A REGIONAL WHOLE-FOOD PATTERN

The Nordic approach

An original companion to Cleveland Clinic's article

In brief

The Nordic approach emphasises seasonal produce, whole grains and seafood. Its principles can be adapted to foods available locally rather than requiring specialist ingredients.

Ideas to explore

01 Explore familiar whole grains such as oats, barley or rye alongside seasonal vegetables.

02 Use the approach as a broad pattern, not a shopping list of hard-to-find Nordic foods.

03 Compare what feels practical in your area with what you already enjoy eating.

A QUESTION TO TAKE AWAY

Which seasonal foods near you could become a reliable part of your routine?

Read the original

Nordic Diet: What Is It and What Can You Eat? - Cleveland Clinic

Open the publisher's full article online

https://health.clevelandclinic.org/nordic-diet

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