



# The new NNR are for everyone – healthy or sick at all ages

INCREASE



		
<b>Vegetables, fruits &amp; berries</b>	500–800 grams/day	Choose variants with low environmental impact
<b>Pulses &amp; legumes</b>	Important in the diet	Low environmental impact
<b>Whole grains</b>	At least 90 grams/day	Low environmental impact from cereals
<b>Potatoes</b>	Neutral to health	Low environmental impact
<b>Fish</b>	300–450 grams/week	Choose sustainably sourced options
<b>Nuts &amp; seeds</b>	20–30 grams/day	Low environmental impact

The evidence supporting the connection between food and health has been strengthened

Scientists have also studied how food affects our environment



REDUCE

		
<b>Red meat</b>	< 350 grams/week	From a climate perspective preferably even less
<b>Processed meats</b>	As little as possible	Some consumption to minimize animal waste
<b>Processed foods high in fat, salt and sugar</b>	Limited consumption	Negative environmental impact
<b>Sweets</b>	Limited consumption	Negative environmental impact
<b>Alcohol</b>	No safe level of consumption	Negative environmental impact

