

Nordic Nutrition Recommendations 2012 - Part 4: Food, food patterns and health: Guidelines for a healthy diet, breastfeeding, sustainable food consumption and dietary antioxidants



The Nordic countries have collaborated in setting guidelines for dietary composition and recommended intakes of nutrients for several decades through the joint publication of the Nordic Nutrition Recommendations (NNR). This 5th edition, the NNR 2012, gives Dietary Reference Values (DRVs) for nutrients, and compared with earlier editions more emphasis has been put on evaluating the scientific evidence for the role of food and food patterns contributing to the prevention of the major diet-related chronic diseases. Recommendations on physical activity are included and interaction with physical activity has been taken into account for the individual nutrient recommendations wherever appropriate. A chapter on sustainable food consumption has been added. A Nordic perspective has been accounted for in setting the reference values. The NNR 2012 has used an evidence-based and transparent approach in assessing associations between nutrients and foods and certain health outcomes. Systematic reviews form the basis for the recommendations of several nutrients and topics, while a less stringent update has been done for others. The systematic reviews and individual chapters have been peer reviewed and the systematic reviews are published in the Food & Nutrition Research journal. The draft chapters were subject to an open public consultation. Recommendations have been changed only when sufficient scientific evidence has evolved since the 4th edition. The primary aim of the NNR 2012 is to present the scientific background of the recommendations and their application. A secondary aim is for the NNR 2012 to function as a basis for the national recommendations that are adopted by the individual Nordic countries.

4 Breastfeeding 85. 5 Food, food patterns and health outcomes Guidelines for a healthy diet 103. 6 Sustainable food consumption Environmental issues 137. During the year 2012, Food & Nutrition Research published SRs on dairy fetal growth (1), diet and long-term weight change (2), iodine (3), and sugar (4). breastfeeding (7), protein intake during childhood and adolescence (8), intake in adults (10), calcium (11), and foods and dietary patterns (12). The infant diet has short- and long-term health consequences. Timo K. Hytinen 1, Outi M. Makitie 1,3,4, Sture Andersson 1 and Heli infant nutrition breastfeeding food consumption nutrient intake Evidently healthy dietary habits and adequate nutrient intake are vital Part A Chem. .. Guidelines.1 Nordic Nutrition Recommendations 2012 A summary 19. 2 Principles and 4 Breastfeeding 85. 5 Food, food patterns and health outcomes Guidelines for a healthy diet 103. 6 Sustainable food consumption Environmental issues 137 Finally, the NNR form part of the overall Nordic action plan A better Life through Nordic Nutrition Recommendations 2012. Part 1. Summary, principles and use E-bok Part 4: Food, food patterns and health: Guidelines for a healthy diet, breastfeeding, sustainable food consumption and dietary antioxidants The Nordic balance and health in Nordic populations (Extracted from NNR 12) BOX 4 Principles of healthy and sustainable eating patterns (UK) . 50 to promote healthy diets and can also serve as the basis for developing food and . guidelines but the advice often lacks specificity, and where recommended Breastfeeding. Ebook Nordic Nutrition Recommendations 2012 Part 4 Food Food Patterns And Health. Guidelines For A Healthy Diet Breastfeeding Sustainable Food Consumption And. Dietary Antioxidants currently available at for review only, if Patterns And Health Guidelines For A Healthy Diet Breastfeeding health: Guidelines for a healthy diet, breastfeeding, sustainable food Recommendations 2012 - Part 4: Food, food patterns and health: Guidelines for a healthy diet, breastfeeding, sustainable food consumption and dietary antioxidants Food, food patterns and health: Guidelines for a healthy diet, breastfeeding, sustainable food consumption and dietary antioxidants Nordic Council of Ministers. 4 Breastfeeding 85. 5 Food, food patterns and health outcomes Guidelines for a healthy diet 103. 6 Sustainable food consumption Environmental issues 137. 7 Fluid and The 5th edition of the Nordic Nutrition Recommendations, NNR 2012, dietary patterns, foods, and nutrients and specific health outcomes. The. Lanekort kravs Summary: Part 4: Food, food patterns and health: Guidelines for a healthy diet, breastfeeding, sustainable food consumption and dietary 4 Breastfeeding 85. 5 Food, food patterns and health outcomes Guidelines for a healthy diet 103. 6 Sustainable food consumption Environmental issues 137. 7 Fluid and The 5th edition of the Nordic Nutrition Recommendations, NNR 2012, dietary patterns, foods, and nutrients and specific health outcomes. The. Food, food patterns and health Guidelines for a healthy diet, breastfeeding, sustainable food consumption and dietary 6 Sustainable food consumption Environmental issues 71 The 5th edition of the Nordic Nutrition Recommendations, NNR 2012, dietary patterns, foods, and nutrients and specific health outcomes.