

Optimeal®

Optimising diets on health and sustainability

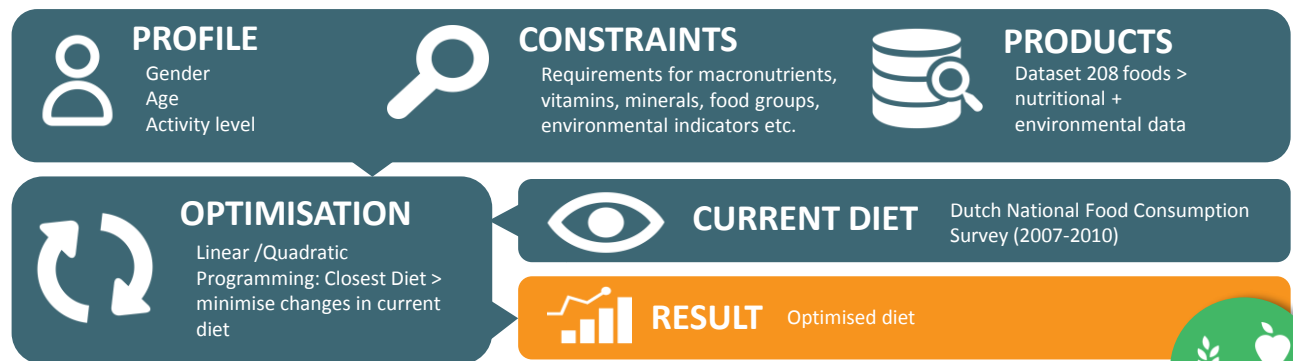
What is Optimeal?

Optimeal® is a software tool for optimisation of diets on health and sustainability. It was developed by Blonk Consultants in cooperation with the Netherlands Nutrition Centre (Voedingscentrum) and is used by companies, public bodies, research institutes and policy makers (see references: www.optimeal.nl/publications).

Applications

- **Scenario studies** aimed at defining policies and strategies on healthy and sustainable diets;
- Understanding the **strategic position of specific foods** in healthy and sustainable diets;
- Development of **food-based dietary guidelines**.

HOW DOES IT WORK?



Why Optimeal?

Adapting food consumption in ways that advance or safeguard human well-being is one way of sustainably feeding 9 billion people by 2050. Optimeal® allows investigation of a multitude of options, identifies new opportunities and helps to elevate the level of discussion on sustainable diets.

Features

Optimeal® offers the choice of several optimisation algorithms, based on linear or quadratic programming. The goal or optimisation is to identify a diet that meets all constraints with as little changes to the current diet as possible. In this way Optimeal® takes attainability of dietary interventions into account.

Grasp the full picture of healthy and sustainable diets

Optimeal® will support you with strategic thinking on healthy and sustainable diets and the role of specific food products therein.

About the developers: Blonk Consultants

Blonk Consultants helps companies, governments and civil society put sustainability into practice based on sound, independent research. To ensure optimal outcomes we take an integral approach that covers the whole lifecycle of products.

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