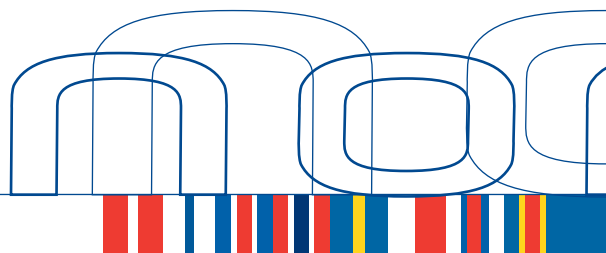




norden

Nordic Council of Ministers

NORDIC NUTRITION RECOMMENDATIONS



Nordic Nutrition Recommendations – a work in progress

The Nordic Nutrition Recommendations (NNR) are the main reference point for the various national nutrition recommendations in the Nordic countries. The NNR are also at the core of academic teaching in the field of nutritional science all around the world and serve as an anchor stone within the nutrition profession.

The Nordic governments fund the extensive scientific effort behind *the Nordic Nutrition Recommendations* as a means to better guide public decisions and debate on which diet ensures the best possible health for the population at large. This effort forms part of the Nordic action plan *A better Life through Diet and Physical Activity* and can be seen as an expression of the Nordic model, with its focus on an inclusive and holistic approach to society.

The Nordic Nutrition Recommendations furthermore form the basis for the Nordic *Keyhole*-label, used widely in the retail sector to design-

nate the best available choice within a certain category of food or commodity.

What is the NNR?

The Nordic Nutrition Recommendations have been published every eight years since 1980. They are the result of an extremely thorough evaluation of all available research within the field of nutrition.

A new edition – the NNR5 – is due to be published in October 2013. The focus here will be very much on the quality of what we eat and not only on the quantity. The NNR5 puts the whole diet in focus while also setting recommended intakes for micronutrients.

As an example, specific recommendations for the total intake ranges for carbohydrates and fats are not given in NNR5. Instead, recommendations include ranges for monounsaturated, polyunsaturated, saturated and trans-fatty acids, dietary fibre and added sugars. i.e. a more nuanced look at

what types of fat people eat, rather than the total amount of fat.

A new chapter on food and climate issues will be added in NNR5, but most of the recommendations from the 4th edition from 2004 remain unchanged.

How is the NNR made?

The work on the new edition is part of a long and fruitful Nordic co-operation under the Nordic Council of Ministers.

The work has been led by a Nordic working group and more than 100 scientific experts have been involved in the revision. The work has mainly focused on a revision of areas in which new scientific knowledge has emerged. A less stringent updating of reference values has been applied for other nutrients/topics.

The revision of the NNR are a transparent process. Extensive public consultations are being held throughout 2013 up until the final publication date.

See more on the hearing process at www.nnr5.org

The Nordic Council of Ministers will formally approve *the Nordic Nutrition Recommendations* during the Autumn of 2013 and the new edition will be launched on October 3, 2013

How do I get more information?

See more on www.norden.org/nnr



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