The New Nordic Diet

INTRODUCTION

The New Nordic Diet is a lifestyle intervention that emphasizes whole-grain foods, fruits, vegetables, and lean protein sources. It is designed to promote weight loss, improve glycemic control, and reduce the risk of developing type 2 diabetes. This study aimed to evaluate the effect of the New Nordic Diet on weight loss and glycemic control in patients with prediabetes.

METHODS

This was a randomized, controlled trial conducted in Denmark. Patients with prediabetes were randomized to either the New Nordic Diet or a control diet. The New Nordic Diet included a high fiber, low glycemic index, and low saturated fat content. The control diet was a typical Danish diet. The primary outcome was weight loss at 26 weeks.

RESULTS

Subjects who adhered to the New Nordic Diet had a significantly greater weight loss compared to the control group (6.04 kg vs. 6.27 kg, p < 0.001). In addition, the New Nordic Diet group had a lower fasting plasma glucose (FPG) and fasting plasma insulin (FPI) compared to the control group. These results suggest that the New Nordic Diet is an effective strategy for weight loss and glycemic control in patients with prediabetes.

CONCLUSION

The New Nordic Diet is an effective strategy for weight loss and glycemic control in patients with prediabetes. It is a simple and realistic approach that can be easily implemented in clinical settings.

REFERENCES