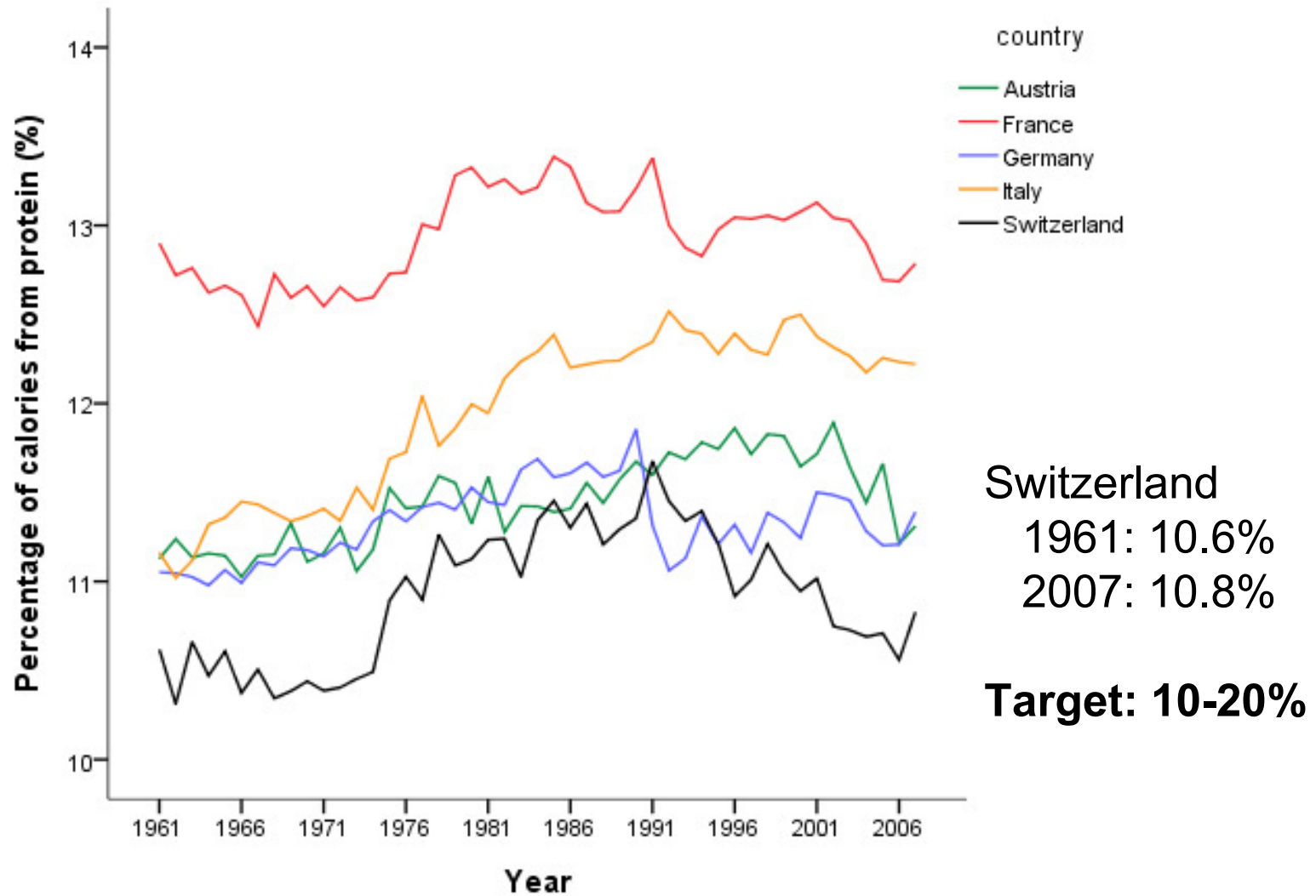


Switzerland
1961: 3545 kcal/d
2007: 3465 kcal/d

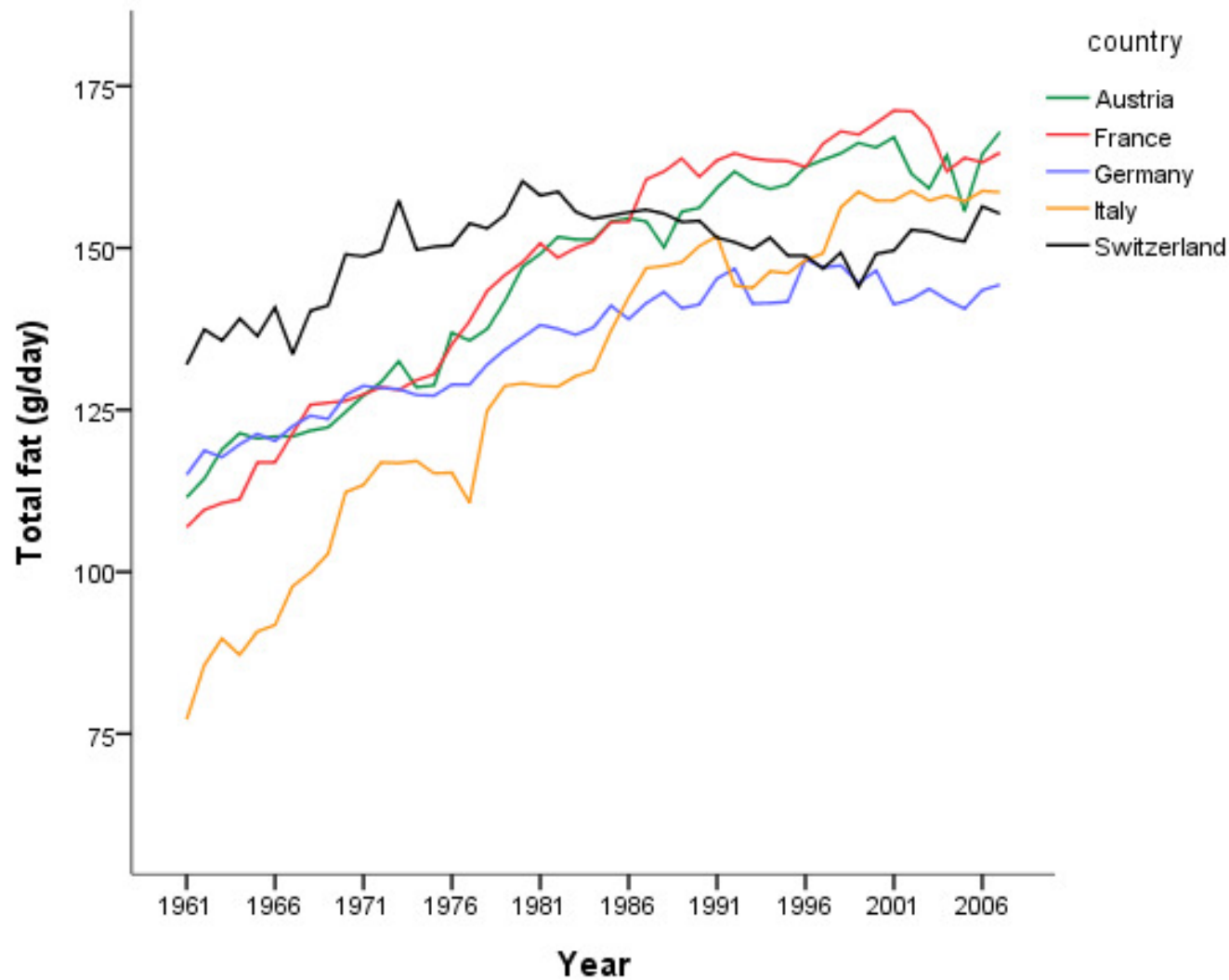
Daily protein availability *per capita*



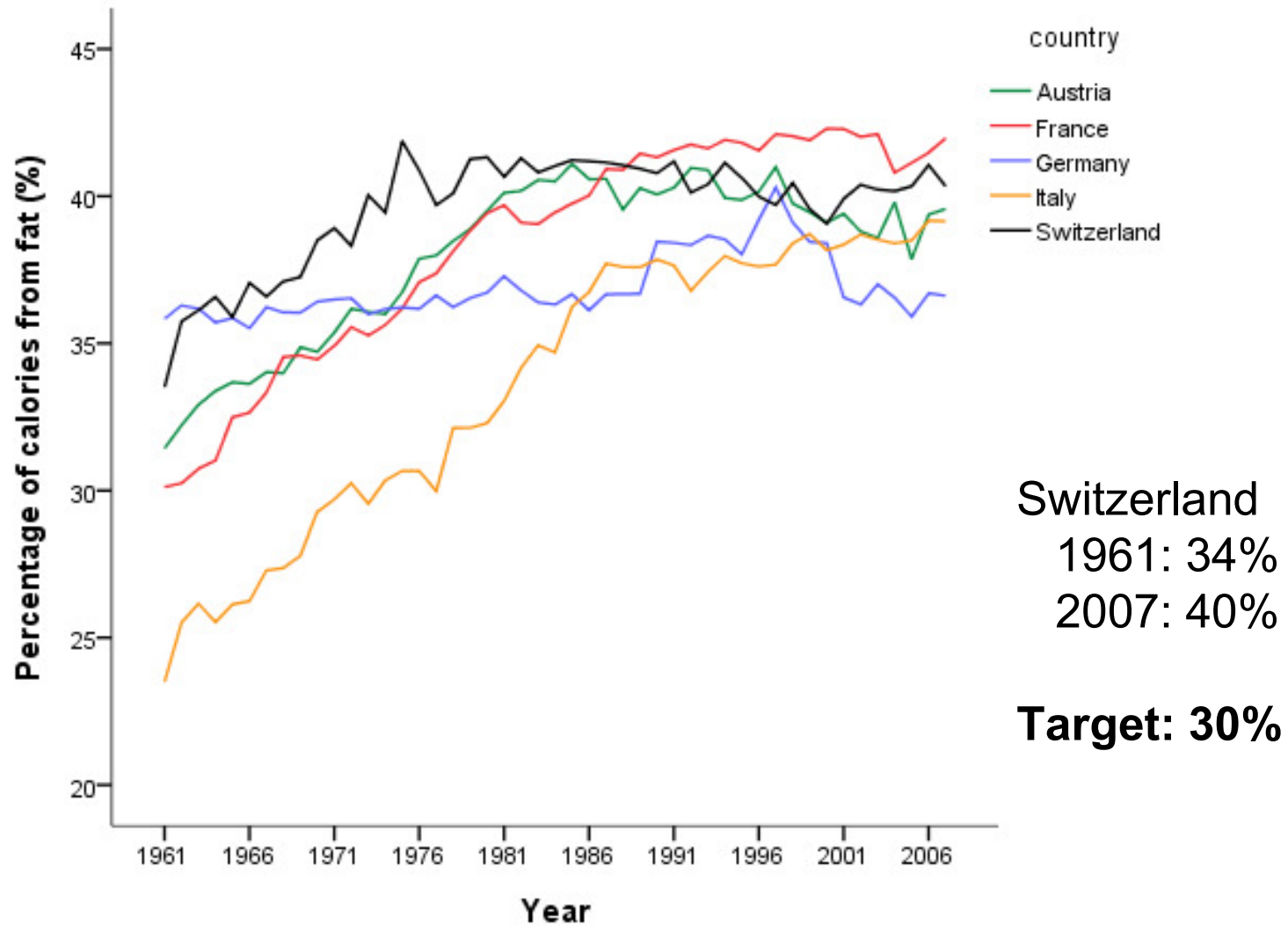
Percentage of calories from protein



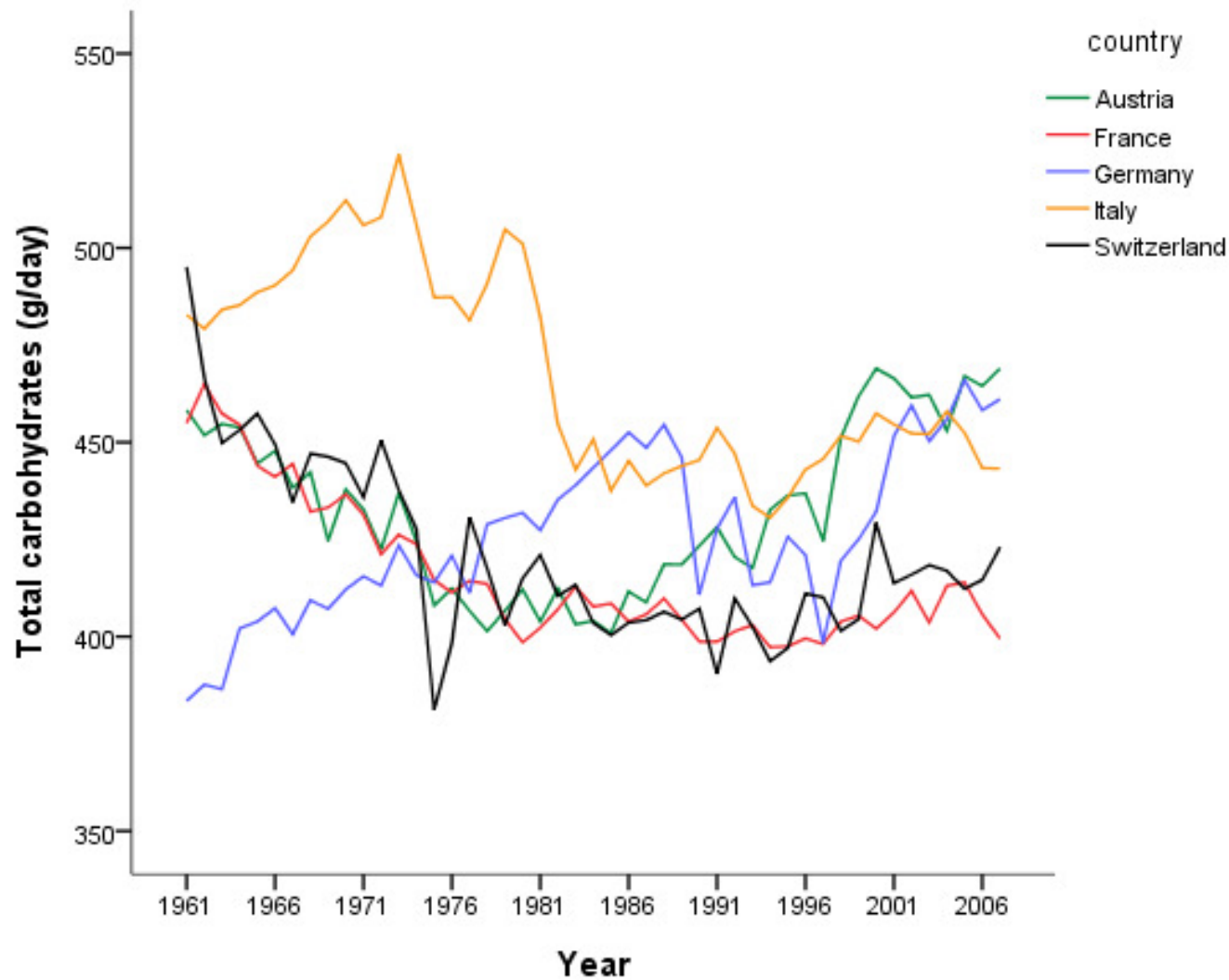
Daily fat availability *per capita*



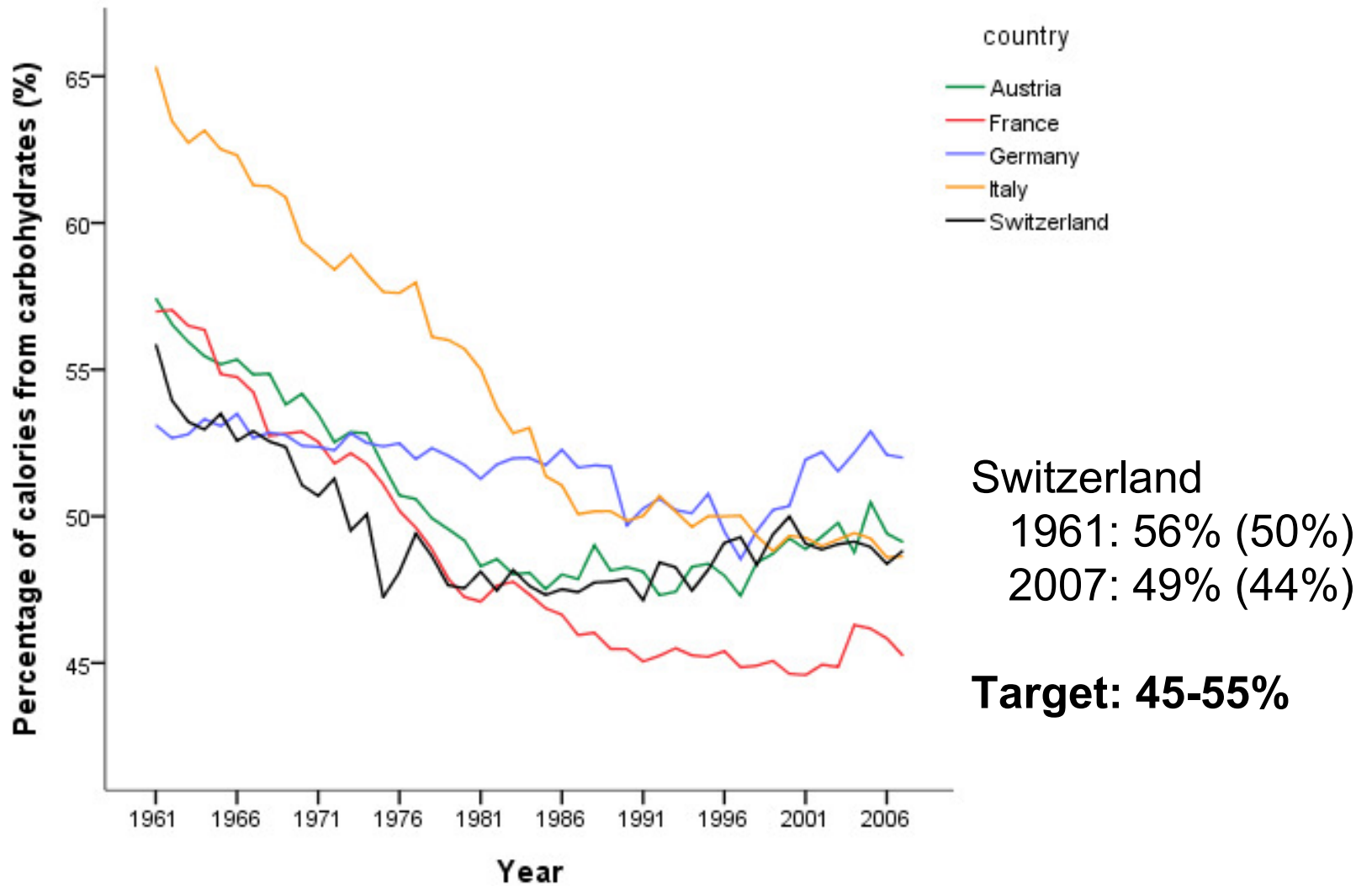
Percentage of calories from fat



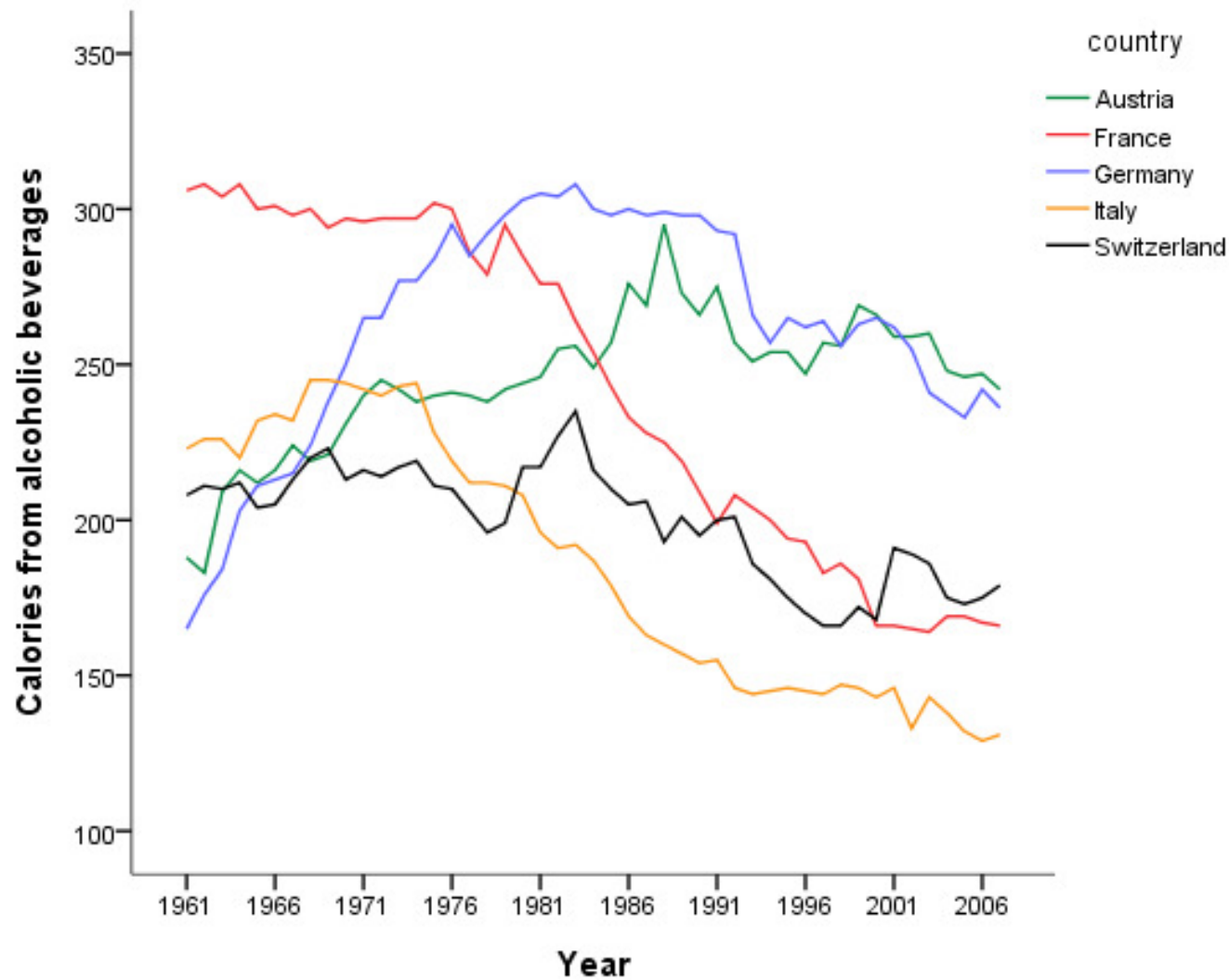
Daily carbohydrate availability *per capita*



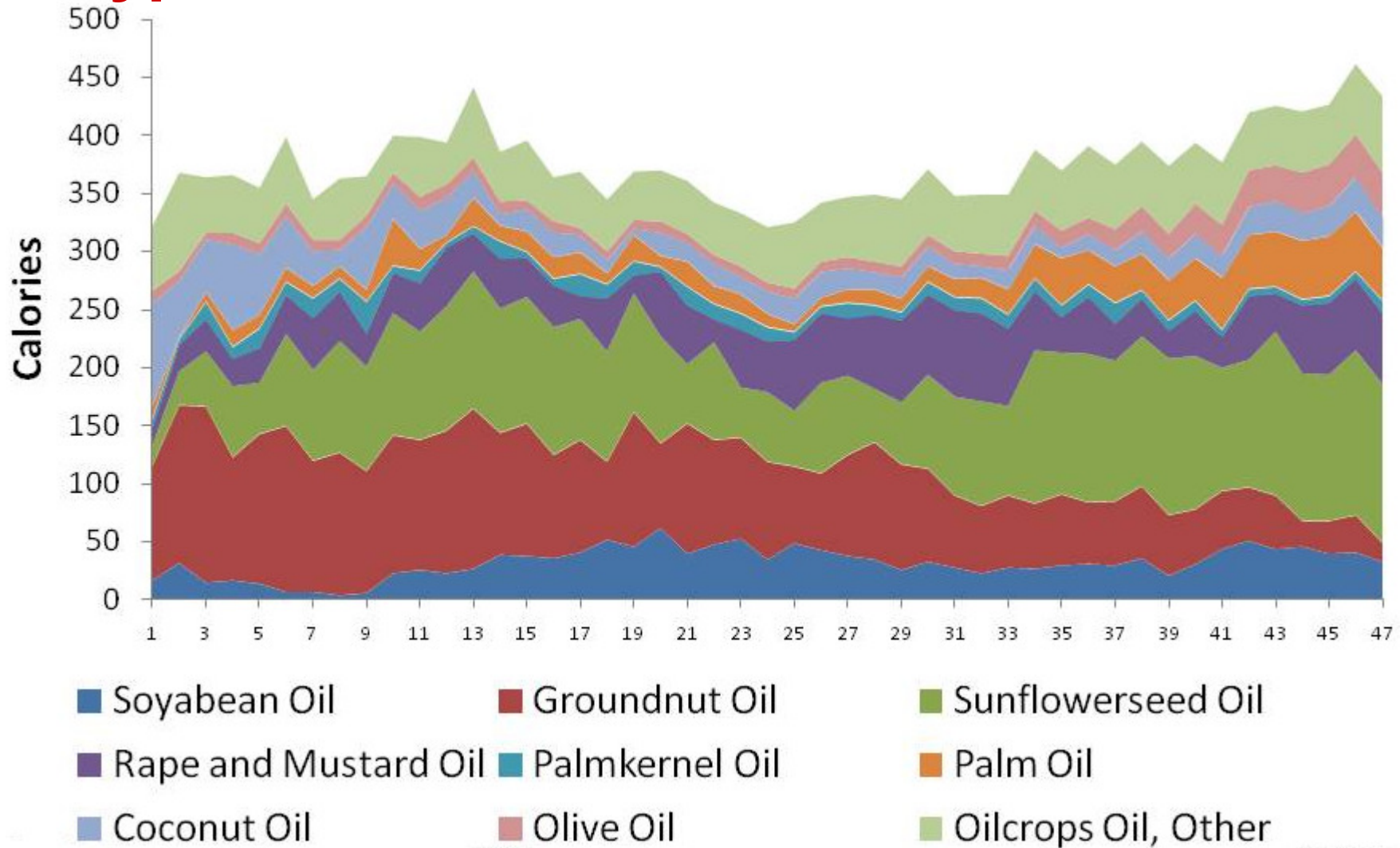
Percentage of calories from carbohydrate



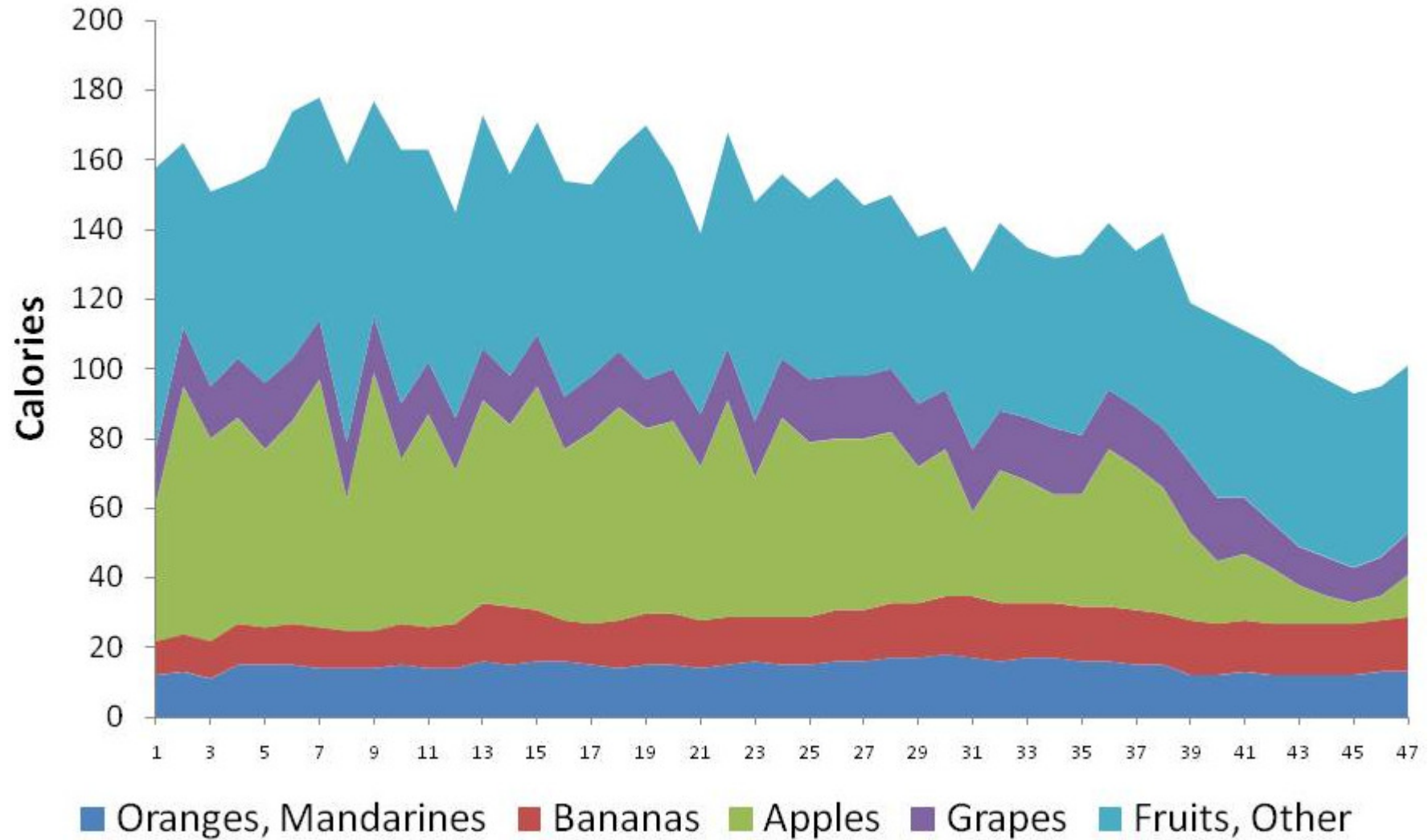
Daily calories from alcoholic beverages



Types of fat available, Switzerland



Types of fruit available, Switzerland



Conclusion

During the period 1961-2007:

- Changes in food availability in Switzerland were less pronounced than in their neighboring countries (EU agricultural policy?)
- Total caloric availability declined slightly.
- Fat content in the diet increased.
- The types of fat available changed (food industry?).
- The types of fruit available changed (globalization?).

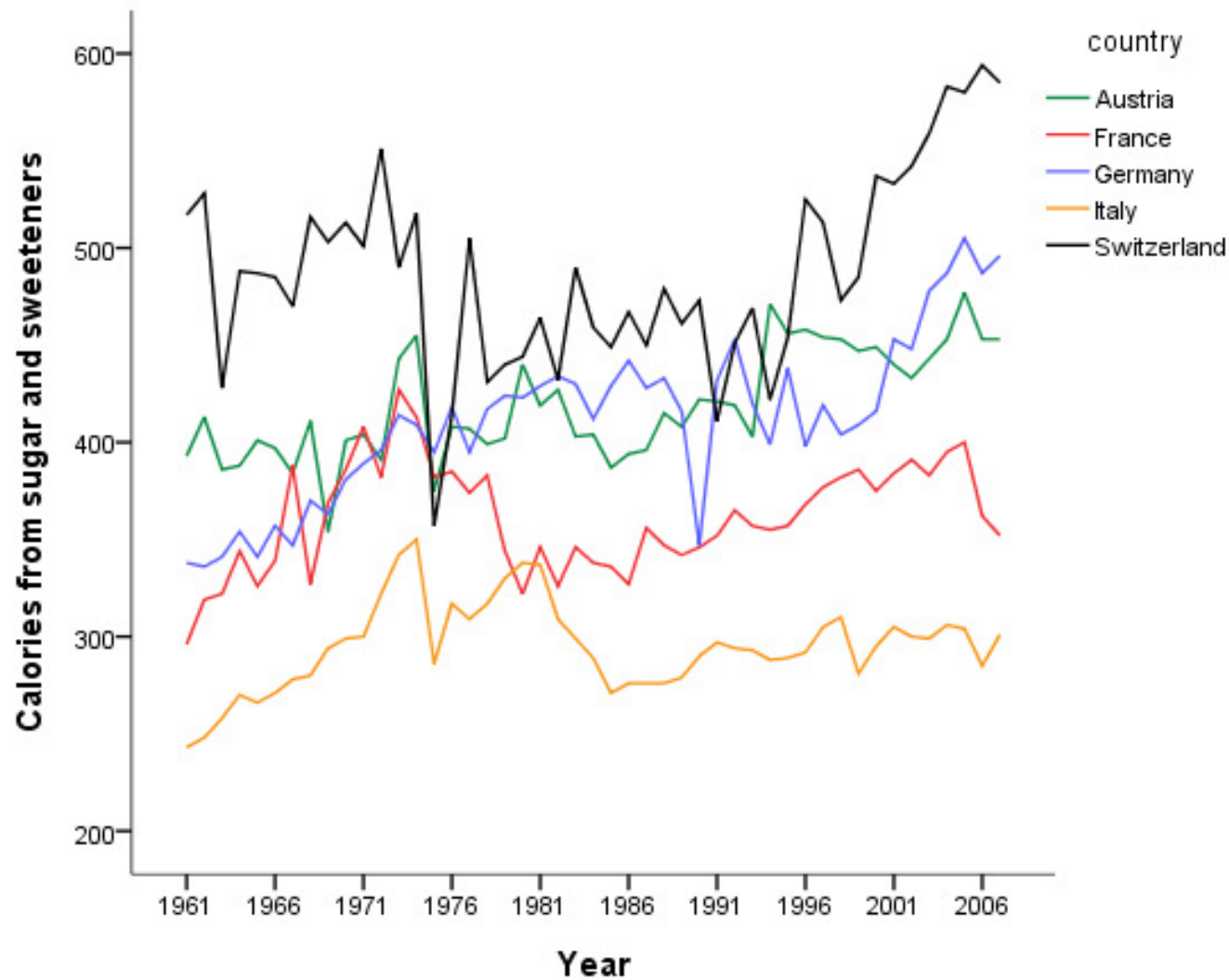
The Public Health impact of these changes remain to be evaluated → **next step.**

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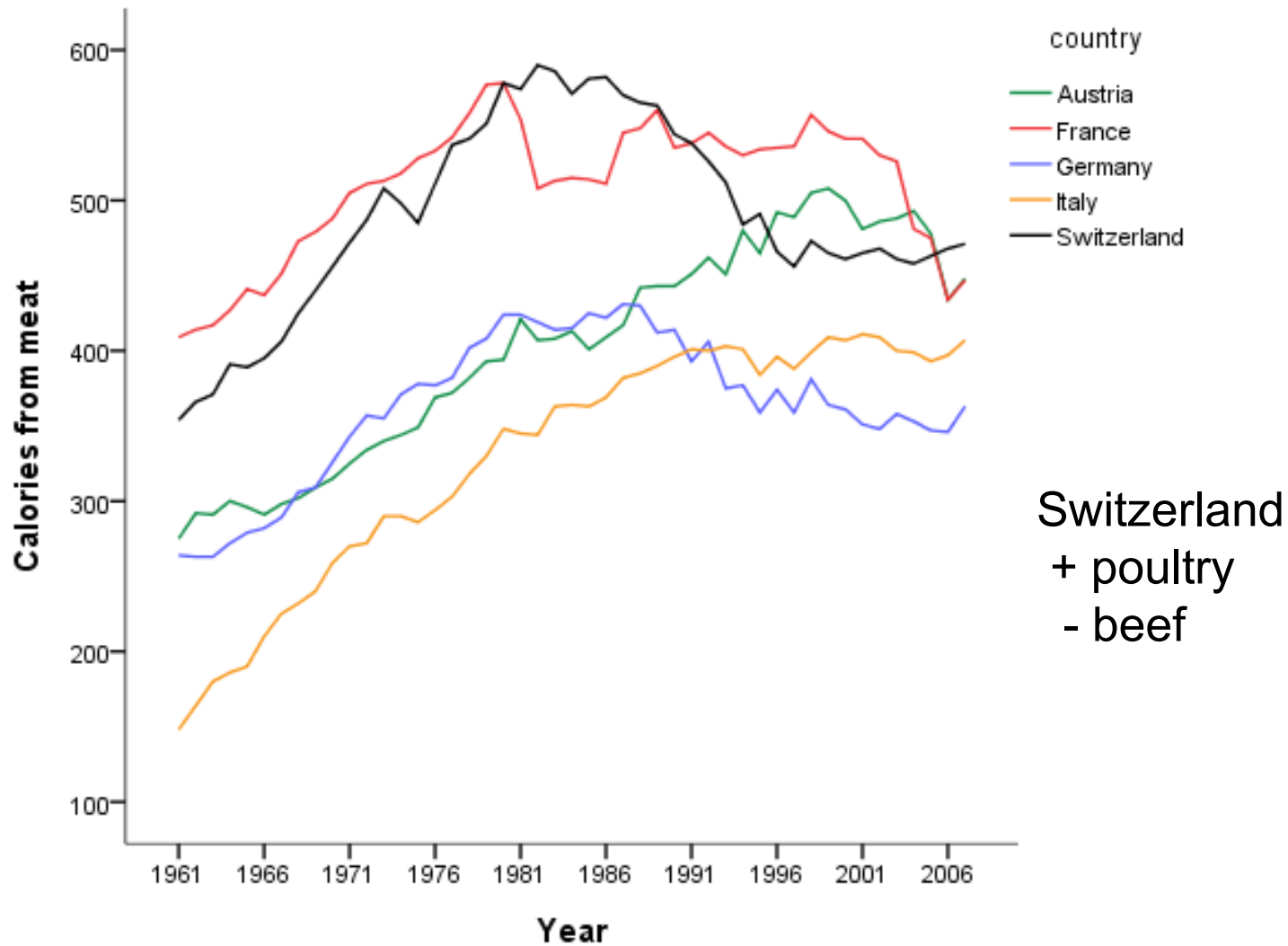
Institute of Social and Preventive Medicine, Lausanne
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THANK YOU FOR YOUR ATTENTION

Daily calories from sugar and sweeteners



Daily calories from meat



Daily calories from milk

