OCT 2026
Issue 6

SHIOLOGY NEWSLETTER

Beijing Shiology Research Center
Room 3202, Tower A, SOHO Modern City, Jianguo Road, Chaoyang District, Beijing, China

Editor's Note

Welcome back to the Shiology Newsletter!

You may have noticed that we have been quiet since June. During this time, our team has been working intensively behind the scenes to bring the Global Shiology Index (GSI) Report 2026 to completion.

We are delighted to return with news of the report's successful launch in Macao. This milestone would not have been possible without the thoughtful feedback, rigorous reviews, and generous contributions of experts from around the world. We are deeply grateful to everyone who has helped shape this global initiative.

In this issue, we share the highlights of the launch, insights from distinguished speakers, an expert perspective on food system challenges, and a closer look at one of Shiology's central concepts: Food–Body Coupling.

We invite you to explore the stories below, share them with your networks, and continue this journey with us as we work towards healthier, more sustainable, and more equitable food systems.

Editorial Team
Shiology Newsletter

News and Updates

GSI Report 2026 Launched in Macao: A New Compass for Global Food Governance

Macao, October 21, 2026 — The Global Shiology Index (GSI) Report 2026 and its companion report on Portuguese- and Spanish-speaking countries and regions were unveiled at the 31st Macao International Trade and Investment Fair.

Moving beyond conventional food security assessments, the GSI introduces an eater-centred approach to food governance, with a focus on Food–Body Coupling—aligning food provision and eating practices with human bodily needs.



Key Highlights

Global coverage: 177 countries assessed using 40 cross-country indicators.
Tailored solutions: 16 governance solutions designed for different national contexts.
Healthy longevity: Exploration of the Mediterranean Diet Circle and East Asian Diet Circle, both associated in the report with life expectancies exceeding 83 years.
Long-term action: A draft Global Food Sustainability Action Framework (2050) to support policy development.

A Regional Perspective: Portuguese- and Spanish-Speaking Countries and Regions

The companion report examines 30 countries and regions, incorporating Macao and Puerto Rico into its analysis of Portuguese- and Spanish-speaking contexts.

In his foreword to the report, Ban Ki-moon, the eighth Secretary-General of the United Nations, highlights Shiology's comprehensive perspective on food system challenges.Zhu Juwang of the United Nations Department of Economic and Social Affairs and Tom Heilandt, former Secretary of the Codex Alimentarius Commission, also shared perspectives on the value of Shiology in policy dialogue and international cooperation.

Supported by the University of Macau, the event also underscored Macao's distinctive role as a bridge connecting China with Portuguese-speaking countries and regions.

Explore the GSI Report 2026 and available language editions: Simplified Chinese | Traditional Chinese | English | Portuguese | Spanish

Voices from the Global Community

The launch of the GSI Report 2026 brought together international perspectives on the future of food systems and the role of Shiology in connecting food, human health, and public policy. We are pleased to share selected insights from two distinguished speakers.

Mr. Zhu Juwang

Director of the Division for Public Institutions and Digital Government, United Nations Department of Economic and Social Affairs.



In his video address, Zhu Juwang emphasized that food-related challenges extend far beyond agriculture, intersecting with human health, dignity, prosperity, and environmental sustainability. He noted that the GSI could contribute evidence and policy tools to discussions on sustainable development beyond 2030.

Tom Heilandt

Former Secretary of the Codex Alimentarius Commission (FAO/WHO)



Tom Heilandt highlighted the value of an eater-centred approach in connecting agriculture, food safety, nutrition, health services, and social policy. He also emphasized Macao's potential to facilitate knowledge exchange and collaboration with Portuguese-speaking countries.

Watch their full addresses: https://www.shiology.world/en/news/lobal-hiology-ndex-eport-2026-aunched-in-acao-ew-ompass-for-lobal-ood-overnance/

Understanding Shiology

Food-Body Coupling: Aligning Food with Human Needs

Food–Body Coupling refers to the alignment of food provision and eating practices with an eater's bodily needs, taking into account life stage, physiological condition, activity level, and health status. It encompasses not only the composition and combination of foods, but also portion sizes, eating patterns, preparation methods, and an individual's ability to consume, digest, and benefit from food. The goal is to support normal bodily functioning, reduce diet-related health risks, enhance quality of life, and contribute to healthy longevity.

Within the Five Eater Needs framework, Food–Body Coupling represents the need for food and eating practices to be suited to the individual eater. Achieving it requires access to sufficient, safe, and diverse food through food systems that can remain sustainable over time.

Why does Food–Body Coupling matter?

Every individual is unique, and bodily needs change over time. Recognizing these differences—and choosing foods, portions, and eating practices accordingly—is essential to aligning food with the body's needs and supporting long-term health. Food–Body Coupling therefore invites us to look beyond the question of whether enough food is available and ask a more fundamental one: Does the food available to us truly meet our bodily needs?

Community Contributions & Get Involved

Help Shape the GSI Report 2026 Before Official Publication

Following the launch event in Macao, the GSI Report 2026 is still being refined ahead of its official publication. We warmly welcome further feedback from experts and partners worldwide.

Two rounds of expert review have helped improve the report, with feedback focusing on:

Indicator selection and data coverage: Strengthening cross-country comparability, particularly for countries in the Global South.

Weighting methodology: Balancing statistical rigour with expert judgement.

Policy relevance: Enhancing the practical applicability of tailored governance solutions across different country groups.

Conceptual clarity: Further refining the scope and measurement of Food–Body Coupling.

We sincerely thank all contributors for their valuable support. As we prepare for official publication, we invite further suggestions, regional case studies, and policy insights to strengthen the report.

If you would like to provide further feedback or explore opportunities to contribute, please contact the Shiology Secretariat at secretariat@shiology.world.

We look forward to continuing this collaborative effort with our global community and working together towards a more comprehensive, evidence-informed, and eater-centred approach to food governance.