

THE *Nordic* DIET

Nutrition

- FOCUSED on WHOLE GRAINS
- RICH in FRUITS and VEGETABLES
- HIGH in FATTY FISH
- INCLUSIVE of LOW-FAT DAIRY and EGGS
- PLENTIFUL in NUTS, SEEDS and LEGUMES
- LIMITED in PROCESSED FOOD and SUGAR
- RICH in CANOLA OIL
- FOCUSED on HIGH-QUALITY LEAN PROTEIN

Lifestyle

- FIKA - COFFEE or TEA with FAMILY and FRIENDS
- HYGGE - APPRECIATION for the PRESENT; feeling of CONTENTMENT and COZINESS