

Thematic Reference Indicators (TRIs)	
AFS TRI 3 Healthy diets	
Number of persons whose diet is healthy	
Contribution to sub-objective of M21-24	<i>Sub-objective 7: Strengthening equitable access to quality basic services</i>
Contribution to 2030 Agenda: SDG target	<u>SDG target 2.2</u> : By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.
Definition (description, specification, qualification)	<p>Healthy diets are dietary patterns that promote all dimensions of individuals' health and wellbeing. They have low environmental pressure and impact. These diets are accessible, affordable, safe, equitable and culturally acceptable. The aims of sustainable healthy diets are to</p> <ul style="list-style-type: none"> • achieve optimal growth and development of all individuals and support functioning and physical, mental and social wellbeing at all life stages for present and future generations; • contribute to preventing all forms of malnutrition (i.e. undernutrition, micronutrient deficiency, overweight and obesity); • reduce the risk of diet-related non-communicable diseases; • and support the preservation of biodiversity and planetary health. <p>Sustainable healthy diets must combine all the dimensions of sustainability to avoid unintended consequences.</p>
Measuring unit	Number of persons
Disaggregation dimension (sex, age group, ethnicity or other identity criteria of LNOB)	a) Females in LNOB target group b) Females in non-LNOB target group c) Males in LNOB target group d) Males in non-LNOB target group
Data source	At project level, implementing partners
Rationale	<p><u>Theory of change</u></p> <p>If people benefit of a healthy diet, then they are able to lead a healthy and active life because their brains and muscles are fit and receive adequate energy and nutrients.</p>
Possible messages of aggregation, synthesis and contribution	XX people (i.e. YY% of the targeted population have access to sustainable and healthy diets and are able to thrive in their school, working and social lives.
Thematic responsibility	Agriculture and Food Security Network