Food sovereignty, a term coined by members of Via Campesina in 1996, asserts that the people who produce, distribute, and consume food should control the mechanisms and policies of food production and distribution, rather than the corporations and market institutions they believe have come to dominate the global food system. It also encompasses the right of peoples to healthy and culturally appropriate food and their right to define their own food and agriculture systems. The phrase "culturally appropriate food" is perhaps best understood as a transformative process that seeks to recreate the democratic realm and regenerate a diversity of autonomous food systems based on equity, social justice, and ecological sustainability.