

Helse i å dyrke og spise lokalt

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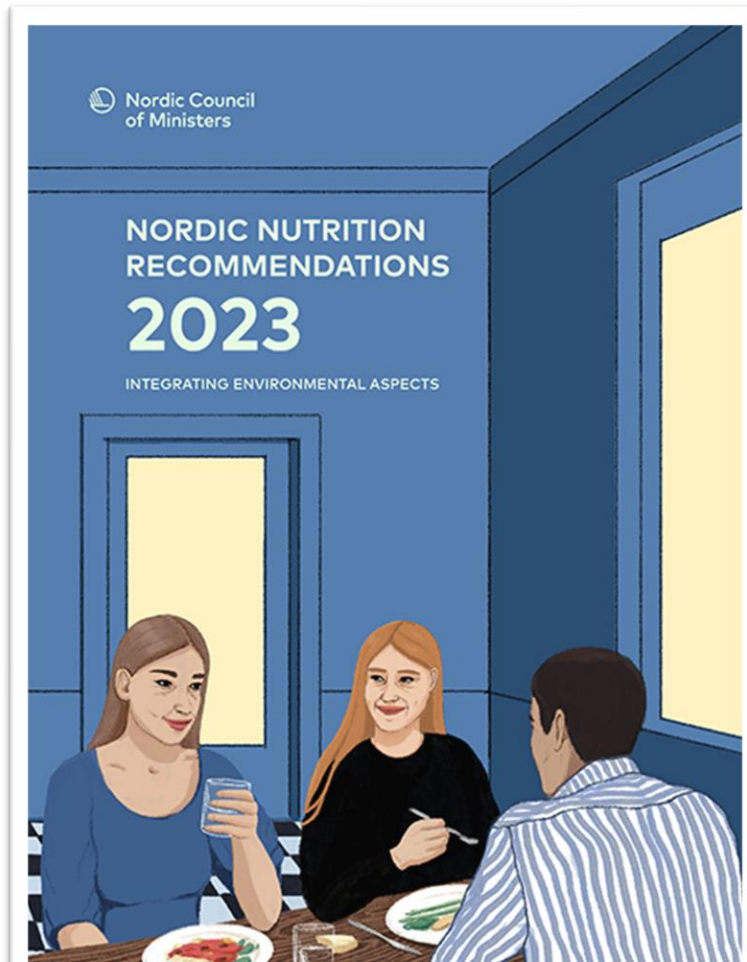
Nasjonal nettverkssamling for urbant landbruk, 19.-20. sept. 2023

... en presentasjon av

- forskningen innen mat og helse
- hva betyr rapporten om nye kostholdsråd for endringer vi i Norge må foreta oss
- og hva stedsnær dyrking/urbant landbruk kan bety?

Det kommer nye kostholdsråd i 2024

- Basert på NNR 2023



NATIONEN

Landbruk Politikk Næringsliv Motkultur Nationens serie Mat i krise Tips oss Meny

Ernæringsråd for kroppen, ikke kloden



Kloden har ingen mage. De nye kostrådene skal bygge på hva maten gjør med folk. Foto: Heiko Junge / NTB

Publisert: 17.08.23 10:19 Del

The image is a screenshot of a news article from the Norwegian newspaper 'NATIONEN'. The article title is 'Ernæringsråd for kroppen, ikke kloden' (Nutrition advice for the body, not the planet). Below the title is a photograph of a plate of food, including dumplings, carrots, and potatoes, next to a glass of red juice and silverware. The article text below the photo reads: 'Kloden har ingen mage. De nye kostrådene skal bygge på hva maten gjør med folk. Foto: Heiko Junge / NTB'. At the bottom right, there is a publication date 'Publisert: 17.08.23 10:19' and a 'Del' button.

De nye kostrådene skal handle om helse og sunnhet, og bare det, fastslår regjeringen. Det er bra. Ernæringsfaget er krevende nok som det er.



DEBATT

Elling Tufte Bere

Litt enkelt sagt er et produkt ultraprosessert om det behøves prosesser eller ingredienser som vanligvis ikke finnes på et kjøkken, skriver innleggsforfatteren. (Illustrasjonsfoto: Shutterstock / NTB)

Utkast til nye kostråd burde advart om sammenhengen mellom uhelse og ultraprosessert mat

DEBATT: Forskningen viser en sammenheng mellom ultraprosessert mat og uhelse. Likevel gir ikke utkast til nye kostråd noen råd om ultraprosessert mat. Det burde de gjort, mener professor Elling Tufte Bere.



Elling Tufte Bere

PROFESSOR, UNIVERSITETET I AGDER

Ingen råd på ultraprosessert mat i NNR 2023

- På tross av forslaget fra bakgrunnskapittel:
 - «Begrens inntaket av ultraprosessert mat».
 - «Om mulig, velg mindre prosesserte matvarer innad i hver matvaregruppe».
 - «Lag mat hjemme og velg mat laget på råvarer når du spiser ute»
- Ultraprosessert mat er en ny type mat

09:20

🔔 📶 63%

DN



D2 | Helse

– Det de gjør med brødet, er doping

ABONNENT

Mors brød

- Fars brød
 - 68% grovt, 846 kj



Bakehuset

KORN OG KOSTHOLD

KVALITET OG BÆREKRAFT

- VÅRE KLASSIKERE -

MORS GROVBRØD



INGREDIENSER

Vann, **hvetemel**, sammalt **hvete** (19,3 %), sammalt **rug** (11,9 %), **havregryn** (3,8 %), **hvetegluten**, linfrø (2,8 %), **hvetekli** (2,3 %), rapsolje, gjær, sirup, salt, maltekstrakt av **bygg**, vegetabilsk emulgator (E472e, E471), enzymer, melbehandlingsmiddel (E300).

Kan forekomme spor av: Soya, melk, sesamfrø.

Vekt ca.: 750g

Strekkode: 7041611018261



68%



Næringsinnhold og produktinformasjon

	Pr. 100g
Energi kj/kcal	1089/260
Fett g	4.7
Mettede fettsyrer g	0.6
Karbohydrater g	39.7
Sukkerarter g	2.5
Kostfiber g	7.0
Protein g	10.6
Salt g	0.9

Strengt innstrammet råd på rødt kjøtt:

- Maks 350 gram rødt kjøtt i uka
 - inkludert rødt prosessert
- Kjøtt har vi spist i 2 mill år



DEBATT

Elling Tufte Bere

Professor Elling Tufte Bere og kollega Filippa Juul fra Universitetet i New York sitt forslag om å fraråde ultra-prosessert mat ble avvist av NNR-komiteen. Bere mener det er et symptom på at komiteen lider av ernæringsideologi, eller såkalt nutrisjonisme. (Illustrasjonsfoto: Shutterstock / NTB)

De nye nordiske kostrådene lider av nutrisjonisme

DEBATT: Når vitenskapen ikke strekker til, er det synd vi ikke kan bruke fornuften.

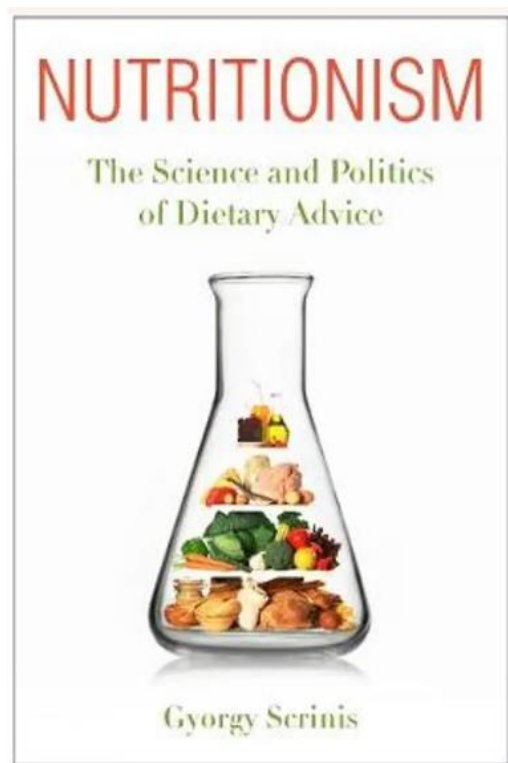


Elling Tufte Bere

PROFESSOR I FOLKEHELSEVITENSKAP, UNIVERSITETET I AGDER

En kollisjon mellom ideologier.

Nutrisjonisme på den ene siden, med et reduksjonistisk syn tuftet på ernæringsvitenskap. Hel mat på den andre siden basert på sunn fornuft



M Pollan 2008

- k
- t

- Eat food
- Not too much
- Mostly plants

Public Health Nutrition: 12(5), 729–731 doi:10.1017/S1368980009005291

Invited commentary

Nutrition and health. The issue is not food, nor nutrients, so much as processing

Orthodox teaching and practice on nutrition and health almost always focuses on nutrients, or else on foods and drinks. Thus, diets that are high in folate and in green leafy vegetables are recommended, whereas diets high in saturated fat and in full-fat milk and other dairy products are not recommended. The 2005 US Dietary Guidelines and the 2002 WHO Mediterranean Diet Pyramid of healthier eating patterns are both higher in vitamins and minerals than the current US diet, which current information and nutrition research suggests is not now a pandemic of one of its inconveniences. The issue of food processing is discussed in education and health, and a short commentary on general problems and some economic aspects of food processing and queries.

Group 1 is of minimally processed foods. It is of whole foods that have been submitted to some process that does not substantially alter the nutritional properties of the original foods which remain recognisable as such, while retaining their palatability and making them more accessible. Such foods include fruits, vegetables, grains, legumes, tubers, oils, and nuts. Such foods are often processed in various ways, such as canning, bottling and pulping (legumes), and freezing (tubers sold in various ways). The data compiled by the FAO (www.fao.org) do not show that global supplies of these foods have increased, but that their roots have increased.

Group 2 is of processed foods. These are foods that are made up of whole foods, such as breads, pastas, starches and oils, which are often processed by themselves. In the domestic market, many of these foods are only made up of whole foods, such as breads, pastas, starches and oils, which are often processed by themselves. In the domestic market, many of these foods are only made up of whole foods, such as breads, pastas, starches and oils, which are often processed by themselves.

Acknowledgements

This commentary has benefited from pleasant and stimulating discussions – and meals – I have had in the last year or so with my colleagues Inês Castro, Renata Bertazzi-Levy, Rafael Claro and Geoffrey Cannon. The main ideas underlying the food classification proposed here have been ‘cooked and seasoned’ with their invaluable help. I also acknowledge and recommend the work of Michael Pollan⁽⁹⁾.

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Three groups

Almost all foods are processed. Processed foods and drinks do not form a homogeneous group. Of great importance for human health are differences resulting from the type, intensity and purpose of food processing. There is of course nothing wrong with the modification of fresh foods by processing as such. This commentary is not suggesting a ‘back to nature’ approach. Much depends on the type and intensity of processing. Official and other authoritative guides may indicate that the less some foods (such as cereals and cereal products) are processed the better, without giving much guidance on what this means. It is proposed here to divide processed foods and drinks into three groups (from now on, ‘foods’ should be taken to refer to foods and drinks).

Group 1 is of minimally processed foods. It is of whole foods that have been submitted to some process that does not substantially alter the nutritional properties of the original foods which remain recognisable as such, while retaining their palatability and making them more accessible. Such foods include fruits, vegetables, grains, legumes, tubers, oils, and nuts. Such foods are often processed in various ways, such as canning, bottling and pulping (legumes), and freezing (tubers sold in various ways). The data compiled by the FAO (www.fao.org) do not show that global supplies of these foods have increased, but that their roots have increased.

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Group 3 is of ultra-processed foods. These are made up from group 2 substances to which either no or relatively small amounts of minimally processed foods from group 1 are added, plus salt and other preservatives, and often also cosmetic additives – flavours and colours. This group of foods includes breads, cookies (biscuits), ice creams, chocolates, confectionery (candies, sweets), breakfast cereals, cereal bars, chips (crisps) and savoury and also sweet snack products in general, and sugared and other soft drinks. Meat products such as nuggets, hot dogs, burgers and sausages made from processed or extruded

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- **Nutrisjonisme**

- Helse og næringsstoffer (og CO2)
- Matprodukter
- Global produksjon

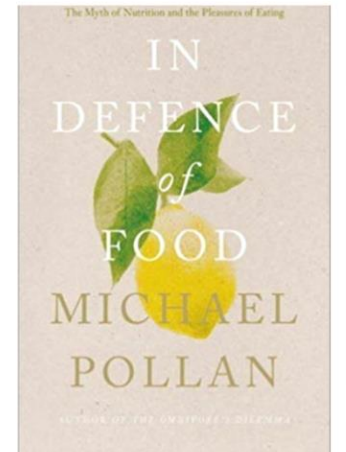
- Anbefales å spise tomat (hele året)
- Hvitt kjøtt fremfor rødt
- Magre melkeprodukter
 - ... men hva gjøres med fettene..?
- Kunstig søtning (ok)
- Plantebasert kjøtterstatningsprodukter
 - Ofte ultraprosesserte
 - Globale ingredienser

- «Hel mat»

- Lokalt ressursgrunnlag
- Mat som råvarer
- Helse og bærekraft

Middelhavskosten:

No magic bullet!



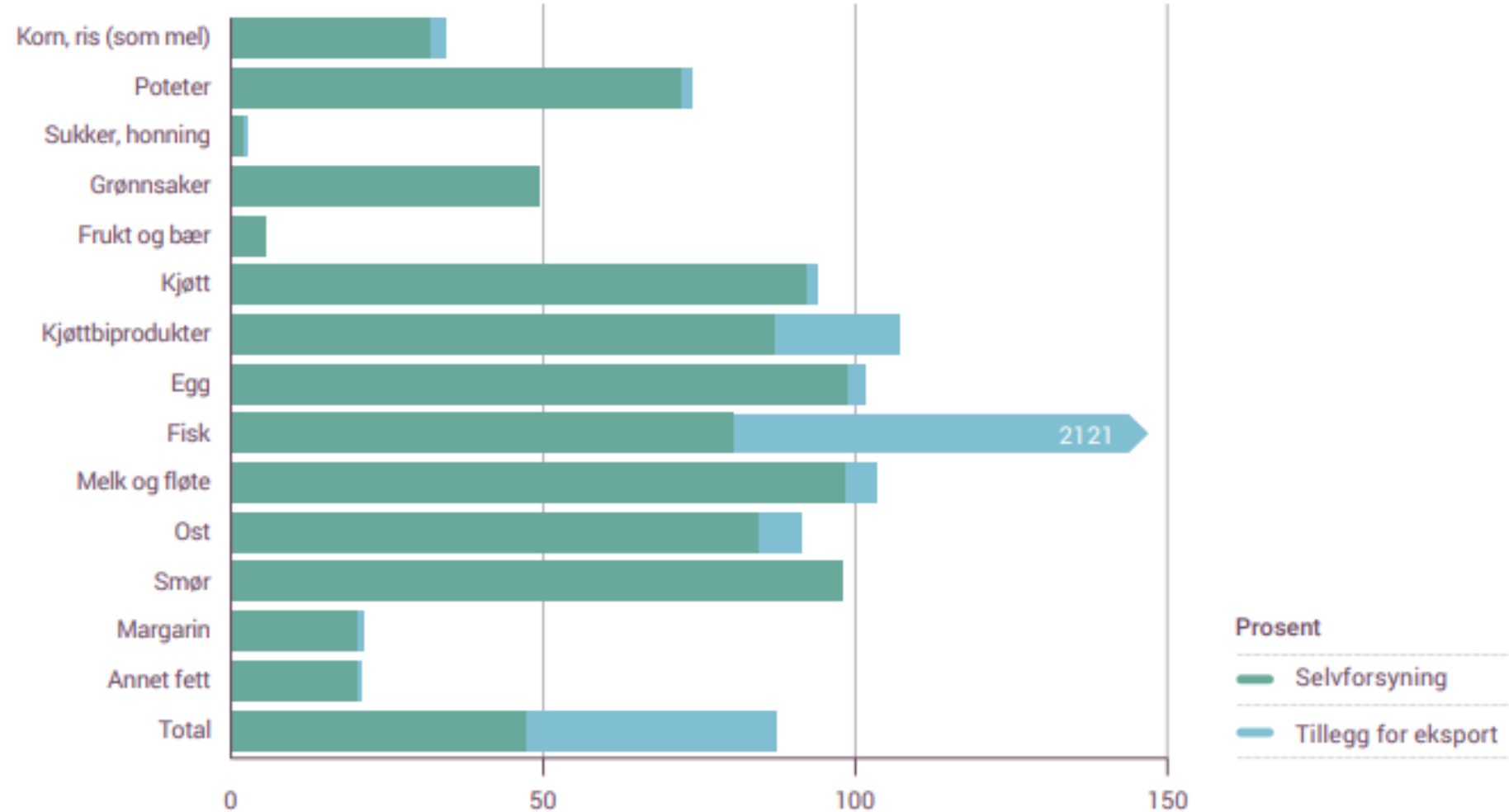
M Pollan

- Don't eat anything your great grandmother wouldn't recognize as food
- Avoid food products containing ingredients that are:
 - Unfamiliar
 - Unpronounceable
 - More than five in number
- Shop the peripheries of the supermarket and stay out of the middle
- Get out of the supermarket whenever possible
- Pay more, eat less
- Cook and, if you can, plant a garden

Ressursgrunnlaget – hvordan det brukes i dag...

Figur 16

Selvforsyningsgrad (grønne søyler) og dekningsgrad (summen av grønne og blå søyler) 2020





Tufto

- Hvor mye plantebasertmat produseres her?
- Hvor mange personer brødfør vi?
- Hva er mulig?



Stedsnær dyrking/urbant landbruk

- Vise vei – hva er mulig
- Hvor mye god mat kan produseres på hvor lite areal
- Mer folk inn i matproduksjonen
- Folk tettere på maten
- Sesongbasert lokal mat
- Mangfold
 - Flere typer/arter
 - Flere sorter innad hver art

Community gardening

- Mer fiber i kostholdet
- Mindre stress
- Mer fysisk aktivitet

Effects of a community gardening intervention on diet, physical activity, and anthropometry outcomes in the USA (CAPS): an observer-blind, randomised controlled trial

Jill S Litt*, Katherine Alaimo*, Kylie K Harrall, Richard F Hamman, James R Hébert, Thomas G Hurley, Jenn A Leiferman, Kaigang Li, Angel Villalobos, Eva Coringrato, Jimikaye Beck Courtney, Maya Payton, Deborah H Glueck



Summary

Background Unhealthy diet, physical inactivity, and social disconnection are important modifiable risk factors for non-communicable and other chronic diseases, which might be alleviated through nature-based community interventions. We tested whether a community gardening intervention could reduce these common health risks in an adult population that is diverse in terms of age, ethnicity, and socioeconomic status.

Methods In this observer-blind, randomised, controlled trial, we recruited individuals who were on Denver Urban Garden waiting lists for community gardens in Denver and Aurora (CO, USA), aged 18 years or older, and had not gardened in the past 2 years. Participants were randomly assigned (1:1), using a randomised block design in block sizes of two, four, or six, to receive a community garden plot (intervention group) or remain on a waiting list and not garden (control group). Researchers were masked to group allocation. Primary outcomes were diet, physical activity, and anthropometry; secondary outcomes were perceived stress and anxiety. During spring (April to early June, before randomisation; timepoint 1 [T1]), autumn (late August to October; timepoint 2 [T2]), and winter (January to March, after the intervention; timepoint 3 [T3]), participants completed three diet recalls, 7-day accelerometry, surveys, and anthropometry. Analyses were done using the intention-to-treat principle (ie, including all participants randomly assigned to groups, and assessed as randomised). We used mixed models to test time-by-intervention hypotheses at an α level of 0.04, with T2 and T3 intervention effects at an α level of 0.005 (99.5% CI). Due to potential effects of the COVID-19 pandemic on outcomes, we excluded all participant data collected after Feb 1, 2020. This study is registered with ClinicalTrials.gov, NCT03089177, and data collection is now complete.

Findings Between Jan 1, 2017, and June 15, 2019, 493 adults were screened and 291 completed baseline measures and were randomly assigned to the intervention (n=145) or control (n=146) groups. Mean age was 41.5 years (SD 13.5), 238 (82%) of 291 participants were female, 52 (18%) were male, 99 (34%) identified as Hispanic, and 191 (66%) identified as non-Hispanic. 237 (81%) completed measurements before the beginning of the COVID-19 pandemic. One (<1%) participant in the intervention group had an adverse allergic event in the garden. Significant time-by-intervention effects were observed for fibre intake ($p=0.034$), with mean between-group difference (intervention minus control) at T2 of 1.41 g per day (99.5% CI -2.09 to 4.92), and for moderate-to-vigorous physical activity ($p=0.012$), with mean between-group difference of 5.80 min per day (99.5% CI -4.44 to 16.05). We found no significant time-by-intervention interactions for combined fruit and vegetable intake, Healthy Eating Index (measured using Healthy Eating Index-2010), sedentary time, BMI, and waist circumference (all $p>0.04$). Difference score models showed greater reductions between T1 and T2 in perceived stress and anxiety among participants in the intervention group than among those in the control group.

Interpretation Community gardening can provide a nature-based solution, accessible to a diverse population including new gardeners, to improve wellbeing and important behavioural risk factors for non-communicable and chronic diseases.

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Introduction

Cancer, cardiovascular disease, and diabetes remain some of the most important public health challenges worldwide.¹ The American Cancer Society, WHO, the International Agency for Research on Cancer, the

World Heart Federation, and other organisations report that, in addition to smoking, major modifiable risk factors for chronic diseases include poor diet (including low fruit, vegetable, and fibre intake) and physical inactivity.²

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Bærekraftig fysisk aktivitet

