

Session 1: Optimal Nutrition and the Consumption of Fruits & Vegetables

Objectives

- Provide guidance for strategy development to increase nutrient-dense FV consumption.
- Build consensus on research gaps that will improve program and implementation effectiveness.

Discussion Questions

- What distinct populations need to increase FV intake and why? Who would benefit the most?
- What are the most promising strategies for increasing demand for FV at the household and individual level in low-, middle- and high-income countries?
- What are the research gaps, if any, in understanding demand for FV and how FV consumption may affect nutrition and health outcomes in low-, middle- and high-income countries?

