

Erratum: Nordic food systems for improved health and sustainability - baseline assessment to inform transformation

Recalculated estimates for consumption of dairy products in each Nordic country are provided in the updated version of the Nordic report (see Figure 16 and Appendix 2).

The approach initially taken by the Nordic report authors was to measure each food in grams or litres/dL as consumed, matching the approach taken in the national dietary surveys. However, the approach taken by the EAT-Lancet Commission was to measure all dairy foods as milk equivalents. This means expressing all dairy products (cheese, butter, etc.) in terms of milk equivalents. There are several methods used to estimate milk equivalents, e.g. conversions based on the amount of milk needed to produce different dairy products or on fat or total solids in the product. The EAT-Lancet Commission aligns with a 'total solids' approach, therefore we chose to use this approach when calculating milk equivalents.

The milk equivalents that we used based on 'total solids' are shown below.¹ It is important to remember that the total solids can vary in a food, and therefore these numbers are averages.

Product	Milk equivalents ¹
Whole milk	1.0
Cheese (33% fat)	5.0
Cream	2.7
Butter	6.5

In the Nordic report, we estimated consumption in two ways. First, we used the national dietary surveys from the four Nordic countries.²⁻⁵ The limitations of dietary survey data are discussed in the Nordic report – for example, over- or under-reporting the intakes of certain foods. For that reason, we also used the estimates of the FAO Food Balance Sheets,⁶ which are based on supply data and indicate the amount of food available for consumption in a country. We adjusted these estimates to account for food waste at the household level in order to compare to the dietary survey data.

We recalculated the milk equivalents using both estimates of consumption, and the recalculated milk equivalent estimates for each country are shown below.

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	Dietary survey data ²⁻⁵ (g/day)	Adjusted supply data ⁶ (g/day)	EAT-Lancet healthy eating range (g/day)
Denmark	524	469	0-500
Finland	691	714	
Norway	589	468	
Sweden	385	558	

Based on the recalculated dietary survey data, the estimated intake of dairy exceeds the EAT-Lancet healthy eating range in all countries except Sweden. Using the adjusted supply data, the estimated intake of dairy exceeds the EAT-Lancet healthy eating range in Finland and Sweden, but not in Denmark and Norway. These findings highlight an opportunity for these countries to discuss appropriate levels of dairy intake for their context and how the EAT-Lancet targets complement existing national guidelines.

We note that the method chosen to estimate milk equivalents and the conversion factors used both affect the final milk equivalent estimate. For example, the Swedish Board of Agriculture uses the following milk equivalent factors – cheese: 10 and butter: 20 – meaning their estimated milk equivalents will be higher than our estimates shown above. Using Sweden as an example and using the Swedish Board of Agriculture milk equivalent factors results in 523 and 901 g/day of milk equivalents consumed according to the dietary survey data and the adjusted supply data, respectively.

The Nordic recommendation for dairy products was also removed from Figure 16, since the authors deemed that there was insufficient information in the Nordic dietary recommendations to present an ‘average milk equivalent’ recommendation.

The overall conclusions of the Nordic report remain the same. The Nordic countries hold great potential to be global leaders in food systems change.

References

1. Milk equivalents are based on the total solids of milk products listed at <http://www.milkingredients.ca>.
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3. Helldán A, Raulio S, Kosola M, Tapanainen H, Ovaskainen M-L, Virtanen S. Finravinto 2012 - tutkimus: the national FINDIET 2012 survey. Helsinki: Terveystieteiden ja Hyvinvoinnin Laitos, 2013.
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6. FAO. FAOSTAT: food balance sheets. 2017. <http://www.fao.org/faostat/en/#data/FBS> (accessed December 4 2017).