

# Nordic diet lowers cholesterol, study finds

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A healthy Nordic diet lowers cholesterol levels, and therefore the risk of cardiovascular disease, a pan-Nordic study where Lund University participated has found. There was also decreased inflammation associated with pre-diabetes.

"The subjects who ate a Nordic diet had lower levels of harmful LDL cholesterol and higher levels of "good" [HDL cholesterol](#). The amount of harmful fat particles in the blood also declined," says Lieselotte Cloetens, a biomedical nutrition researcher at Lund University.

The 'healthy Nordic diet' used in the study contains local produce such as berries, root vegetables, legumes, and cabbage. Nuts, game, poultry and fish are also included, as well as whole grains, [rapeseed oil](#) and low-fat dairy products. The rest of the group ate butter instead of rapeseed oil, less berries and vegetables, and had no rules on red meat or white bread intake.

The researchers now want to focus on the diet's ability to maintain weight loss in a new study, according to Lieselotte Cloetens, who points out that the problem with most diets is maintaining the results.

**More information:** Effects of an isocaloric healthy Nordic diet on insulin sensitivity, lipid profile and inflammation markers in metabolic syndrome - a randomized study (SYSDIET). *Journal of Internal Medicine*, 2013; [DOI: 10.1111/joim.12044](https://doi.org/10.1111/joim.12044)

Provided by Lund University

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