Advantages, Barriers, and Challenges to Global Harmonization for Nutrient Intake Recommendations

Norwegian Perspective

• Nordic Nutrition Recommendations were revised in 2006 and 2012
• In the latest revision, published in 2012, ~100 scientists were involved in groups of 2 - 5 per nutrient or issue
• Biggest challenge was becoming acquainted with the systematic approach to the literature
• Ambitious intention to revise all nutrients and topics every time
• Time constraints led to missed opportunity to discuss certain important details (e.g., distinguishing between AR and AIs)
• Especially now when health outcomes are emerging as an end point, upper level work is important and should be agreed on