

Abstract

Coffee By-Products for Sustainable Health Promotion [†]

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Abstract: Food systems (from farm to fork and disposals) are responsible for about a third of anthropogenic greenhouse gas (GHG) emissions. In turn, the agricultural sector is negatively impacted by GHG and climate change, while facing the challenge of having to reduce carbon emissions through sustainable practices and produce more food due to the continuous world population growth, projected to reach nine billion in 2050. At the same time, the incidence of obesity and degenerative diseases also continuously increases, demanding changes in the quality of dietary patterns that favor the intake of more plant foods with antioxidant and anti-inflammatory properties. According to the Food and Agriculture Organization (FAO), a sustainable food system contributes to food security and nutrition for all so that the economic, social, cultural, and environmental bases to generate food security and nutrition for future generations are safeguarded. New types of foods are being presented as alternative ways to ensure food security. However, controlling waste is a priority. Food waste, including by-products, can be a relevant source of nutrients and bioactive compounds, delivering several benefits to health and adding value to the production chain. Coffee is one of the main food crops in the world. The annual production of about 10 million tons generates a large amount of waste material of excellent quality, which is converted into healthy bioproducts. In this presentation, we will approach the use of coffee by-products as a means for sustainable consumer health promotion and to support the improvement of the lives of those who work in the coffee production chain.

Keywords: sustainability; coffee by-products; coffee and health



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