

Brigham Young University

Cultural Foods Menu

As a group we chose to learn about the typical diet in Scandinavia. After researching common foods we created and analyzed a menu. Based on this analysis we gave a presentation on common foods, health issues, and cultural issues that would affect dietetic counseling with Scandinavians.

Menu Analysis: Scandinavia

Breakfast

Hardtack
Lingonberry Jam
Cheese
Coffee

Lunch

Green Cabbage Soup with Bologna
Rye bread with butter
Coffee

Snack

Pinewheels with Cheese
Coffee

Dinner

Cabbage Roulades
Potato Pancakes
Beet Salad

Evening Snack

Semlor
Coffee

Recommendations:

Firstly, this diet is almost devoid of fresh produce. Therefore, the first recommendation would be to increase fresh fruits and vegetables in the diet. In addition there is a large portion of the diet made up of grains. While this is an important category it is necessary to decrease the grains into the recommended portions. It may be a good idea to try building a meal around a fruit or vegetable rather than a starch and by doing so the proper portion size of produce and grain would be more likely to be achieved.

Also the protein intake was a little high, and most of the dairy came from cheese and heavy cream in the soup. This would increase the intake of saturated fats, which could cause risk of cardiovascular disease. There is also a large amount of coffee is consumed which is empty calories and should be reduced and replaced with more nutrient dense foods.

Recommendations for this one day diet would be first to increase fruit and vegetable intake, secondly to decrease cheese and meat intake to decrease saturated fat intake, and third to eat proper portions of grains. Additional recommendations for the general Scandinavian diet would be to decrease salt consumption because it is associated with high blood pressure and stomach cancer.