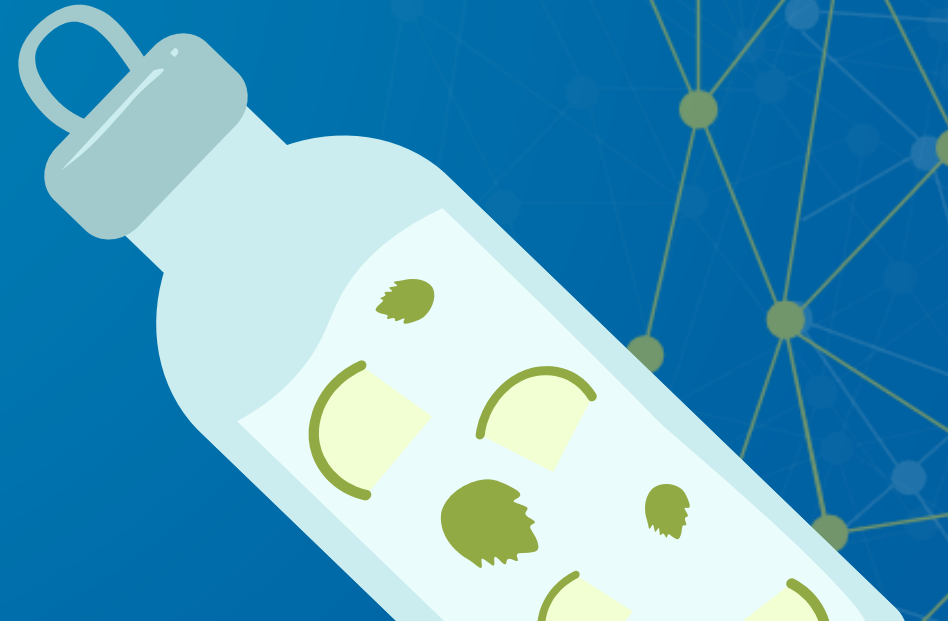
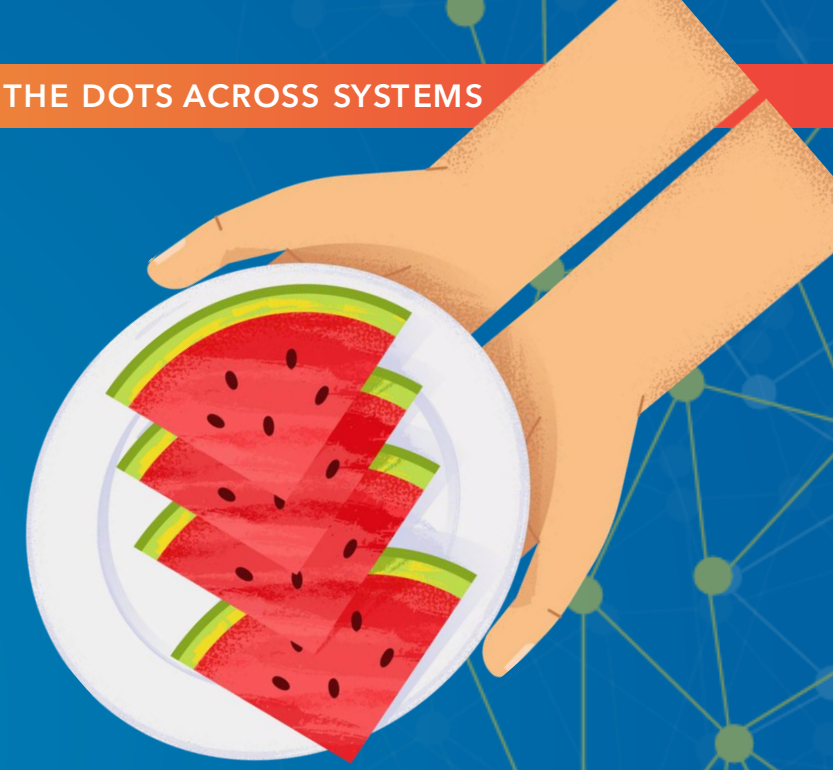
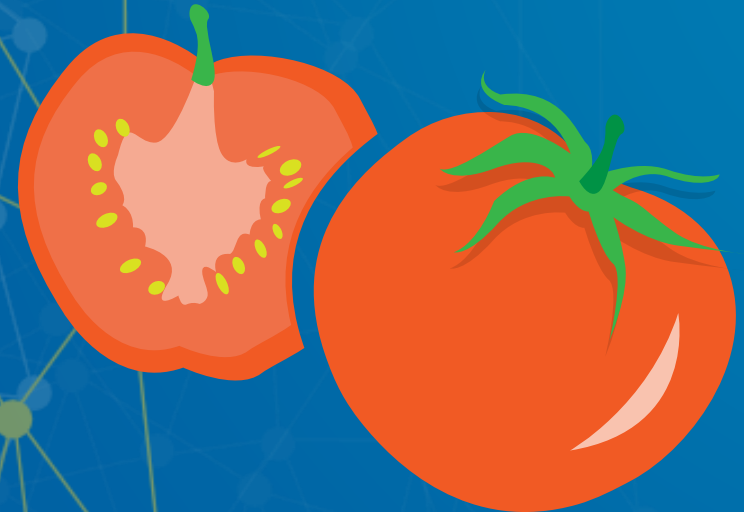


# Examining Food Environments in Sri Lanka: Gaps in Research and Implications for Diet and Health

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**Food Environments  
are  
complex!**





# What Was the Scope?

A narrative review

- Why?

Goal

- To better understand food environments in Sri Lanka and to evaluate the evidence for food environment interventions that promote fruit and vegetable (F&V) consumption.
- And an examination of food environments within Sri Lankan schools.

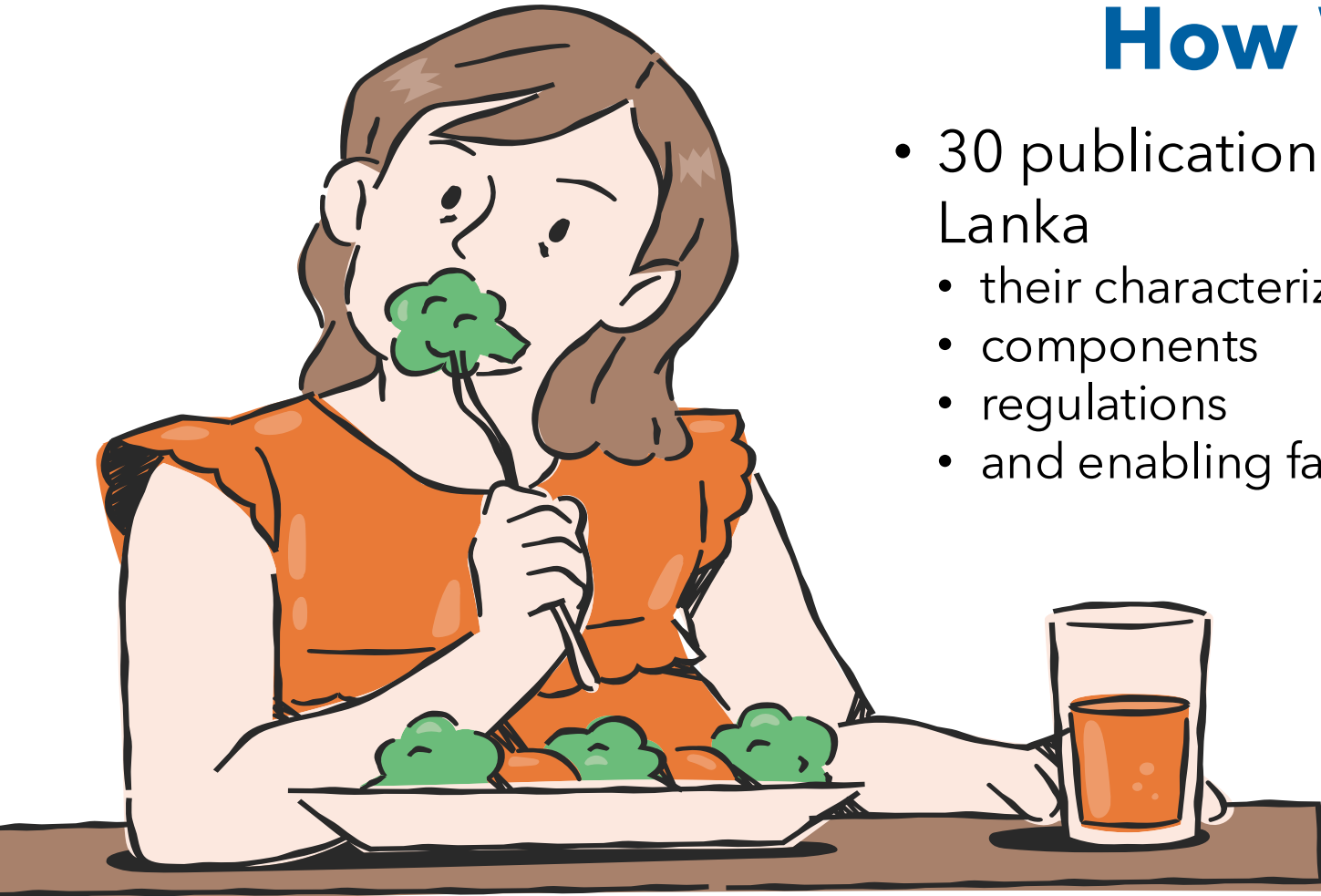


## How Was the Review Done?

- 30 publications related to food environments in Sri Lanka
  - their characterization
  - components
  - regulations
  - and enabling factors

A special focus on Fruits and vegetables (F&V)

School food environments



# What We Found?

- Food environments have varying issues.
- The typical Sri Lankan diet is increasingly shifting towards energy-dense, ultra-processed foods (Bandara *et al.*, 2021).
- Many Sri Lankan households cannot afford vitamin A-rich fruits and vegetables, and green leafy vegetables (Udari *et al.*, 2021).



## What We Found?



Sri Lanka falls short of the levels of F&V consumption recommended in global and local food-based dietary guidelines.

There is a need to revisit and reformulate policies, taxes, and subsidies to create food environments where F&V are more accessible, affordable, and appealing to a wide range of consumers.

# What We Found?

Internal and external school food environments need more attention.

Repurposed school canteens, school meal programme, school gardens and school policies to enable healthy food environment/s.





## What's' Next?

- Significant gaps???
- Need evidence based research and supporting multi-component interventions



**Structured efforts  
focusing the  
nexus of food environments on  
dietary, nutrition, and health  
outcomes are needed...**





**THANK YOU**

