

Norwegian guidelines on diet, nutrition and physical activity. 2014 (Norwegian: Anbefalinger om kosthold, ernæring og fysisk aktivitet). - Dietary goals and food-based dietary guidelines - All population groups

Programme Data

Programme Description

The 'Norwegian guidelines on diet, nutrition and physical activity' are based on the 'Nordic nutrition recommendations 2012' and the 'Food-based dietary guidelines for public health promotion and prevention of chronic diseases - Methodology and scientific evidence', published by the Norwegian Nutrition Council in 2011.

The Nordic nutrition recommendations were developed by a Nordic working group established by the Nordic Council of Ministers; the process was transparent and involved approximately 100 experts. The 'Food-based dietary guidelines for public health promotion and prevention of chronic diseases - Methodology and scientific evidence' was drafted by Norwegian experts on nutrition and health; the process leading to the final document included open hearings.

The merging of these two documents was done by the Norwegian Directorate of Health, the resulting product being the 'Norwegian guidelines on diet, nutrition and physical activity, published in 2014'.

Program type

National

References

REFERENCE AND ACKNOWLEDGEMENT: The text and links have been sourced from the FAO Food-based dietary guidelines website <http://www.fao.org/nutrition/education/food-dietary-guidelines>

Further information, uploaded materials and links are provided at <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/c...>

Action data

Start date	2014
Country(ies):	Norway
Status:	On-going
Topic:	Food-based dietary guidelines
Target group:	All population groups
Age group:	The Norwegian nutrition recommendations target the general public and include recommendations for children from 1 year of age. Separate guidelines for infants will be published.

Implementation details : Messages

- Have a varied diet with plenty of vegetables, fruit and berries, wholegrain products and fish, and limited amounts of processed meat, red meat, salt and sugar.
- Find the right balance between how much energy you consume through food and drink and how much energy you use by being physically active.
- Eat at least five portions of vegetables, fruits and berries each day.
- Eat wholegrain products every day.
- Eat fish for dinner two to three times a week. Fish is also a great filling in sandwiches.
- Choose lean meat and lean meat products. Limit the amount of processed meat and red meat you consume.
- Include lean dairy products as part of your daily diet.
- Choose cooking oils, liquid margarine and soft margarine over hard margarine and butter.
- Choose foods with a low salt content and limit the use of salt when preparing food.
- Limit your consumption of food and drink with a high sugar content.
- Choose water as a thirst quencher.
- Engage in physical activity for at least 30 minutes each day.

Typical problems Solutions