

Meeting minutes: NNR 2022 Committee Meeting September 08, 2021

Leader of the meeting Rune Blomhoff

Date 08/09-2021

Place Zoom-meeting

Secretary Anne Høyer

Attending

- Rune Blomhoff, University of Oslo, Oslo, Norway
- Ellen Trolle, Technical University Denmark, Kgs. Lyngby, Denmark
- Inga Þórsdóttir, University of Iceland, Reykjavík, Iceland
- Maijaliisa Erkkola, University of Helsinki, Helsinki, Finland
- Ursula Schwab, University of Eastern Finland, Kuopio, Finland
- Anne Høyer, The Norwegian Directorate of Health, Oslo, Norway
- Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, Norway
- Tagli Pitsi, National Institute for Health Development, Tallinn, Estonia
- Erik Arnesen, The Norwegian Directorate of Health, Oslo, Norway
- Hanna Eneroth, The Swedish Food Agency, Sweden
- Rikke Andersen, Technical University Denmark, Kgs. Lyngby, Denmark

Not attending

- Lāsma Piķele, The Ministry of Health of the Republic of Latvia, Rīga, Latvia
- Inese Siksna, The Ministry of Health of the Republic of Latvia, Rīga, Latvia
- Almantas Kranauskas, Ministry of Health, Vilnius, Lithuania
- Bjørg Mikkelsen, Food Department at Faroese Food and Veterinary Authority, Faroe Islands
- Ieva Garanča, The Ministry of Health of the Republic of Latvia, Rīga, Latvia
- Haidi Kanamäe, National Institute for Health Development, Tallinn, Estonia
- Jacob Juel Christensen, University of Oslo, Oslo, Norway
- Eva Warensjö Lemming, The Swedish Food Agency, Uppsala, Sweden
- Þórhallur Ingi Halldórsson, University of Iceland, Reykjavík, Iceland

1. Methodology for setting/updating dietary reference values (DRVs)

The NNR2022 Committee continued the discussion from the last Committee meeting on the methodology for setting and updating DRVs. The NR2022 project aims to develop an analytical framework for setting DRVs for all the nutrient chapters. A scientific paper describing the methodology for setting DRVs will be submitted for publication in Food & Nutrition Research.

2. Status work on sustainability

A status on the process for developing the background papers that will constitute the scientific background for integration of sustainability aspects into the food based dietary guidelines (FBDGs) was given.

Chatham House in London together with several Nordic and Baltic co-authors and members of the NNR2022 Committee are collaborating on the development of these papers. Further information about the process and involved authors can be found at the official NNR2022 website. Below are updated, tentative timelines for the two first papers.

3. *De novo* systematic reviews

The process for selection of topics for *de novo* SRs is described in a scientific paper that is now accepted for publication in Food & Nutrition Research; Høyer et al. The Nordic Nutrition Recommendations 2022 – prioritisation of topics for *de novo* systematic reviews. Food Nutr Res 2021 (in press).

After thorough discussions with the NNR SR Centre and topic experts, some adjustments are made on the preliminary list that has been announced earlier. The following nine topics is prioritized for *de novo* systematic review in the NNR2022 project:

1) plant protein intake in children and body growth, 2) pulses/ legumes intake, and cardiovascular disease and type 2 diabetes, 3) plant protein intake in adults, and atherosclerotic/cardiovascular disease and type 2 diabetes, 4) fat quality and mental health, 5) vitamin B12 and vitamin B12 status, 6) intake of white meat (no consumption vs. high consumption and white meat replaced with red meat), and all-cause mortality, type 2 diabetes and risk factors, 7) intake of n-3 LPUFAs from supplements during pregnancy and asthma and allergies in the offspring, 8) nuts intake, and

CVD and type 2 diabetes in adults, 9) dietary fibre intake (high vs. low) in children and bowel function.