

Protein for All: The Importance of Protein Quality in Equitable, Sustainable Food Systems

Tuesday, July 6th 10:00AM – 11:30AM CET



Access to high-quality protein containing-foods (HQPs) can help minimize or alleviate several severe health conditions. A greater understanding of the foods that can optimize consumption of HQPs, and the complementarity of all protein sources is imperative to adequately feed a growing global population.

Global protein experts will discuss the health implications of protein quality in the diet, as well as the challenges of providing adequate HQP, particularly in low- and middle-income countries. (LMICs)

Program

Opening Remarks: The Importance of High-Quality Proteins, Particularly in LMICs

- *Dr. Manuel Otero, Director General, Inter-American Institute for Cooperation on Agriculture (IICA), Costa Rica*

Overview of Protein Quality, and Why it is Important to Food Systems

- *Dr. Paul Moughan, Distinguished Professor and Riddet Institute Fellow Laureate, New Zealand*

Measuring Protein Quality and Relative Quality of Different Staple Foods via the DIAAS Methodology

- *Dr. Suzanne Hodgkinson, Research Leader, Riddet Institute, New Zealand*

Amino Acid Deficiencies in Indian Meals and the Protein Intake of Women in India

- *Dr. Kiran Bains, Professor and Head of Department of Food and Nutrition, Punjab Agricultural University, India*

Question & Answer Session

- *All Participants*

Concluding Remarks

- *Dr. Mitch Kanter, Global Dairy Platform, USA*

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Lead Organizers:

*Inter-American Institute for Cooperation on Agriculture (IICA)
Punjab Agricultural University
Global Dairy Platform
Riddet Institute*

Supporting Organizations:

*International Dairy Federation
International Egg Commission
International Meat Secretariat
International Poultry Council
Global Roundtable for Sustainable Beef*

