Nordic Nutrition Recommendations (NNR)

- Long history with common nutrition recommendations in Nordic countries
  - Based on effects of diet on *health outcomes*
  - Systematic reviews
  - Authoritative framework for nutrition policies, health care, food production, agriculture- and fishery policies, etc

- **NNR2022**
  - > 300 scientific experts on nutrition and health
  - > 50 scientific experts on sustainability and food systems
Nordic Nutrition Recommendations 2022

**Nutrients and food components (DRVs)**

1. Fluid and water balance
2. Energy
3. Fat and fatty acids
4. Carbohydrates
5. Dietary fibre
6. Protein
7. Alcohol
8. Vitamin A
9. Vitamin D
10. Vitamin E
11. Vitamin K
12. Thiamine
13. Riboflavin
14. Niacin
15. Vitamin B6
16. Folate
17. Vitamin B12
18. Biotin
19. Pantothenic acid
20. Vitamin C
21. Calcium
22. Phosphorus
23. Magnesium
24. Sodium and salt
25. Potassium
26. Iron
27. Zinc
28. Iodine
29. Selenium
30. Copper
31. Chromium
32. Manganese
33. Molybdenum
34. Fluoride
35. Choline
36. Phytochemicals and antioxidants

**Food groups (FBDGs)**

1. Breastfeeding
2. Drinks (coffee, tea, sugar sweetened and artificially-sweetened drinks)
3. Cereals (grains)
4. Vegetables, fruits, and berries
5. Pulses (legumes)
6. Nuts
7. Fish, fish products and seafood
8. Meat and meat products
9. Milk and dairy products
10. Eggs
11. Fats and oils
12. Sweets and confectionaries
13. Dietary patterns
14. Meal patterns
15. Ultraprocessed foods
Nordic Council of Ministers: Action plan for Vision 2030

VISION

• Make the Nordic Region the most sustainable region in the world by 2030
• Food Systems are of major relevance for sustainability
• Nordic countries are on a mission to transform their Food Systems
Sustainability: a multi-dimensional concept

UN (1987) and UN Earth Summit (1992)
- Environmental
- Social
- Economic
- (Health)

SAFA guidelines, FAO (2013)
- Nature: environmental integrity
- People: social well-being
- Economy: economic resilience
- Governance: good governance

NNR2022 will integrate environmental sustainability
Vegetable, fruits, berries, nuts, pulses

Fish, seafoods

Refined, whole-grain cereals, vegetable oils, dairy

Salt, added sugar, alcohol

Processed and red meat

Healthy FBDGs
Which environmental components should be considered?
Environment-friendly and healthy food systems
Integration of environmental sustainability with healthy FBDGs through the local food systems in Nordic and Baltic countries

- LCA, and
- Systemic approach