

# Pohjoismaisten ravitsemussuositusten laatiminen ja julkaiseminen – kohti kansallisten ravitsemussuositusten uudistamista

13.12.2022 VRN sidosryhmäseminaari  
Professori Maijaliisa Erkkola





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Nordic Council of Ministers

# Nordic Nutrition Recommendations (NNR)

## Pohjoismaiset ravitsemussuosituksset

- Kansainvälisesti tunnustettu tieteellinen yhteenveto ravinnon terveystaakatuksista vuodesta 1980
- Pohjoismaisen ministerineuvoston toimeksianto
- Tieteeseen pohjaava ohjeistus viranomaisille Pohjoismaissa ja Baltian maissa
- Päivitetään 8-10 vuoden välein
- Aikataulu NNR2022: 2019 – kesäkuu 2023



# Organisation of NNR2022

## Steering Committee

- Henriette Øien, The Norwegian Directorate of Health, Oslo, **Norway (Chair)**
- Satu Männistö, National Institute for Health and Welfare, Helsinki, **Finland**
- Hólmfríður Þorgeirsdóttir, Directorate of Health, Reykjavík, **Iceland**
- Ulla-Kaisa Koivisto Hursti, National Food Agency, Uppsala, **Sweden**
- Anne Pøhl Enevoldsen, Danish Veterinary and Food Administration, Glostrup, **Denmark**



## The NNR 2022 Committee

- Rune Blomhoff, University of Oslo/Oslo University Hospital, **Norway (Chair)**
- Anne Høyer, The Norwegian Directorate of Health, **Norway (Project secretary)**
- Ellen Trolle, Technical University Denmark, Kgs. Lyngby, **Denmark**
- Rikke Andersen, Technical University Denmark, Kgs. Lyngby, **Denmark**
- Ursula Schwab, University of Eastern Finland, Kuopio, **Finland**
- Maijalisa Erkkola, University of Helsinki, Helsinki, **Finland**
- Inga Þórsdóttir University of Iceland, Reykjavík, **Iceland**
- Þórhallur Ingi Þórhallsson, University of Iceland, Reykjavík, **Iceland**
- Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, **Norway**
- Jacob Juel Christensen, University of Oslo, **Norway**
- Hanna Eneroth, The National Food Agency, Uppsala, **Sweden**
- Eva Warensjö Lemming, The National Food Agency, Uppsala, **Sweden**
- Tagli Pitsi, National Institute for Health Development, Tallinn, **Estonia (Observer)**
- Lasma Pikele, The Ministry of Health of the Republic of Latvia/Inese Siksnā, Institute of Food Safety, Animal Health and Environment, Riga, **Latvia (Observer)**
- Almantas Kranauskas, Ministry of Health, Vilnius, **Lithuania (Observer)**
- Björg Mikkelsen, Food Department at Faroese Food and Veterinary Authority, **Faroe Islands (Observer)**



**Approx. 400 scientific multidisciplinary experts**

## Scientific Advisory Group



Amanda MacFarlane, Health Canada

Joseph Lau, co-director of Evidence-based Practice Center, Brown Univ. US

Susan Fairweather-Tait, Univ. of East Anglia, UK



Giota Mitrou, WCRF, UK

Dominique Turck (EFSA), Univ. of Lille

Joao Breda, "WHO Reg. office for Europe", Copenhagen, DK



Wulf Becker, Uppsala Univ. Sweden

## Systematic Review Centre



Agneta Åkesson, Karolinska Institutet, (head)

Christel Lamberg-Aillard, Univ. Helsinki,

Erik Arnesen, Univ. Oslo, Norway



Fredrik Söderberg, Karolinska Institutet

Birna Thórisdóttir, Univ. Iceland

Alfons Ramel, Univ. Iceland



Linnea Bärebring, Univ. Gothenburg,

Bright Nwaru, Univ. Gothenburg,

Jutta Dierkes, Univ. Bergen,

# NNR2022: Ravinnonsaannin viitearvot 36 ravintoaineelle ja ruoankäyttösuositukset 17 ruokaryhmälle

## Nutrients and food components

1. Fluid and water balance
2. Energy
3. Fat and fatty acids
4. Carbohydrates
5. Dietary fibre
6. Protein
7. Alcohol
8. Vitamin A
9. Vitamin D
10. Vitamin E
11. Vitamin K
12. Thiamine
13. Riboflavin
14. Niacin
15. Vitamin B6
16. Folate
17. Vitamin B12
18. Biotin
19. Pantothenic acid
20. Vitamin C
21. Calcium
22. Phosphorus
23. Magnesium
24. Sodium and salt
25. Potassium
26. Iron
27. Zinc
28. Iodine
29. Selenium
30. Copper
31. Chromium
32. Manganese
33. Molybdenum
34. Fluoride
35. Choline
36. Phytochemicals and antioxidants

## Food groups

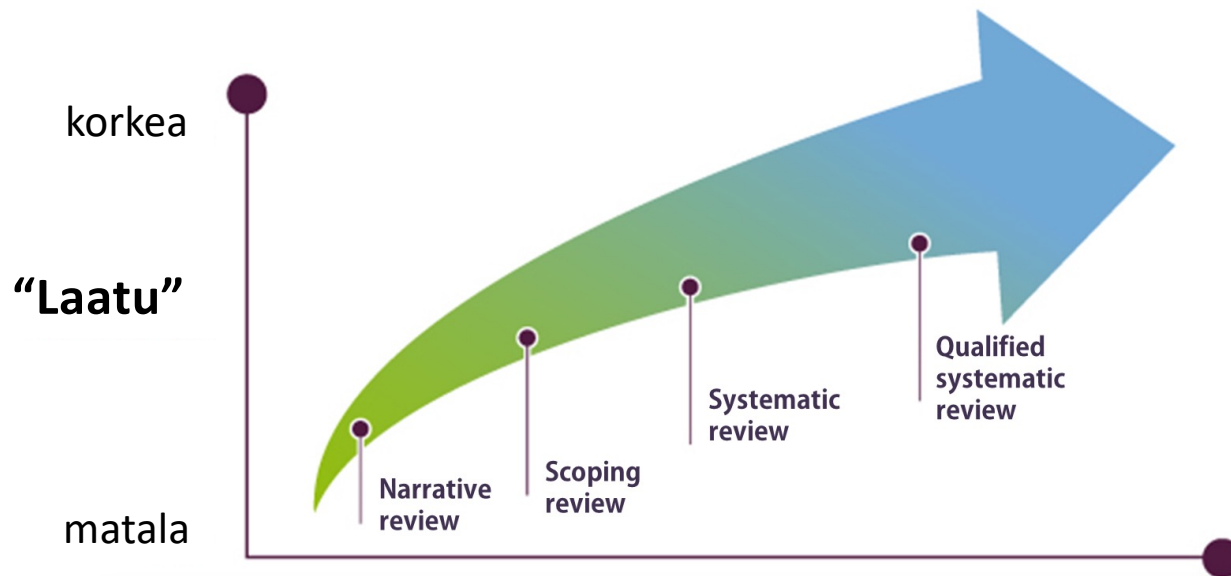
1. Breastfeeding
2. Drinks (coffee, tea, sugar sweetened and artificially-sweetened drinks)
3. Cereals (grains)
4. Vegetables, fruits, and berries
5. Potatoes
6. Fruit juices
7. Pulses (legumes)
8. Nuts
9. Fish, fish products and seafood
10. Meat and meat products
11. Milk and dairy products
12. Eggs
13. Fats and oils
14. Sweets and confectioneries
15. Dietary patterns
16. Meal patterns
17. Ultraprocessed foods

## Tieteellinen ohjeistus kansallisille viranomaisille

- DRVs: ravinnonsaannin viitearvot kaikille samat
- FBDGs: tiedepohja sama, kansallisen ruokajärjestelmän huomioiminen (food systems, priorities, challenges, culture)

# RAVINNON TERVEYSVAIKUTUSTEN TIETEELLINEN NÄYTTÖ

Menetelmien kansainvälinen harmonisointi – resurssien hyödyntäminen



- Validit systemaattiset katsaukset: laaja tekninen raportti, monitieteiset asiantuntijat, spesifi tutkimuskysymys, julkaistu protokolla, systemaattinen haku, mukaanottokriteerit, datan poiminta, virheanalyysi, meta-analyysi, näytönasteen arviointi, vertaisarviointi

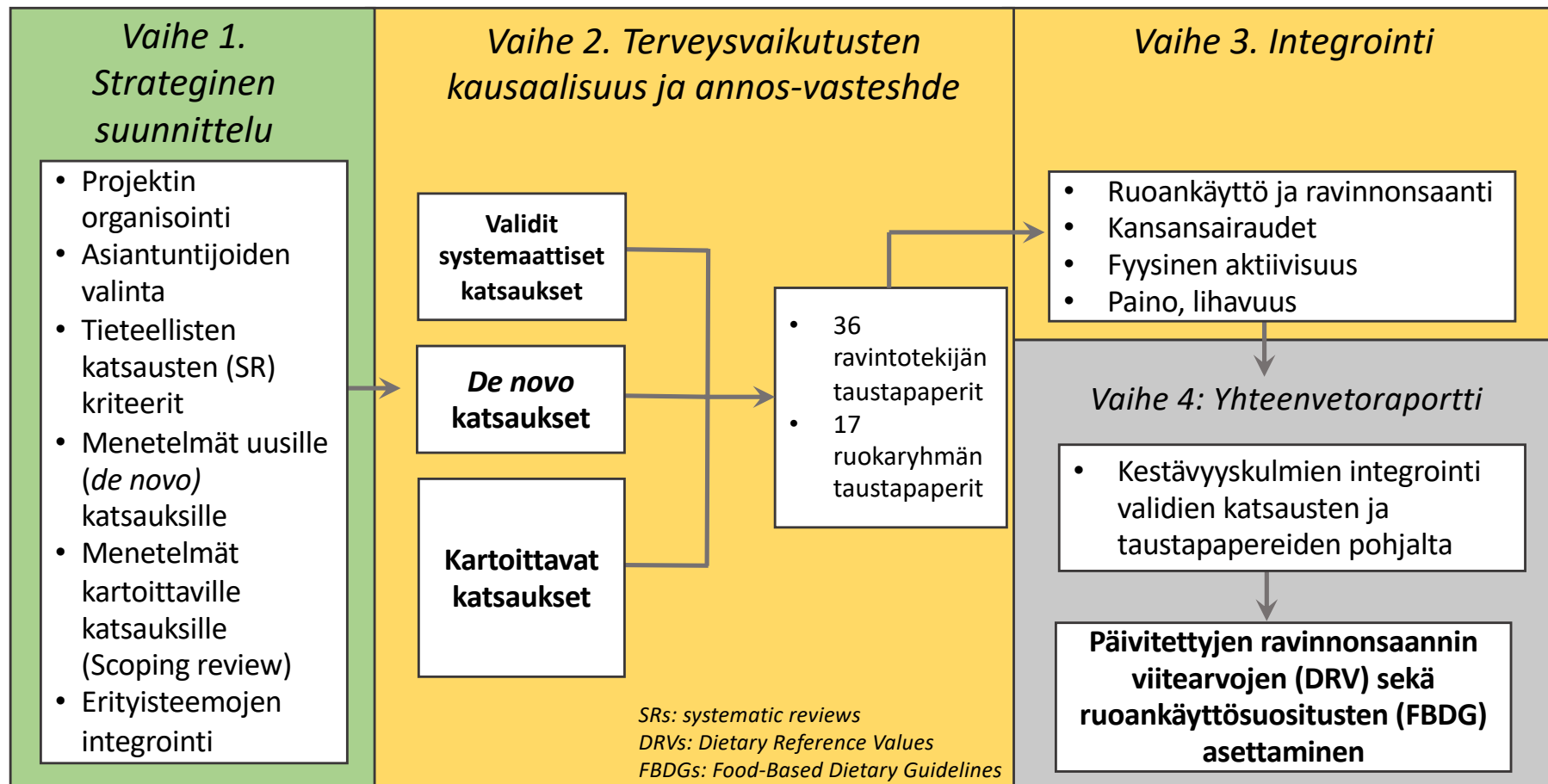
## 85 validia systemaattista katsausta

- 9 x *de novo* NNR (2022)
- 4 x AHRQ (2014-2018)
- 1 x Australian/New Zealand health auth. (2017)
- 28 x DGA/USDA (2020)
- 4 x DGA/USDA (2015)
- 2 x German health auth. (2012, 2015)
- 5 x EFSA (2012-2019)
- 13 x NNR (2012-2014)
- 1 x SACN/UK (2015)
- 11 X WCRF (2018)
- 7 x WHO (2012-2020)

## 53 ravintoainetta/ruokaryhmää

- 36 nutrients (NNR2022)
- 17 food groups (NNR2022)

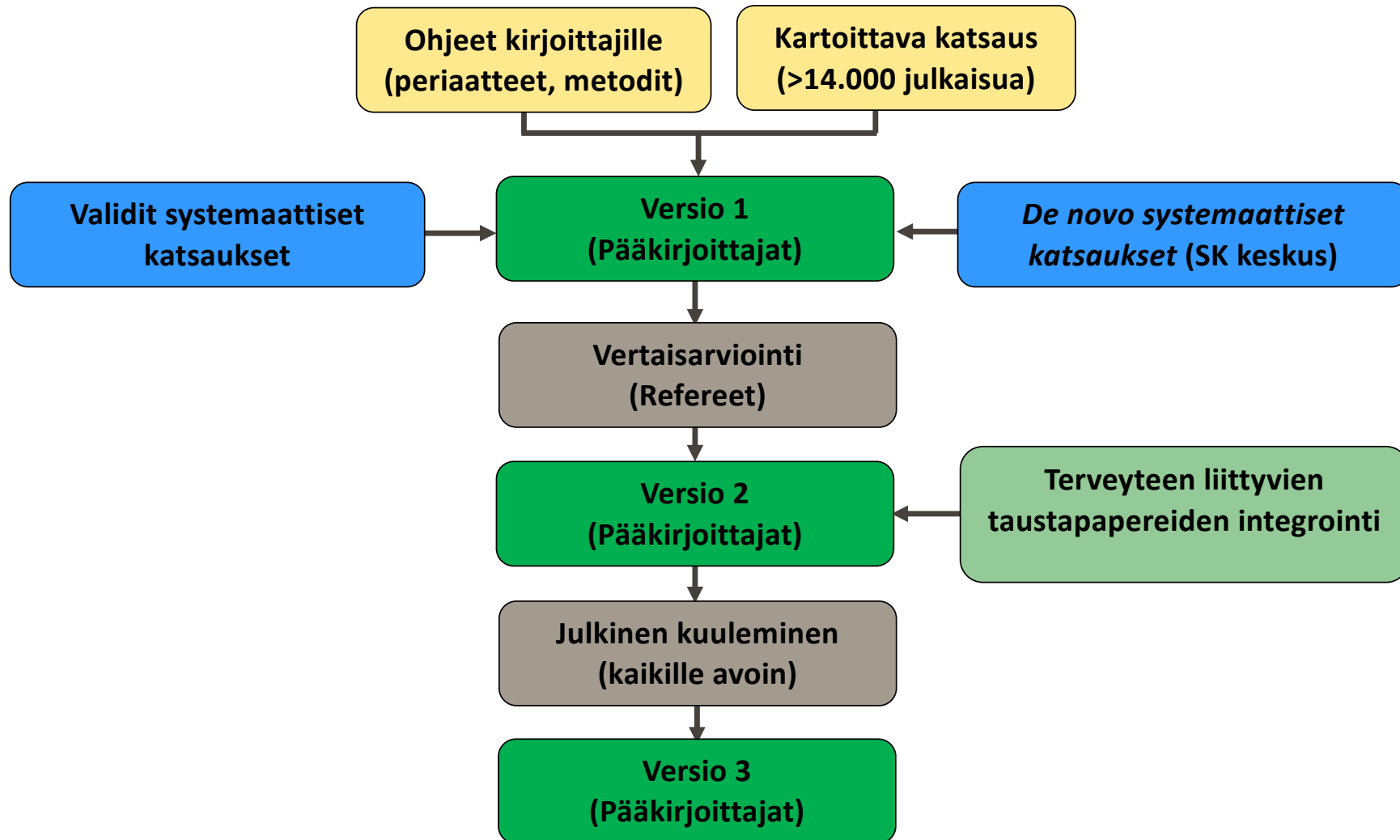
# Pohjoismaisten ravitsemussuositusten prosessi



## Uudet systemaattiset katsaukset

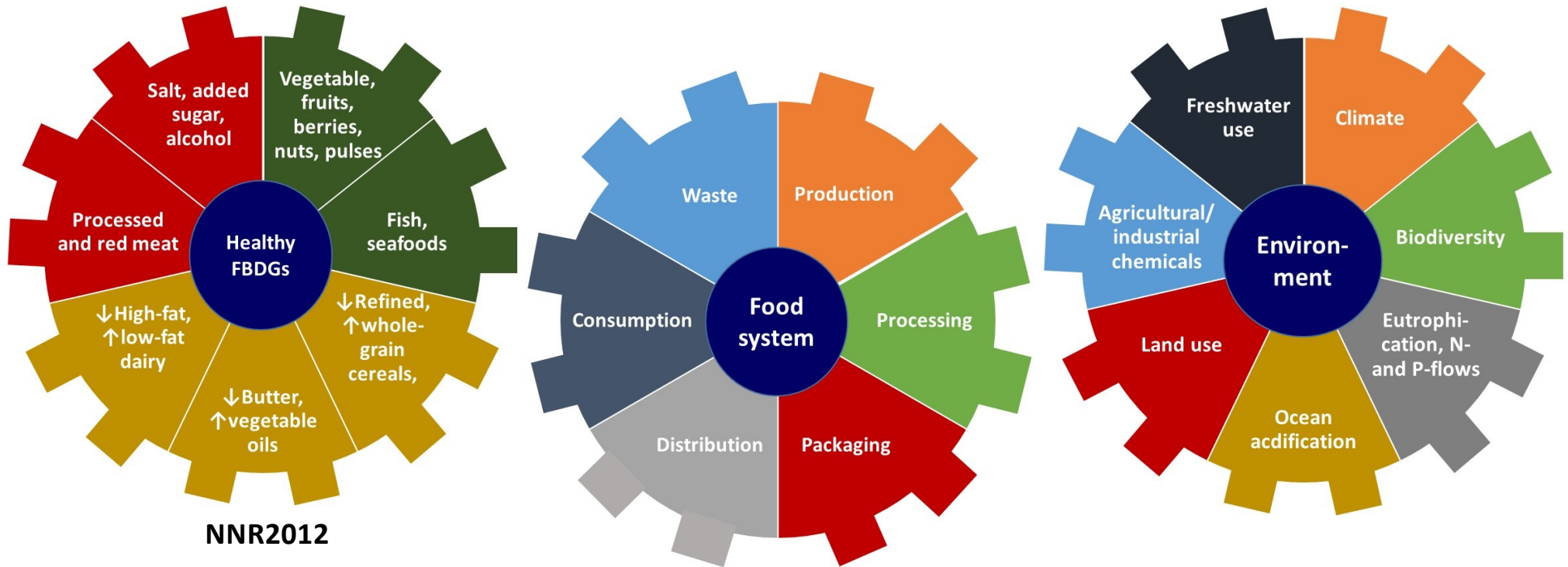
- SR1. Plant protein intake in children and body growth/obesity
- SR2. Plant protein intake in adults and atherosclerotic/cardiovascular disease/T2D
- SR3. Vitamin B12 and vitamin B12 status
- SR4. Fat quality and Alzheimer/Dementia
- SR5. Pulses/legumes intake and cardiovascular disease/T2D
- SR6. Intake of white meat and all-cause mortality/type 2 diabetes/risk factors
- SR7. Intake of n-3 LPUFAs from supplements during pregnancy and asthma/allergies in the offspring
- SR8. Nuts intake and CVD and T2D in adults
- SR9. Dietary fibre intake (high vs. low) in children and bowel function

# Taustapapereiden prosessi



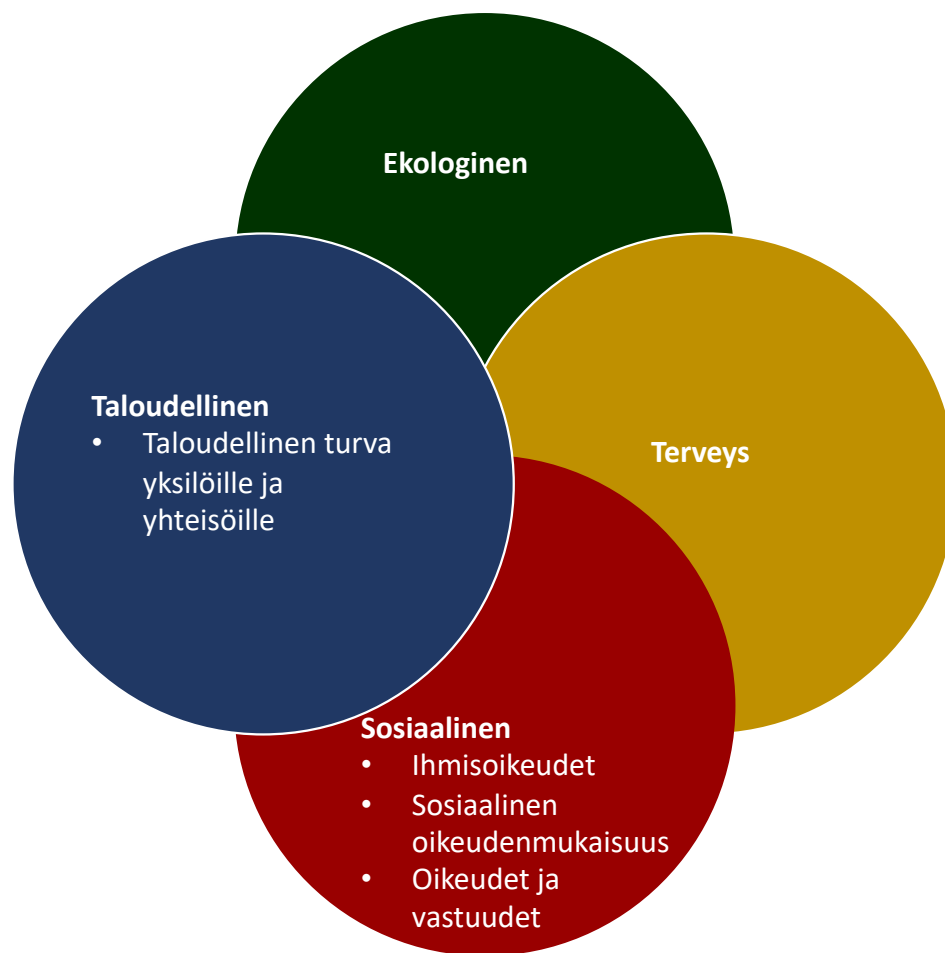


# Kestävyys: Ensimmäisessä vaiheessa fokus ekologisessa kestävydessä



**Kuinka terveellinen ruokavalio yhdistetään ympäristöystävälliseen ruokajärjestelmään Pohjoismaissa ja Baltian maissa?**

## Toisessa vaiheessa integroidaan muut kestävyiden osa-alueet



# Kestävyyteen liittyvät taustapaperit NNR2022

Paper 1. Assessing the environmental sustainability of diets: Global food system and planetary health, system dynamics, planetary boundaries, identification of 5 key considerations for environmental integration. *Helen Harwatt, Anne Høyer, Helle Margrete Meltzer, Ellen Trolle, Rune Blomhoff and Tim G. Benton*

Paper 2. Overview of food consumption and environmental sustainability considerations in the Nordic/Baltic region. *CH lead authors, NNR authors.*

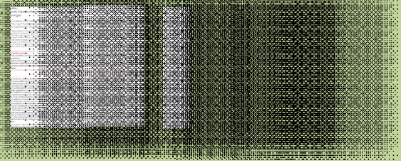
**Paper 3. Integration of sustainability in food consumption in Nordic/Baltic context**

**Paper 4. Integration of sustainability in food production in Nordic/Baltic context**  
*NNR and national authors*

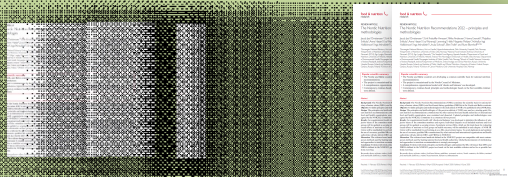
*Paper 5. A socio-economical just and sustainable food system in the Nordic and Baltic countries. A summary paper based on systematic search of the SAPEA 2020 report. Peter Jackson, co-authors*

# Publications in the NNR2022 project

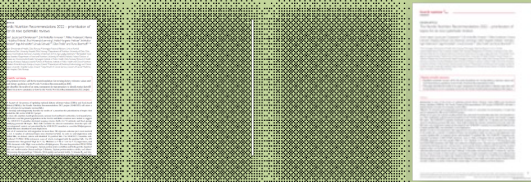
7 papers on principles, methodologies



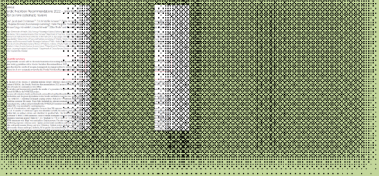
9 de novo qSRs in on hot topics



5 papers on sustainability



4 papers on local context: diet, burden of diseases, body weight, PA



Food & Nutrition Research



36 chapters on nutrients

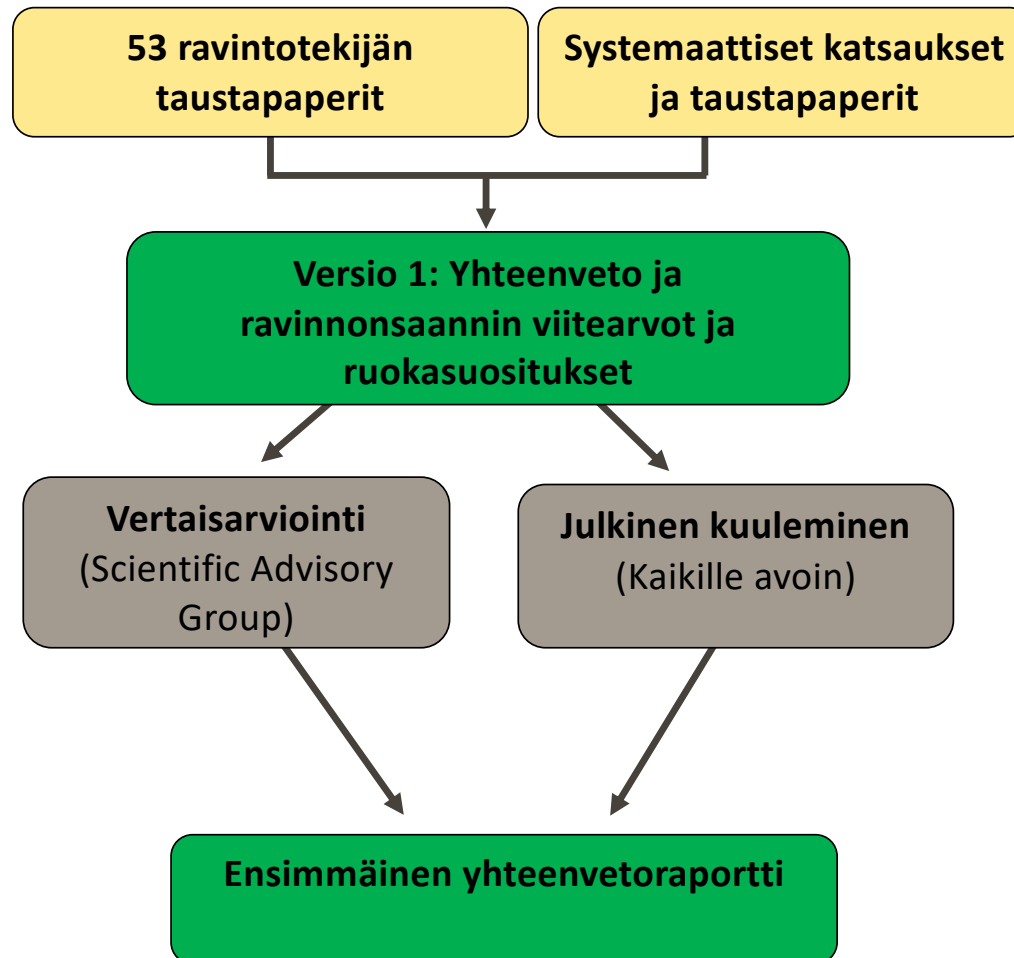


17 chapters on food groups

Summary chapter with updated  
FBDGs and DRVs

NNR2022 report

# Suosituksen yhteenvetoraportti





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# Korkea tieteellinen laatu

## Avoin, läpinäkyvä ja demokraattinen prosessi

- Kehittyneet menetelmät, validit systemaattiset katsaukset päälähteitä
- Lukuisat “checks and balances”
- Avoimet symposiumit ja webinaarit
- Asiantuntijoiden työpajat
- Avoin julkaisu
- Vertaisarviointi
- Julkinen kuuleminen
- Q&A sidosryhmien käyttöön



## Julkaisu kesäkuussa 2023

- Ministerineuvoston kokous Reykjavikissa, kesäkuu 2023

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- VRN:n nimeämä työryhmä aloittaa suomalaisten suositusten päivittämisen alkuvuonna 2023

# NNR2022 chapters: Public consultation

<https://www.helsedirektoratet.no/horinger/nordic-nutrition-recommendations-2022-nnr2022m>

! Ute på høring

## Content on this page

- ↓ General information
- ↓ How to give input
- ↓ Chapters open for public consultation
- ↓ Overview of nutrient and food group chapters in NNR2022
- ↓ Subscribe to information on next chapters

## General information

The NNR2022 project will now carry out public consultations on the scientific background material that will inform the dietary reference values (DRVs) and food based dietary guidelines (FBDGs) in the final NNR2022 report. We encourage stakeholders, scientists, and other interested parties to share their insight and feedback on the chapter drafts on the scientific assessment on nutrients and food groups and health outcomes.

The consultation period for each chapter draft will be eight weeks. To subscribe for updates on this page, please fill in your email address at the bottom of the page. You will receive a news alert when a new chapter is available. This public consultation of nutrient and food group chapters will continue throughout the next months, and chapters will be announced continuously when ready.

## Chapters open for public consultation

### Alcohol (3 November 2022 – 5 January 2023)

- [Read chapter \(PDF\)](#)
- [Give input until 5 January – Forms questionnaire](#)

### Dietary patterns (4 November 2022 – 6 January 2023)

- [Read chapter \(PDF\)](#)
- [Give input until 6 January – Forms questionnaire](#)

### Vitamin D (2 December 2022 – 3 February 2023)

- [Read chapter \(PDF\)](#)
- [Give input until 3 February – Forms questionnaire](#)

### Background paper: Overview of food consumption and environmental sustainability – considerations in the Nordic and Baltic region (14 November 2022 – 16 January 2023)

- [Read paper \(PDF\)](#)
- [Give input until 16 January 2023 – Forms questionnaire](#)