



norden

Nordic Council of Ministers

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 confectioneries
13. Dietary patterns
14. Meal patterns
15. Ultraprocessed foods

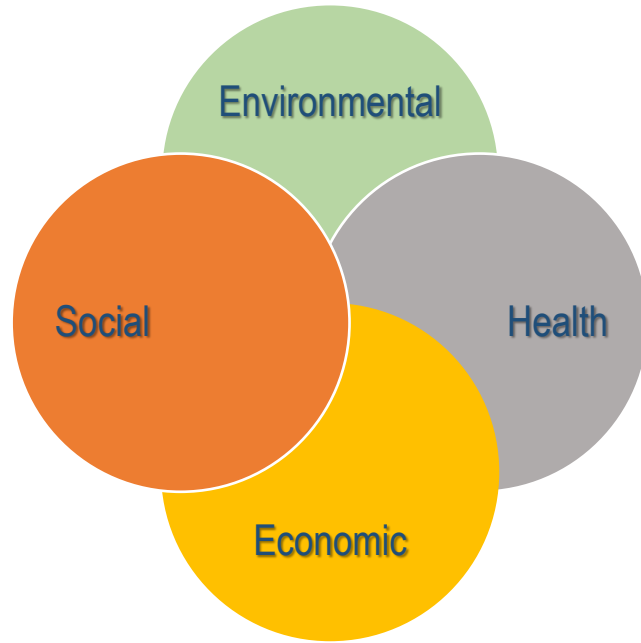
Nordic Council of Ministers: Action plan for Vision 2030



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)

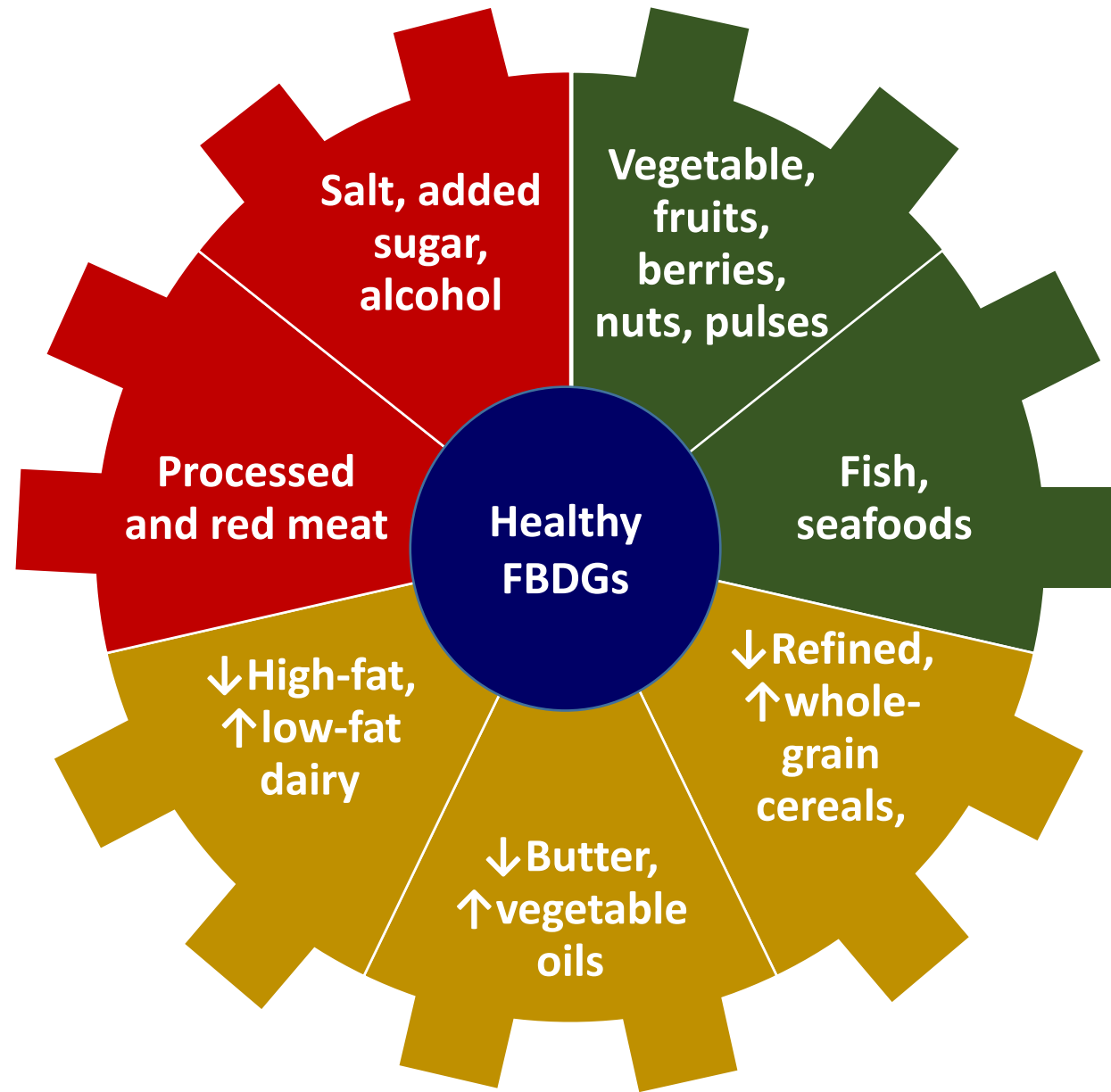


SAFA guidelines, FAO (2013)

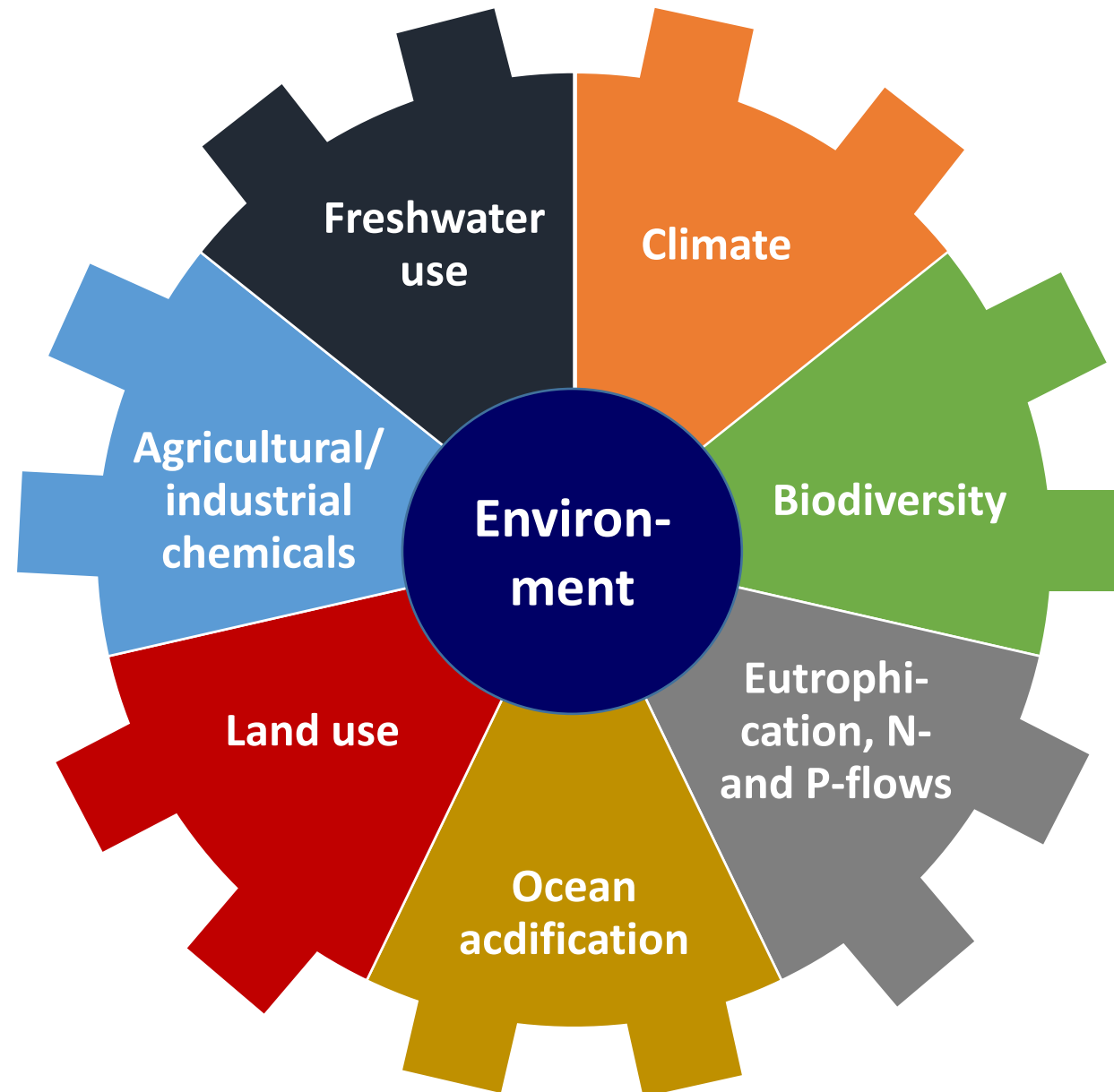
- Nature: environmental integrity
- People: social well-being
- Economy: economic resilience
- Governance: good governance

NNR2022 will integrate environmental sustainability

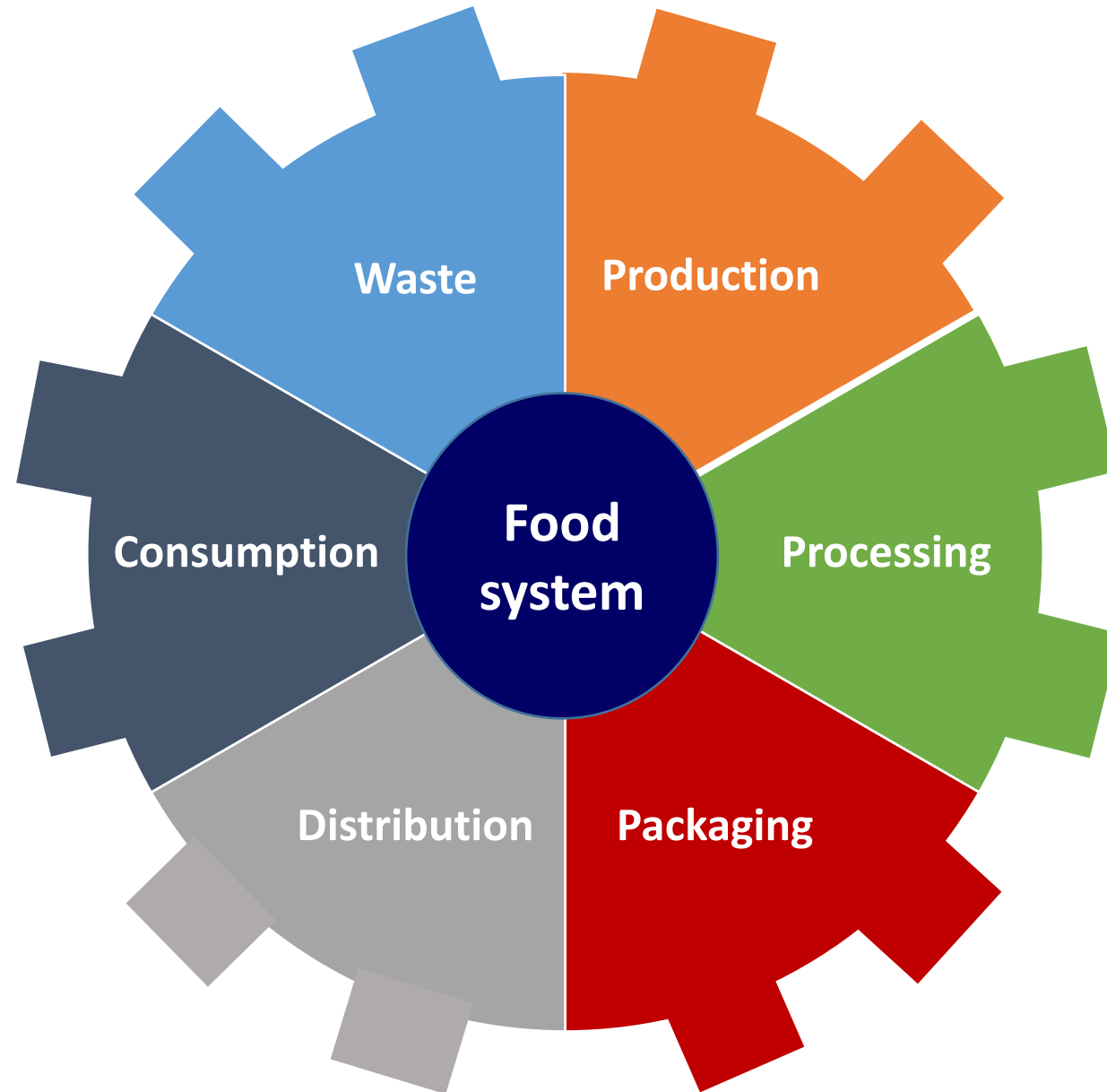
Food-based dietary guidelines in NNR2012



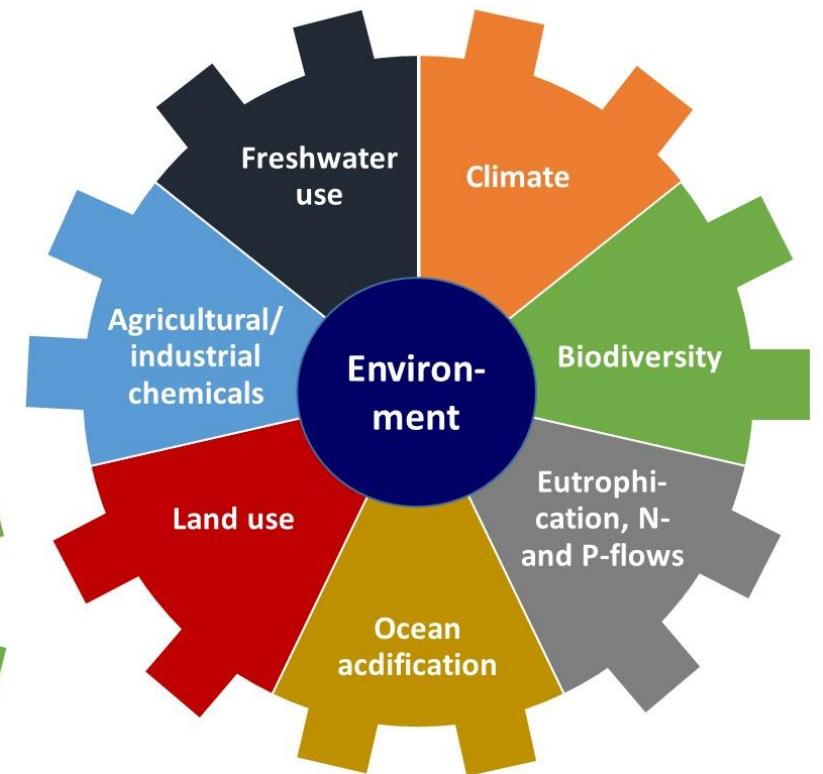
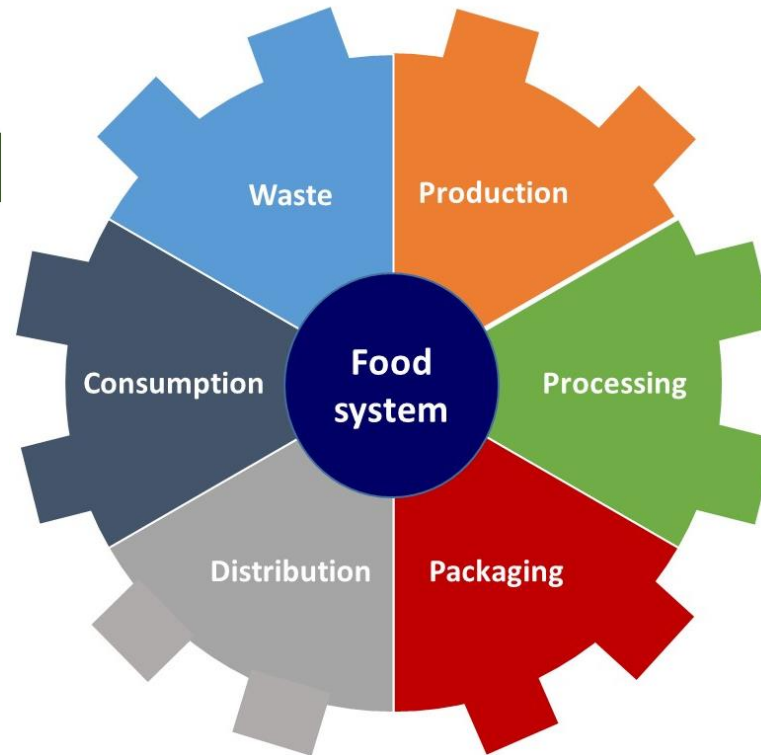
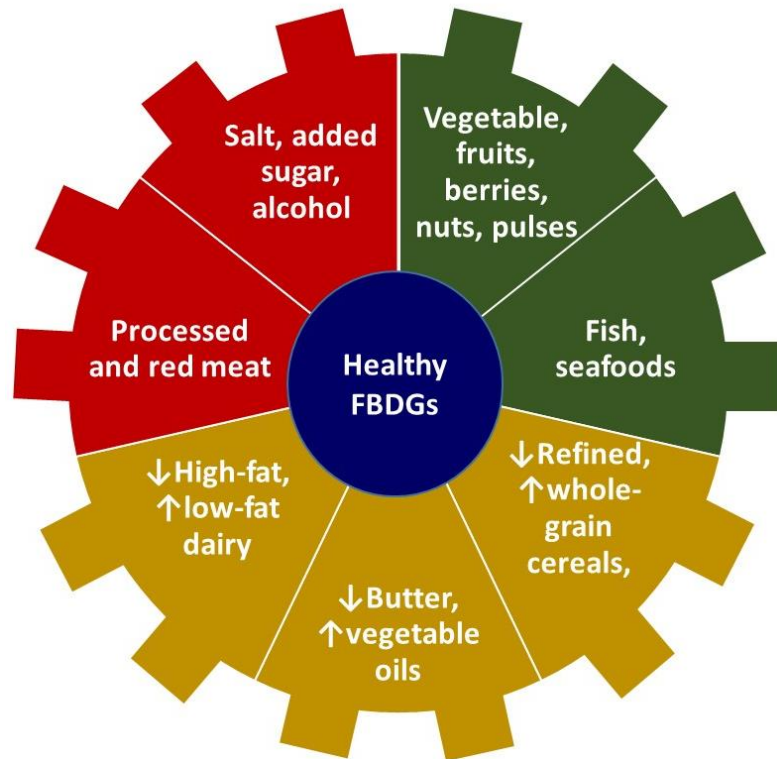
Which environmental components should be considered?



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