



وزارة الصحة ووقاية المجتمع
MINISTRY OF HEALTH & PREVENTION

Healthy Living and Nutrition Workshop

Public Discussion Summary









EIGHTH ANNUAL FUTURE FOOD 2026

تجمع الإمارات للغذاء
UAE Food Cluster

F&B UAE FOOD & BEVERAGE

30 September 2026

Le Méridien Dubai Hotel & Conference Centre

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AT A GLANCE

4 SPEAKERS INCL. MODERATOR

3 GOVERNMENT ENTITIES

5 MAIN THEMES

4 HEALTHY-LIVING DIMENSIONS

With participation from MOHAP, Healthy Living Abu Dhabi, the Abu Dhabi Department of Economic Development and the food industry



This report provides a concise, public-facing summary of the Healthy Living and Nutrition Workshop. It captures the key themes discussed while respecting the context and confidentiality of the session. The content should not be interpreted as a verbatim record or as confirmation of any policy decision, regulatory change or formal commitment.

01 Executive summary

The Healthy Living and Nutrition Workshop brought together the Ministry of Health and Prevention, Healthy Living Abu Dhabi, the Abu Dhabi Department of Economic Development and the food industry to discuss how healthier food environments can be supported through coordinated public and private action.

The discussion drew on MOHAP's work on the UAE's national nutrition direction, Healthy Living Abu Dhabi's focus on healthier everyday environments, the Abu Dhabi Department of Economic Development's economic perspective and the food industry's experience in product development, retail execution and consumer communication.

The discussion remained at a strategic and consultative level. It focused on the principles required for effective implementation rather than announcing new regulatory decisions or formal commitments.

The workshop connected the UAE national nutrition direction with practical discussion on healthier food environments, consumer awareness and industry participation.

Main themes

- Nutrition priorities and healthier food environments across national and Abu Dhabi initiatives.
- Healthier food environments that make nutritious choices easier to identify and access.
- Reformulation and product innovation supported by sound nutrition evidence and consumer acceptance.
- Clear consumer communication on nutrition, labels and healthier choices.
- Continued government and industry dialogue on practical implementation.

PUBLIC SUMMARY SCOPE

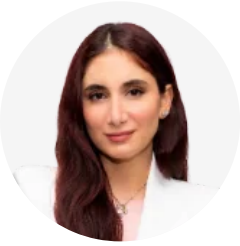
This report records the workshop's high-level themes and shared areas of interest. Detailed regulatory exchanges, organisation-specific positions and unconfirmed implementation matters are intentionally excluded.

02 Workshop context and participants

PURPOSE OF THE WORKSHOP

The Healthy Living and Nutrition Workshop examined how nutrition priorities can be translated into healthier food environments through government and industry action. The session considered public health, consumer behaviour, business readiness and product development as related parts of the same agenda.

Speakers and moderator



MODERATOR · INDUSTRY

Dina Mongy

Moderator; MENA Public Policy Lead and Head of Corporate Affairs and Sustainability, Coastal Arabia Cluster, Nestlé

Moderated the exchange between government and industry perspectives.



GOVERNMENT · FEDERAL

Dr Nouf Khames Mohamed

Director of Health Promotion, Ministry of Health and Prevention MOHAP

Represented the national nutrition strategy and health-promotion perspective.



GOVERNMENT · ABU DHABI

Ahmed AlKhazraji

Executive Director, Healthy Living Abu Dhabi, Department of Health Abu Dhabi

Represented the Healthy Living Abu Dhabi initiative and its whole-of-health perspective.



GOVERNMENT · ABU DHABI

Nouf Al Mukhaini

Head Section, Competitiveness Development, Abu Dhabi Department of Economic Development

Contributed the economic development, implementation and competitiveness perspective.

Discussion format

The session opened with health-promotion and healthy-living priorities before moving into industry implementation, healthier product development, consumer awareness and continued coordination. The moderator maintained a practical focus while keeping the exchange aligned with the workshop's public health purpose.



03 Policy context and implementation

National nutrition and health promotion

MOHAP represented the national nutrition strategy perspective. The discussion linked nutrition with population needs, health promotion and the importance of using evidence to guide priorities. MOHAP also highlighted the value of cooperation across government, industry and the wider food system when national objectives move into implementation.

The national perspective treated nutrition as part of a broader healthy-living agenda. Food choices are influenced by the environments in which people shop, eat and live, as well as by awareness, affordability and access to healthier options.

Healthy Living Abu Dhabi

Healthy Living Abu Dhabi brought the emirate-level implementation perspective. Its contribution focused on shaping environments that support healthier daily choices while recognising the importance of public understanding and practical delivery.

The Healthy Living and Nutrition discussion reflected a whole-of-health approach. Nutrition was considered alongside physical activity, mental well-being and sleep, reinforcing that healthier outcomes depend on several connected behaviours and settings.

A WHOLE-OF-HEALTH APPROACH

- **Nutrition**
- Physical activity
- Mental well-being
- Sleep



Economic development and competitiveness

The Abu Dhabi Department of Economic Development contributed the business perspective. The discussion recognised that health-related initiatives work best when their objectives are clear, businesses understand the direction of travel and implementation is supported by ongoing engagement.

Across these contributions, the discussion remained focused on how public-health goals can be understood by consumers and supported through practical action by the food industry.

PERSPECTIVES BROUGHT TO THE WORKSHOP

MOHAP

National nutrition direction and health promotion

Healthy Living Abu Dhabi

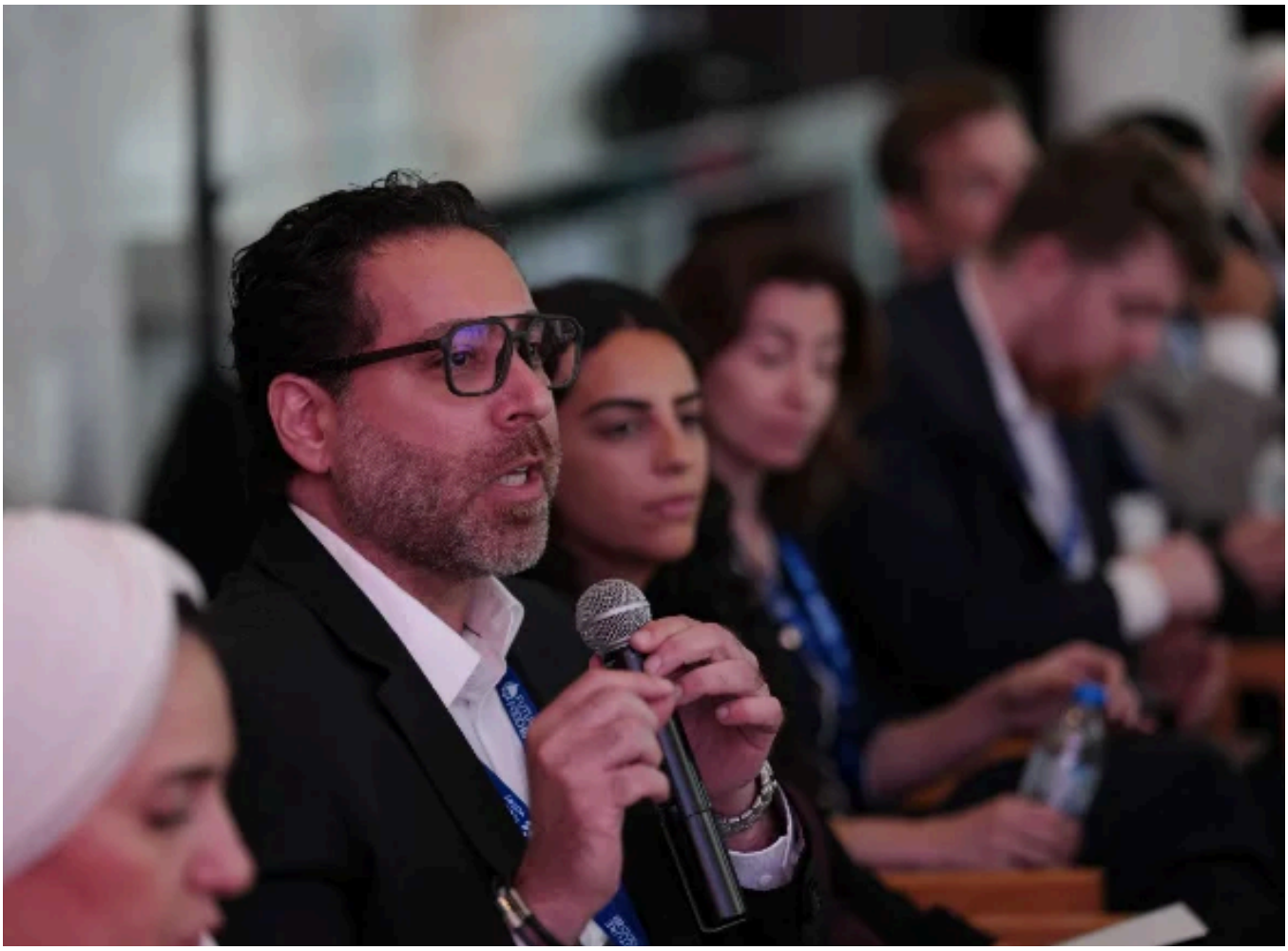
Healthier everyday environments

Abu Dhabi Department of Economic Development

Economic perspective and competitiveness

Food industry

Product development, retail execution and consumer communication



04 Discussion highlights

Healthier food environments

Participants discussed the influence of retail and food environments on everyday choices. The shared objective was to make healthier options easier for consumers to recognise and consider, supported by clear information and appropriate visibility.

Reformulation and product innovation

The Healthy Living and Nutrition discussion recognised reformulation as an important pathway for improving food portfolios. Participants also noted that product development requires technical assessment, consumer acceptance and attention to the needs of different food categories.

The discussion covered both reducing nutrients of concern and improving the positive nutritional value of products. Fibre, protein and fortification were considered alongside reductions in salt, sugar and fat.

↓ REDUCE	Nutrients of concern		⊕	↑ IMPROVE	Positive nutritional value	
Salt	Sugar	Fat		Fibre	Protein	Fortification



Consumer awareness

Consumer understanding was identified as essential to the success of healthier food environments. Clear nutrition information, label literacy and credible communication can help people make informed choices. Affordability and familiarity also influence whether healthier options are selected in practice.

Business readiness

Industry contributions highlighted the need to consider operational readiness when health objectives are translated into retail or product changes. Participants supported continued technical dialogue so that implementation questions can be examined using relevant evidence.

WHAT SHAPES INFORMED CHOICES

- Clear nutrition information
- Label literacy
- Credible communication
- Affordability
- Familiarity

Coordination

The workshop recognised the value of alignment between MOHAP, Abu Dhabi government initiatives and industry. Consistent direction and ongoing consultation can support consumer confidence and reduce avoidable complexity for businesses operating across markets.





05 Shared priorities

Evidence led engagement

Government and industry participants supported continued discussion based on clear evidence. This includes explaining the consumer or public health need, identifying practical considerations and assessing potential responses before wider implementation.

Responsible consumer communication

Nutrition and health information should be accurate, understandable and considered in the context of the overall product. The discussion supported stronger consumer education while recognising the responsibility of businesses to communicate benefits clearly and fairly.

Healthier product development

The session encouraged companies to review their portfolios, explore reformulation and consider how healthier products can become more visible and familiar. Product improvements should remain grounded in nutrition evidence, technical feasibility and consumer acceptance.

Coordination and shared learning

Participants supported continued coordination across relevant authorities and industry partners. MOHAP's national nutrition work provides the wider direction, while experience from Healthy Living Abu Dhabi can contribute practical learning to future discussions and implementation planning.

Food Cluster role

The UAE Food Cluster can support this process by convening government and industry, consolidating common themes and facilitating focused follow-up discussions. Its role is to support communication and coordination rather than to replace the responsibilities of regulatory authorities or individual businesses.

- Convening government and industry
- Consolidating common themes
- Facilitating focused follow-up



06 Follow up priorities

Areas for continued work

01 Maintain structured engagement between MOHAP, Healthy Living Abu Dhabi, economic-development stakeholders and the food industry.

02 Support evidence-based reformulation and product innovation that reflect nutrition priorities and consumer needs.

03 Strengthen public understanding of nutrition information and healthier food choices.

04 Encourage practical collaboration on healthier food environments across retail, manufacturing and consumer communication.

05 Use future technical discussions to examine implementation questions at the appropriate level of detail and authority.

What progress could look like

AREA	POSSIBLE INDICATION OF PROGRESS
Coordination	Regular engagement between national, Abu Dhabi and industry stakeholders.
Product development	More businesses assessing reformulation and healthier portfolio opportunities.
Consumer awareness	Clearer nutrition communication and stronger understanding of healthier choices.
Food environments	Greater visibility and accessibility of healthier options.
Industry participation	Practical feedback supported by relevant technical and consumer evidence.

CONSULTATIVE STATUS

These priorities reflect the high-level direction of the workshop. They do not assign obligations, announce regulatory changes or record commitments on behalf of the organisations or individuals represented.

07 Conclusion

The Healthy Living and Nutrition Workshop brought health, economic-development and food-industry stakeholders into a focused discussion on healthier food environments. National nutrition priorities were considered alongside experience from Healthy Living Abu Dhabi and the practical requirements of product development, consumer communication and implementation.

MOHAP connected the discussion to national nutrition and health-promotion priorities, while contributions from Healthy Living Abu Dhabi, the Abu Dhabi Department of Economic Development and industry kept the exchange grounded in everyday choices and delivery considerations.

The strongest common message was the need for continued, evidence-led cooperation. Clear communication, responsible product development, consumer education and coordinated engagement can help advance healthier food environments while keeping the process practical and credible.



CLOSING PERSPECTIVE

Progress will depend on continued evidence-led cooperation, clear nutrition communication and practical action that supports healthier choices.

WITH THANKS TO

OUR PARTNERS

EXCULSIVE PRESENTING PARTNER

foodtech valley

IN PARTNERSHIP WITH

DUBAI للاقتصاد والسياحة Economy and Tourism

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AL ISLAMI Food is a blessing

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ASSOCIATE PARTNER

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معكرونة الإمارات emirates macaroni

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FLOUR MASTERS WHERE GOODNESS RISES

SILVER PARTNER

MARS Tomorrow starts today

SILVER PARTNER

nutridor

SILVER PARTNER

rakez RAS AL KHAIMAH ECONOMIC ZONE

SILVER PARTNER

SGS

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الأغذية المتحدة United Foods

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