

The Nordic Diet

Hi. I am Dr. Sonya Hardin in the College of Nursing at East Carolina University. Today I want to talk with you about the Nordic Diet.

The Nordic Diet reduces stroke and people who adhere to a healthy Nordic Diet consisting of fish, apples, cabbage, root vegetables, rye bread, and oatmeal among other elements may have a reduced risk of stroke, according to the latest published research in the journal, Stroke.

I want to share with you that the Nordic Diet was created in 2004 by a group of nutritionists, scientists, and chefs in order to address growing obesity rates and unsustainable farming practices in the Nordic countries. Compared with the average Western diet, it contains less sugar, less fat, twice the fiber, and twice the fish and seafood. The Nordic Diet emphasizes locally grown and sustainable food sources with a heavy focus on foods considered healthy according to nutritional science. It's important to eat often fruits, berries, vegetables, potatoes, whole grains, nuts, seeds, rye bread, fish, seafood, low-fat dairy, herbs, spices and to use canola oil.

Advise your patients to eat in moderation game meats, free-range eggs, cheese, and yogurt. Patients should rarely eat red meat and animal fats. All patients should avoid sugar, sweetened beverages, added sugars, processed meats, food additives, and refined fast foods. The Nordic Diet is actually very similar to the Mediterranean Diet. The biggest difference is that it emphasizes canola oil instead of extra-virgin olive oil.

Studies have shown that individuals who followed a Nordic Diet for a six-month period of time actually did lower their systolic and diastolic blood pressure. Other studies have found that individuals have been able to impact the metabolic syndrome.

So the takeaway from today is that the Nordic Diet appears to be effective for lowering blood pressure. The effects on cholesterol, blood triglycerides, blood sugar levels and inflammatory markers are weak and inconsistent so remember, when a patient asks you about the Nordic Diet, the greatest strength in moving towards using this diet would be for lowering blood pressure.

Thank you. I am Dr. Sonya Hardin in the College of Nursing at East Carolina University.