

Planetens sundhed i forhold til en regional diet

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MILJØ

- Menneskeskapte klimagassutslipp
 - Over 30% av utslipp i Europa kan tilskrives matsektoren
 - Globalt står husdyrsektoren for 18 %
- Andre miljøpåvirkninger av matproduksjon, bl.a.
 - overfiske
 - forurensning av jord, vann og luft

Hvordan spise både sunt og miljøvennlig i Norden?

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Towards health-promoting and environmentally friendly regional diets – a Nordic example

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Abstract

Background: Because most of the top determinants of the worldwide burden of disease are diet-related, the promotion of healthful diets is important for population health across the world. Furthermore, changes in eating habits may contribute to preservation of the environment.

Objective: In the present paper it is argued that the translation of health-promoting dietary recommendations into practical recommendations for healthful eating should be more tailored to regional circumstances. This will promote population health as well as help preserve cultural diversity in eating habits and contribute to more environmentally friendly eating. A regional Nordic diet, mimicking the Mediterranean diet to some extent, is presented as an example.

Conclusion: A theoretically health-enhancing Nordic diet is possible including six evidence-based ingredients: (i) native berries; (ii) cabbage; (iii) native fish and other seafood; (iv) wild (and pasture-fed) land-based animals; (v) rapeseed oil; and (vi) oat/barley/rye.

Keywords
Health
Environment
Local diets
Nordic diet
Regional diets

Since most of the top determinants of the burden of disease are diet-related⁽¹⁾, healthy diet promotion is important for population health across the world. Promoting healthy

dietary supplements, nutrient enrichment or fortification of foods, and the development of functional foods. This avenue has been fruitful in the past where the identification

Kriterier

1. Ability to be produced locally over large areas within the Nordic countries without usage of external energy e.g. for the production of greenhouses.
2. A tradition as a food source within the Nordic countries.
3. Possessing a better potential for health-enhancing effects than similar foods within the same food group.
4. Ability to be eaten as foods, not only in small amounts as dietary supplements (e.g. spices).

Identifiserte matvarer

- (i) native berries;
- (ii) cabbage;
- (iii) native fish and other seafood;
- (iv) wild (and pasture-fed) land-based animals;
- (v) rapeseed oil;
- (vi) oat/barley/rye

Mat og klimautslipp

- Type mat
 - Animalsk vs planter
- Produksjonsmåte
 - Vilt vs økologisk vs konvensjonelt
 - Drivhus/fjøs vs friland/freerange
- Bruk av transport
 - Under produksjon eller fangst
 - Til butikk
 - Hjem fra butikk

New Nordic Diet

- Så lokal og sesongbasert mat som mulig
- Mer planter og mindre kjøtt
- Fortrinnsvis økologisk produksjon
- Fisk og annen sjømat fra bærekraftige bestander

- Høst av naturen
- Plant frukttrær og bærbusker
- Ha grønnsaks- og urtehage
- Sykle/gå til butikken