

国际食物、营养与社会 经济发展讨论会论文集

PROCEEDINGS OF INTERNATIONAL SYMPOSIUM
ON FOOD NUTRITION AND SOCIAL ECONOMIC
DEVELOPMENT



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国际食物、营养与社会经济 发展讨论会论文集

《国际食物、营养与社会经济发展讨论会论文集》

编 辑 委 员 会

中 国 科 学 技 术 出 版 社

内 容 提 要

本论文集系中国农业科学院、中国预防医学科学院和国家自然科学基金会联合召开的国际食物、营养与社会经济发展讨论会的论文选编，共选用国内外学者的论文 70 篇。主要介绍膳食结构与营养、食物生产、食物消费与流通方面的研究成果。作者以鲜明的观点、翔实的论据，展望了 1995 年、2000 年和 2020 年的食物发展与营养改善的前景，并介绍了各国的不同经验与做法。

本论文集用中、英文两种文字发表，可供农林牧渔业与食品工业、营养与食品卫生，以及医学等方面的广大科技人员、高等院校师生、计划与行政部门的领导和管理干部阅读。

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编 辑 委 员 会

责任编辑：邓鼎年 牛胜田 王燕明

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第一部分 讲话、总结与综合报告

Part I The Speeches, Summary and Comprehensive Reports

讨论会组委会主席卢良恕教授讲话

由中国农业科学院、中国预防医学科学院和国家自然科学基金会联合举办的国际食物、营养与社会经济发展讨论会，经过近一年时间的筹备现在开幕了。请允许我代表组委会和三个主办单位对这次会议的举行表示衷心的祝贺，并向参加会议的各位领导、国际组织代表、各国专家、中国学者和全体与会人员表示热烈的欢迎。

这次会议得到了联合国粮农组织、联合国开发计划署和世界卫生组织的资助和支持，我特此对他们表示衷心的感谢。

这次会议荟萃了近百名研究各国食物与营养问题的中外专家，交流各国发展食物生产、指导食物消费、改善食物与营养状况的经验。我们相信，通过这次会议必将对实现我国及世界其它地区食物结构的合理调整，研究和探索食物与营养的众多理论和实践问题，产生重要的积极影响。同时，将会进一步加强各国科学家之间的友谊和合作。

这次国际讨论会准备进行四天时间，六月五日、六日进行大会交流，将有中外学者19人宣讲论文，六月七日至八日上午，会议按膳食结构与营养、食物生产、食物消费与流通三大议题划分三个小组进行交流和讨论。六月八日下午，三个小组主持人分别汇报交流情况，通过会议组委会在各研究报告基础上提出的关于建立中国国家食物与营养委员会的呼吁。在有关国际组织代表发言之后，由会议组委会进行总结并宣布闭幕。在此之前，大会组委会已于六月一日上午举行记者招待会，向人民日报、新华社、中央人民广播电台、中央电视台、中国日报等15家新闻单位记者介绍了本次国际会议的基本筹备情况并回答了有关问题。

女士们、先生们！会议期间，你们还将有机会亲眼看到正在改革开放道路上发展的中国农村面貌和中国农民的创造性实践，我期待着你们提出宝贵的意见。

现在，再次向你们表示欢迎，为在座朋友们的健康干杯，并预祝会议取得圆满成功。

The Speech by Prof. Lu Liangshu, Chairman of the Symposium Organizing Committee

The International Symposium on Food, Nutrition and Socioeconomic Development

which is jointly sponsored by the Chinese Academy of Agricultural Sciences, the Chinese Academy of Preventive Medicine and the National Foundation for Natural Sciences with nearly one-year preparation, is now declared open. Please allow me, on behalf of the organizing committee and the three sponsoring institutions, to extend our heartfelt congratulations to the Symposium and to extend a warm welcome to the leaders, the representatives of international organizations, experts and scholars from at home and abroad, and all the participants.

May I take this opportunity to express my deep appreciation to the FAO, UNDP and WHO for their kind assistance to the Symposium.

The meeting has gathered nearly a hundred experts from at home and abroad, who are specialists on the subject of food and nutrition in various countries, to exchange the experiences gained by various countries on the development of food production, guidance on food consumption, food improvement and nutrition status. We believe that the Symposium will have a positive effect on the rational adjustment of food structure, studies and explorations of many theories and practice on food and nutrition. The meeting will at the same time further enhance the friendship and cooperation between scientists from various countries.

The Symposium will last for four days. The speeches will be delivered on 5~6 June by 19 scholars from both at home and abroad. Panel meetings will be held on 7 and in the morning of 8 June, focused on three subjects: Dietary structure and nutrition; food production; food consumption and distribution. The panelchairmen will report to the Symposium in the afternoon of 8 June about their discussions. The Request for Strengthening the Guidance on Food and Nutrition in China, which will be put forward by the Symposium Organizing Committee on the basis of research papers, will be discussed and approved by the Symposium. The Symposium Organizing Committee will make closing remarks after the speech by the representatives from international institutions. A press conference was held on 1 June by the SOC, to give a brief to the People's Daily, Xinhua News Agency, Central People's Broadcasting Station, Central TV Station, China Daily and others on the preparation of the Symposium and questions were also answered.

Ladies and gentlemen, you will have a chance in the process of the Symposium to see for yourself the creative practice of China on its progress of reform and initiatives of the farmers, and you are welcome to contribute your valuable comments.

May I once again extend a welcome to all participants and propose a toast to the health of the friends present and wish the Symposium a complete success.

Translated by Bao Yongdong

农业部部长何康讲话

我很高兴能有这样一个机会与大家见面。首先，十分感谢中外食物、营养问题研究的专家、学者对中国调整食物结构战略方针所给予的关注和支持，并对这次国际学术讨论会的召开表示热烈的祝贺。

发展食物生产、指导食物消费和改善城乡居民的食物结构和营养状况是世界各国，尤其是发展中国家面临的重要课题。这次国际学术讨论会，将交流各国学者这方面的研究成果。这对于发展中国家，特别是中国科学地调整食物结构是非常有益的。

大家知道，中国是一个人多耕地少的大国，人口和食物的压力在不断增加。新中国四十年建设，特别是近十年来的改革和发展，使我国农业生产取得了巨大的成就，全国人民不仅基本解决了温饱，营养状况有了明显改善，而且为进一步调整我国人民的食物结构，人民生活水平向小康型迈进提供了物质基础。但另一方面，我们清醒地看到，我国食物的发展也面临着十分严峻的局面，进一步调整食物结构，发展食物生产，引导食物消费，将始终是我国经济生活中一个带有全面性的首要问题。1988年，我国政府提出了调整我国食物结构的战略方针。实现食物结构的合理调整，需要明确我国食物结构模式的选择和调整的目标，需要确定食物发展的途径和发展的政策，很多理论和实践问题有待研究和探索。这次各国学者带来了丰硕的研究成果，希望得到充分的讨论和交流，从而获得教益。我预祝会议圆满成功！

现在，祝远道前来出席会议的外国朋友在北京期间生活愉快，祝与会的中外贵宾身体健康！

The Speech by Mr. He Kang, Minister of Ministry of Agriculture, PRC

It is my great pleasure to have this opportunity of joining an international gathering. May I avail myself of this opportunity to express my appreciation to the experts and scholars on food and nutrition from at home and abroad, for their attention and support to the Chinese strategy and policy on food restructuring, and warm congratulations on the opening of this international Symposium.

The development of food production, the guidance on food consumption and the improvement of food structure and the nutrition status of the people in urban and rural areas are vital issues confronted by all countries, particularly by the developing countries. The achievements of scholars, which will be shared in the Symposium, would be very useful and beneficial for the developing countries, and China in particular, for its food restructuring.

As you may be aware, China is a large country with enormous population, limited arable land, and with an increasing pressure on population and food. In the process of for-

ty. year development of new China, particularly in the last ten years of the rectification and development, China's agricultural production has attained tremendous achievements. With the problem of basic needs for food and clothes solved, the Chinese population not only has benefited from a remarkable improvement of nutritional status, but also laid the foundation for the adjustment of food structure for China and for the progress of living standard towards the well-off level. However, we should be aware that the food development in China is also facing a serious situation and further adjustment of food structure, the development of food production and the guidance of food consumption will remain, as always, a problem of overall and primary importance in the economic life of our country. In 1988, The Chinese government had set its strategy for food structure. It is necessary to identify the goal of the selection and adjustment of the model for food structure in China and to finalize the approaches and the development policies for food development, in order to achieve a rational adjustment of food structure. Many issues of theory and practice remain for further studies and explorations. I am happy to see that many achievements, brought by various scholars, will be fully discussed in the Symposium and lessons drawn from these by the participants.

May I wish the Symposium a complete success. May I wish my friends from abroad to this Symposium a pleasant stay in Beijing, and good health to distinguished guests from at home and abroad.

Translated by Bao Yongdong

卫生部部长陈敏章讲话

国际食物、营养与经济发展讨论会开幕了，我谨代表中华人民共和国卫生部，并以我个人的名义，向讨论会表示热烈的祝贺；向与会的中外代表表示热烈的欢迎；向为这次讨论会的准备而做出巨大努力的中国农业科学院、中国预防医学科学院、国家自然科学基金会，以及给予这次讨论会大力支持的联合国粮农组织、世界卫生组织表示衷心的感谢。

随着我国国民经济的发展，人民的生活水平不断的改善和提高，在解决了温饱问题以后，人民要求吃得更好一些，营养更合理一些。讨论会将交流各国研究食物营养结构、食物生产、食品卫生、今后食物营养发展的展望、改善食物与营养状况的经验。这些经验对我国来说，无疑是非常宝贵的。参加这次讨论会的有来自世界各地的专家学者，其中有的是第一次来北京，欢迎你们在讨论会期间抽空到北京各个地方看看食物供应和普通市民的生活情况，并提出宝贵意见。我们衷心地欢迎更多的国际朋友来中国参观访问，交流经验，互相学习。

最后，预祝讨论会获得成功，预祝大家在北京生活得愉快！

The Speech by Mr. Chen Minzhang, Minister of Ministry of Public Health, PRC

The International Symposium on Food, Nutrition and Social Economic Development is now declared open. Please allow me, on behalf of the Ministry of Public Health and my own name, to extend sincere congratulations to the Symposium and a warm welcome to all participants from at home and abroad. May I take this opportunity to express our heartfelt gratitude to the Chinese Academy of Agricultural Sciences, the Chinese Academy of Preventive Medicine and the National Foundation for Natural Sciences for the great efforts they have made in the preparation of this Symposium and to the Food and Agriculture Organization of the United Nations and World Health Organization for their kind assistance to the Symposium.

Along with the development of our national economy, the people's living standards are continuously improving. With the problem of basic need for food and clothes solved, the demand for better food and more rational nutrition has been brought into focus. The Symposium will provide a forum to exchange the experiences from various countries on food and nutrition structure, food production, hygiene development, prospects of future food and nutrition and improvement of nutritional status. These experiences will surely be very useful and valuable for China. The Symposium has gathered experts and scholars from all over the world. Some of them are experiencing their first visit to Beijing, may I suggest that you could spend some time looking around to see the food supply and life of the populace, and leave your valuable comments and suggestions. We expect in future, many more friends from abroad visiting China to bring in their experiences and share with the Chinese counterparts.

Finally, may I wish the Symposium a success and all of you a pleasant stay in Beijing.

Translated by Bao Yongdong

讨论会组委会副主席陈春明教授的讲话

国际食物、营养与社会经济发展国际讨论会即将结束。四天内，来自中国中央及各省的有关政府部门的 100 位官员和专业人员以及来自 10 个国家的二十余位专家、同行们，在联合国机构 FAO、WHO、UNICEF 的支持和参与下，一起讨论了十年来中国经济发展中食物生产、消费、流通、进出口贸易的变化，并回顾有关的政策变化及其效果，分析了在此情况下人们的消费行为，特别是对食物的消费变化趋势以及这些变化过程中膳食营养对儿童生长发育的影响和后果。会议还听取了几个国家食物营养政策以及欧洲作为一个地区来说其营养政策形成的现状。会场内外的交流和讨论十分活跃，与会者感到收获很大，会议是成功的，有成效的。

在中国，汇集了这么多部门的官员和专业人员以及外国和联合国的专家坐在一起讨论这样一个重要问题，还是第一次。我们研究了社会经济发展的过去、现在和未来的食物与营养问题。通过报告和讨论，推动了农业、卫生、计划、食品、工业、商业、外贸、统计、科技、教育等各领域之间的交流，大家从各自的角度来分析食物与营养的发展和存在的问题。这样的交流使我们开拓了视野，丰富了知识，加强了相互了解，使我们有了更多的共同语言，同时也清楚地看到了来自各部门的与会者对于社会经济发展中解决食物保障以促进人民健康有了更强的共同关注。在分析本世纪末中国经济发展将达到的目标中，如何保障合理的营养，与会者从生产发展、政策调整、消费引导、膳食指南等各方面进行了预测和研究，提出了问题，展望了今后将会遇到的挑战。有些问题，通过讨论，提出了解决问题的切实可行的途径，有些问题还没得到圆满的解答，有待于今后深入探讨。但是，不论问题有没有答案，都说明了各部门的计划和政策的全面协调是极为重要的。从讨论中，我们可以体会到，我们大家虽然来自不同的部门，但都具有为我们的人民以及子孙后代创造美好未来的强烈愿望。这是我们组织和参加这次会议的基础，也为我们今后共同合作开辟了很好的前景。中外与会者在四天里广交了朋友，今后也将成为合作者。

通过交流和讨论，我们得到了以下的印象：

(1) 中国的经济发展为人民提供了基本的食物保障，保证了基本温饱，虽然从食物供应及营养状况看还存在一些食物不足及营养不足的地区和人群。

(2) 在经济迅速发展、收入不断增长的过程中，面临着人民对食物数量、质量需求的不断增长与食物资源不足的矛盾，而这种矛盾存在着对国民经济和健康的潜在危险。

(3) 合理的食物结构与合理的膳食结构是一个关系重大的经济发展问题，健康问题是伴随发生的问题，因此应将它作为一个重大的经济问题加以合理解决。它关系到各部门的计划及政策、措施的相互调谐与相互补充促进。营养状况的优化和恶化取决于各部门的共同认识和合作。

(4) 在我们的资源有限、人口不断增长的情况下，基于我们的分析，这一问题的解决不但是必须的，而且是可能的，有希望解决好的。

(5) 外国的经验说明，在经济发展中食物与营养状况的变化带来了健康问题。他们的经验和教训，对我们非常有价值，我们应该研究各国的历史经验。