

## **Foreword**

All of us are part of the food system, as consumers, many as producers, processors or as part of the vast network of food supply chains. Food is connected to our health and well-being. It provides livelihood opportunities for a large number of people. It affects our environment and ecology. It defines our culture and tradition. It is now being recognised that the food system can be unjust and discriminatory. It can cause irreversible damage to the health of people and the planet. Food is, therefore, integral to human life.

Over the past couple of years there has been tremendous interest in trying to unravel the complexity of the food system and to fix it. At FSSAI, we have made a modest effort to address the multiple challenges in our food system focusing around food safety, nutrition and sustainability through the nation-wide Eat Right Movement that adopts a food system approach and works through partnerships, collaborations and networks. Needless to say, much more is required to be done. Of particular importance is to develop a next generation of leadership that takes a holistic rather than a compartmentalized view of the food sector.

In the above context, the book, 'Eat Right: A Food System Approach' is very timely. Targeted at students pursuing higher studies in areas related to the food sector, the book would provide a broad understanding of all related issues and bring out clearly the interconnected nature of these issues. I hope universities and colleges would consider introducing courses for such a holistic study of food systems. This is necessary to equip the next generation of leadership to address new and emerging challenges in an increasingly complex environment in the food sector in future.

I congratulate former CEO, FSSAI, Shri Pawan Agarwal and Dr. Pulkit Mathur, who conceived of this book project. They have brought in many experts as contributors to bring this book project to reality. I hope the book would be found useful by students and professionals working in food and nutrition to better appreciate the systems approach to food.

**Rita Teotia**

Chairperson, FSSAI