

ETHICAL CONCERNS REGARDING NUTRITION

INTRODUCTION

Nutrition is all about eating healthy and having a balanced diet, which is critical to your health and development. It is related to building a more robust immune system, improved infant and maternal health, safer pregnancy and childbirth, and having lower risk of infectious diseases like cardiovascular disease and diabetes.

Individuals and their healthcare team must decide on the enteral and parenteral tube delivery of nutrients regarding nutrition and hydration ethics. The intention is only to use this technique of nutrient administration if people find it acceptable to their preferences.

1. Food justice and access

The food access discrepancies resulting from more enormous societal inequities influence one's capacity to select a nutrient-dense diet. Even though these systemic factors substantially impact nutrition and health outcomes, food and nutrition policies frequently emphasize food accessibility, nutritional value, and behavioral incentives and modifications.

The most **significant factors** influencing food security are socioeconomic and demographic factors, such as household size, home ownership, educational attainment, health and insurance services, and total household income. With the continuation of growth in the population of older people, society is finding a new and broader dimension each day with the issue of health and well-being. According to World Health Organization predictions, the number of older adults, or those over sixty, will reach [2.1 billion by 2050](#).

Various tactics can help address the issue of food inequality, such as supporting Feeding the Hungry organizations, discovering volunteer opportunities, leveraging social media to raise awareness and mobilize resources for hunger relief, and organizing food drives.

2. Food production and sustainability

Currently, global agriculture is unsustainable and a significant contributor to climate change. Because it emphasizes harmony with nature and promises to improve the environment, regenerative agriculture is a solution.



The ability of regenerative agriculture to stop climate change is still up for debate. There are plenty of grounds for skepticism, especially if the industry uses the term "regenerative" as a catchphrase. The statement can be used to hide the fact that large-scale animal production and continuous agricultural growth cause more greenhouse gas emissions than any properly maintained grazing pasture can offset them.

Indeed, regenerative agriculture frequently yields profitable results. To adopt regenerative approaches, farmers may need to pay close to \$40 per acre of land up front, but over time, their revenues may increase by as much [as 120 percent](#), according to a 2023 report. However, considering all the uncertainties in the agriculture industry, these numbers are highly speculative.

It is crucial to consider ethics in every area of our lives. Agriculture is one sector that is frequently disregarded while making moral decisions.

3. Food marketing and advertising

According to conventional wisdom in marketing ethics, offering products to groups of people who are particularly susceptible in a way that exploits their weaknesses is immoral.

[According to Brenkert](#) (pp. 13–14), the following three circumstances describe the particularly vulnerable: They differ from the majority of adults because they have at least one of the following vulnerabilities:

The following categories of vulnerabilities exist: physical (such as allergies or chemical sensitivity), cognitive (such as senility, cognitive immaturity), motivational (such as severe illness, bereavement), or marketing to vulnerable populations, and social weaknesses such as lack.

Organic, healthful, and environmentally friendly products are piled high on grocery store shelves. However, not many of us may be aware of the deceptive advertising strategies employed by food producers to persuade consumers to select their goods. These tactics frequently entail using misleading labels, packaging, and advertising to boost sales.

Customers now want businesses to be open and truthful. Customers regarded trust in product, brand, and company traits as crucial when purchasing [a 2019 Edelman](#) Trust Barometer Report. Simultaneously, research indicates that brands viewed as meaningful or positively impactful have expanded at a rate that is more than twice as fast as other brands.

Companies all across the board are trying to slake the thirst for "social good" as consumers voice their interests and intents by implementing social marketing, corporate social responsibility initiatives, sustainable practices, and other measures that let customers know "we're listening."



4. Food waste and distribution

Food waste has a direct impact on the environment (energy, climate change, resource availability), the economy (price volatility, resource efficiency, rising costs, consumption, waste management, commodity markets), ethics, and society (health, equality). As such, it is a critical issue for global food security and good environmental governance.

The problem of food waste poses moral questions and is connected to concerns about social inequality, the environment, global wealth distribution, universal human rights, integrative bioethics, and bioethics.

There is more to food security than just having enough to eat. It includes the availability, access, and exploitation of three essential dimensions. To ensure a healthy and prosperous global population, it is imperative to guarantee that nourishing food is accessible and used appropriately.

Redistributing surplus food has been advocated as a means of lowering food waste and food poverty.

5. Personal choices and ethical consumption

The effects of our diet on the environment, society, and welfare of animals are discussed in terms of sustainability and ethical eating choices. There are several ethical and sustainable factors to consider while choosing foods.

Sustainable and moral eating choices can be influenced by a variety of variables, such as: environmental impact, social impact, animal welfare, personal values, and accessibility. Survey results show that ingredients and overall nutritional data are the most crucial factors in evaluating food goods.

It's noteworthy, nonetheless, that almost [80% of respondents](#) state that the process of making decisions is influenced by "How a product was manufactured or grown" as opposed to "not important." From an alternative standpoint, customers place the most significant importance on knowing the origins of their food after receiving all of the ingredients and nutritional information.

There isn't a distinct code of ethics for nutrition education research. However, you can find ethical guidelines from other organizations' codes. To ensure high-quality research and avoid ethical issues later on, it is crucial to be aware of and get training in research ethics. A deeper understanding of fundamental ethical theories and practices heightened awareness of ethical issues in research, and the acquisition, sharing, and creation of ethical materials beneficial to nutrition education research initiatives can all be advantageous to nutrition educators.

CONCLUSION

The major ethical concerns surrounding nutrition include food justice and access, food production and sustainability, food marketing and advertising, food waste and distribution, personal choices, and ethical consumption. It is vital to consider the moral dilemmas surrounding the inclusion of nutrition in the food security framework to further the conversation. If we do not alter our approach to feeding the globe, there will be significant health, environmental, economic, and societal costs.

REFERENCES

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