



# Nutrition at the center of social challenges

After the turbulent year of 2024 with its diverse national and international political conflicts and upheavals, 2025 is slowly picking up speed. It is already clear that the challenges are getting bigger. Nutrition, as the core topic of our journal, is at the same time a reflection of social developments (example: meat consumption in industrialized and emerging countries), a trigger for debates and conflicts (example: food prices), an indicator of distributive justice (example: food insecurity) and at the same time a powerful lever for solutions (example: Sustainability).

Accordingly, like no other subject area, nutritional research is characterized by an enormous variety of research approaches in a wide variety of disciplines: from cultural and social sciences to biochemistry, physiology, molecular biology, dietetics and medicine to psychology and behavioral research. Climatology, agricultural science, breeding research and food technology are also part of the portfolio used to research the challenge of world nu-

trition. And since developments in individual sectors in the nutrition sector can often be a blessing and a curse at the same time (examples: mineral fertilizers, highly processed foods), the accompanying critical view from the other research sectors can be an important regulator. In this way, undesirable developments can be identified and countermeasures formulated.

From here, the ball is in the politicians' court: Do they use the large number of reports prepared by the scientific advisory boards and advisory committees and draw the right conclusions from reports and position papers from the specialist societies? Or are they letting themselves be driven by populist dazzlers from TikTok and talk show culture or the tabloid media? Ultimately, our decisions at the ballot box and our own social commitment will also show who we are "rewarding": the polarizing politicians with supposedly simple solutions or rather the deliberative ones?

Nutritionists have important tasks here: In direct contact with clients

and patients, but also in their professional and private environment, they can counter fake news about nutrition, debunk nutrition myths and provide people with solid nutritional information. In the 72nd year of ERNAHRUNGS UMSCHAU, we are therefore once again compiling peer-reviewed and editorially prepared articles for nutrition professionals and multipliers for well over 8,000 readers and preparing them for further training. Where necessary, we comment and classify. Here are some topic spoilers for the upcoming issues of ERNAHRUNGS UMSCHAU: We will shed light on the situation of food distribution through food banks as well as the sometimes futuristic-looking research projects on *NewFoodSystems*. Preparation methods are the focus of a new series of articles and dietetics is represented in articles on liver disease, gestational diabetes and cancer follow-up, among others.

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