

The Third World Eatology Forum

The Awaji Island Declaration

The Third World Eatology Forum was held on Awaji Island, Japan from June 24th to 26th, 2019. Japan's Awaji Island is surrounded by the sea and has beautiful scenery. In a warm climate, it breeds a variety of crops and is a treasure trove of ingredients. Since the old time, Awaji Island was considered as the Miketsukuni (farm for the royal family). We trace back to the origin of the relationship between people and food, and discuss how 7.6 billion people can achieve health and longevity through a proper diet, which is also the main theme of this year's forum, the Sustainable Development Goals and Food Problems. This forum is the official supporting activity of 2019 G20 Osaka Summit. Support by the United Nations Food and Agriculture Organization and Japanese Ministry of Foreign Affairs, food experts and scholars from G20 member countries had extensive and in-depth discussions.

I. Four Development Consensuses Cultivated

1. Effective resolution of food problems are prerequisite of sustainable human development. In September 2015, the 2030 Agenda for Sustainable Development was adopted by the UN, which specified 17 Sustainable Development Goals, 12 of which are intimately linked to food-related problems. The food-related matters are not only an origin but also a determining factor of present and future civilization.

2. Human Society is confronted with nine food-related problems. Looking back to the 7000-year history of human civilization, the food problems have always been with us. The existing problems have not been completely solved while the new ones start to emerge. They are: 1. Food quantity. 2. Food quality. 3. Food sustainability. 4. Dietary habit. 5. Diet-related disease. 6. Dieter life span. 7. Food waste. 8. Growing population. 9. Right to food.

3. Eatology discipline system is a public product for solving human's food-related problems. Eatology discipline system overcomes the cognition limits of modern discipline systems, integrates food production, food utilization, and food related systematic structure for the first time. Eatology discipline system is a golden key to the awareness and resolution of food-related problems.

4. Eating precedes medical attention and is the upstream of human health. In perspective of health, food is the upstream of medication, eat ology is the upstream of medical science. A scientific consumption of foods helps one reduce medication. Eatology management is an upstream management, while medical management is a downstream management. Such a health upstream management can improve individual's health, extend lifespan, and reduce medical cost and the country's burden of medical insurance. We hope there will be more and more countries to take all

local food-related enterprise as an integral whole and adopt comprehensive measures to effectively solve the problems affecting human sustainable development.

II. Recommendation of World Health Dietary Guide to the International Community (annexed)

A scientific and comprehensive dietary approach is closely linked to the improvement of human life. The average life expectancy of citizens in Japan is 84 years old. It is primary benefited from the correct dietary habits. The World Healthy Dietary Guide, extracted from Eatology (Nov. 2018), and based on food-related habits of traditional and present, Eastern and Western, offers a dietary guide in 12 aspects that will help improve people’s health, extend lifespan, cost less in medical treatment. The Third World Eatology Forum is committed to promote and implement the United Nations Sustainable Development Goals, This forum, designated as the official supporting activity of 2019 G20 Osaka Summit, actively promotes the effective resolution of human food problems with introduction to the eatology discipline system. The Third World Eatology Forum emphasizes the importance of strengthening cooperation with other international and regional organizations, forums and other institutions, and encourages the Forum Secretariat to establish institutional links with these organizations. The Forum appreciates all the work done by the Secretariat to promote the Eatology Forum. We are supporting the Secretariat to prepare the fourth forum. Eatology helps people enjoy a healthier and a longer life span, and makes our globe a much better and more beautiful home!

Awaji Island, Japan, 26 June 2019

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| Master signatory | |
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| Mbuli Charles Boliko The Director of the Japanese Liaison Mbuli Charles Boliko Food and Agriculture Organization of the United Nations, Liaison Office in Japan | Liu Guangwei Founder of Eatology discipline and World Eatology Forum |
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