



# Advice for good nutrition

**Try to eat as regularly as possible so you keep your energy levels up. For most people, a cadence of eating every 3–4 hours, i.e. 4–6 times a day, is the best fit.** By eating clearly defined meals and snacks instead of eating a bit here and there, you can ensure that the food you eat is of high nutritional quality and variety. A regular cadence of meals also promotes oral health.

**Include a portion of at least one vegetable, fruit, or berry at every meal or snack.** It is recommended to eat at least 500 to 800 grams of these in total per day.

**With cereal products, try to select whole-grain options,** which are rich in fibre, vitamins, and minerals. A high-fibre product contains at least 6 g of fibre per 100 g.

**Choose low-salt foods** and use less salt in cooking. **Use iodised mineral salt** when possible.

As protein sources, **favour fish, poultry, vegetable protein products, and pulses.** The maximum total recommended intake of red meat and meat products is 350 g per week.

**With dairy products, choose fat-free or low-fat options or plant-based alternatives** to reduce your intake of saturated (“hard”) fats.

**Check the fats you use, preferring soft fats through:**

- choosing a vegetable oil spread with a minimum fat content of 60 % for sandwiches and using vegetable oils or bottled margarine in cooking
- eating nuts in different varieties, as well as almonds, about 2 tablespoons (30 g) a day
- using oil-based salad dressing
- eating oily fish 2 times a week.

## Vitamin D

Take 10 µg/day at least during the darkest time of the year, from October to March. If you dress covered or have dark skin, the recommended dosage is 20 µg/day throughout the year. A D3 vitamin preparation is recommended.

## Calcium

You will receive enough calcium if you consume 3.5 to 5 dl of liquid dairy products or calcium-fortified plant-based products daily, and your diet also includes other sources of calcium, such as legumes, tofu, fish, dark green vegetables, cabbages or kale, and other calcium-fortified foods. The calcium received from cheese can be estimated such that 1-2 slices of cheese are the approximate equal of 1 dl of milk.

Use a calcium supplement of 500 mg/day if your intake of dairy products or fortified plant-based products is otherwise low. Take 1000 mg/day if you do not use dairy or fortified plant-based products at all.

**The plate model is an excellent aid when you are thinking about how to build your daily meals and snacks. You can apply the plate model to all meals and snacks throughout the day.**

### **For main meals**

- Half a plate of salad, grated vegetables or cooked vegetables
- One quarter of a plate of potatoes, pasta, barley, rice or other cereal-based side dish
- One quarter of a plate of fish, chicken, plant-based protein, legumes, eggs or lean meat
- The meal may also include whole grain bread and a vegetable oil spread, oil-based salad dressing, nuts and seeds, and a beverage.

This is also applicable for meals consisting of soup, a casserole, a stew and salad.



### **For snacks**

Apply the 1+1+1 formula and include the following:

- Some type of vegetable, fruit or berry
- Something whole grain, such as porridge, bread or muesli
- Something high in protein, such as milk or a soy-based product, cold cuts, hummus, eggs or nuts.



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In choosing a product labelled with the Heart Symbol you know it is the better choice in its category.

