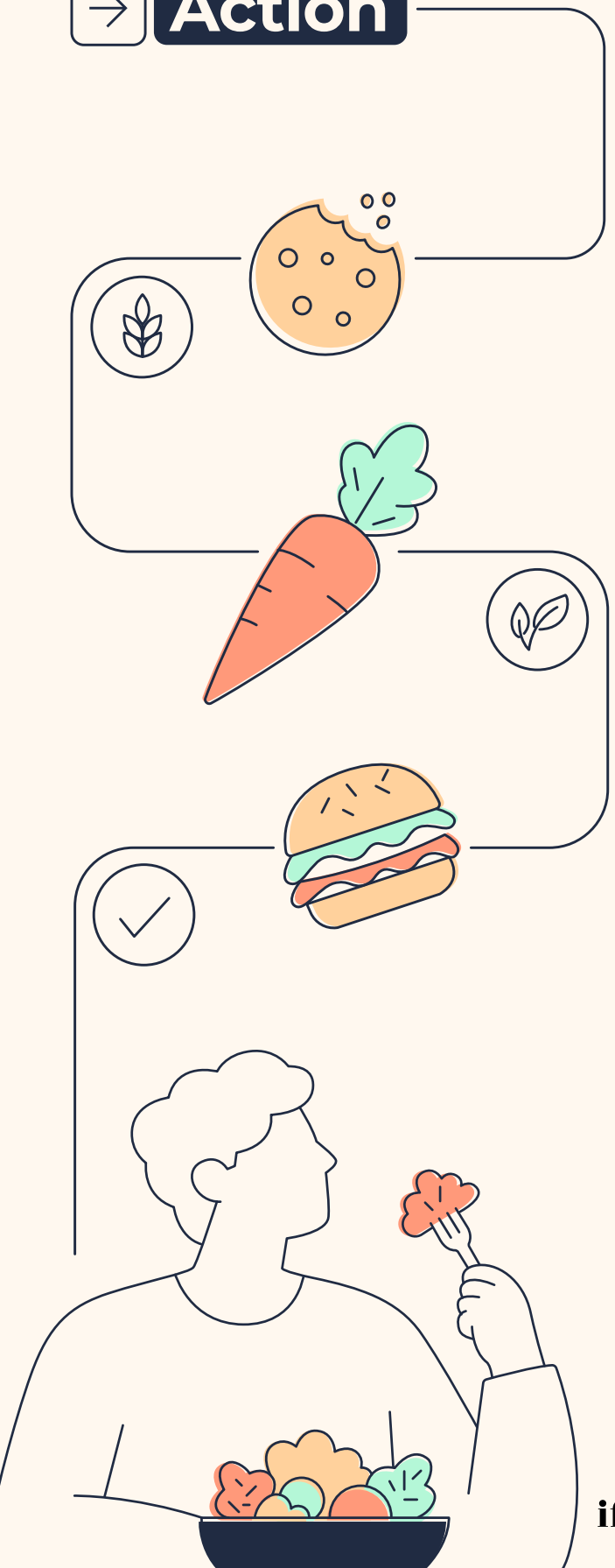
How to Action



In conversations with media

- Use these perspectives to help explain that the science is still evolving and that expert views extend beyond the most prominent headlines.
- When discussing a new study or report, consider: Are there relevant experts who could provide additional context?
- Where appropriate, share the original source or suggest that journalists speak directly with experts whose work is relevant to the issue.

In conversations with policymakers and policy influencers

Use expert perspectives to show why processing-based approaches require careful consideration in relation to dietary guidance or other policies. **These perspectives can help to inform meaningful discussion about:**

- Where scientific consensus exists and where questions remain
- Whether processing is being used as a proxy for other characteristics
- Which food or dietary factors may be most relevant to health
- How guidance can remain practical, equitable and culturally relevant