

Top Ten Achievements in Nutritional Science Research in China

(1945-2025)

1. Research and prevention of nutritional deficiency diseases has made significant progress, and addressed severe nutritional issues such as energy-protein malnutrition and micronutrient deficiencies among the population in the early years of New P.R.China, leading to a marked improvement in national physical fitness.

2. Research on selenium's prevention of Keshan disease and its human requirement has revealed selenium as an essential trace element for the human body, and provided authoritative data for the global formulation of selenium requirements.

3. Systematic national nutrition and health monitoring efforts have dynamically revealed the nutritional and health status of the Chinese population, providing reliable support for the formulation of national strategies.

4. Continuous research on the nutritional composition of foods in China has led to the establishment of a national food nutrient composition database and the development of digital and intelligent nutritional tools, facilitating nutritional transformation and healthy consumption.

5. The Dietary Reference Intakes (DRIs) have set nutritional intake standards and safety upper limits for Chinese residents throughout their entire lifespan, filling multiple scientific gaps.

6. Ongoing research and development of the *Chinese Dietary Guidelines* have promoted the widespread practice of *food as medicine* and guided national dietary health.

7. The establishment of National Nutrition Week (NNW) has called on the public to practice reasonable dietary habits, encouraging hundreds of millions of Chinese residents to adopt healthy lifestyles. The NNW has become the most influential public education activity for the Healthy China initiative.

8. China has pioneered the establishment of Specific Proposed Levels (SPLs) and Tolerable Upper Intake Levels (ULs) for dietary-related phytochemicals, leading global research directions and promoting the development of the functional food industry.

9. The construction of a diversified and collaborative educational system has driven high-quality development in the nutrition profession in China, providing solid talent support for national strategy implementation and national health improvement.

10. Efforts have been made to promote the improvement of nutrition-related standards and policy systems, fostering the construction of a nutritious and healthy ecological environment and sustainable development across society.