



The delicious and healthy New Nordic Diet

The New Nordic Diet is basically about eating more vegetables and seasonal organic food from the region.

In 2003, two Danish chefs, Claus Meyer and Rene Redzepi, opened the restaurant noma, which has now been acclaimed as the world's best restaurant for the third year in a row.

The year after noma opened, the partners organised the Nordic Cuisine Symposium, during which a number of leading chefs in Scandinavia signed a 'Manifesto for a New Nordic Diet'. This was the birth, in September 2004, of the Nordic Cuisine Movement.

In 2005, the Nordic Council of Ministers adopted the Manifesto as the ideology of the New Nordic Food Pro-

gramme. Today, the manifesto is a guide not only for visionary chefs but also for an increasing number of small- and large-scale food companies – and for consumers who desire delicious, fresh, healthy, regional and seasonal food.



Guidelines for the New Nordic Diet:

1. More fruit and vegetables every day
2. More whole-grain produce
3. More food from the seas and lakes
4. Higher-quality meat, and less of it
5. More food from wild landscapes
6. Organic produce whenever possible
7. Avoid food additives
8. More meals based on seasonal produce
9. More home-cooked food
10. Less waste



Combating obesity

In 2009, OPUS was launched as a comprehensive research project for optimal well-being, development and health of Danish children through a healthy New Nordic Diet. It is the world's largest research project of its kind.

The preliminary results of the scientific research on the correlation between weight loss and the New Nordic Diet show that eating Nordic food is an effective way to curb obesity in the Danish population.

The OPUS research project, which will run until 2013, is carried out at the University of Copenhagen's Faculty of Life Sciences.



The Manifesto:

The New Nordic Diet must:

- Express the purity, freshness and simplicity that we associate with our region
- Reflect the changing of the seasons in the meals
- Be based on ingredients that are particularly excellent in our climate, landscapes and waters
- Combine palatability with modern knowledge about health and well-being
- Promote the diversity of Nordic products and producers and increase awareness of the underlying cultures
- Promote animal well-being and sustainable production in the seas and in cultivated and wild land-scapes
- Develop new uses of traditional Nordic foods
- Combine the best Nordic methods of food preparation and culinary traditions with impulses from other regions
- Combine local self-sufficiency with the regional exchange of high-quality produce
- Invite consumers, other food-producers, agriculture, fishing, small and large food industries, retailers and wholesalers, researchers, educators, politicians and the authorities to become partners in a joint project for the benefit and joy of the entire Nordic region

Further Information:

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OPUS:
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