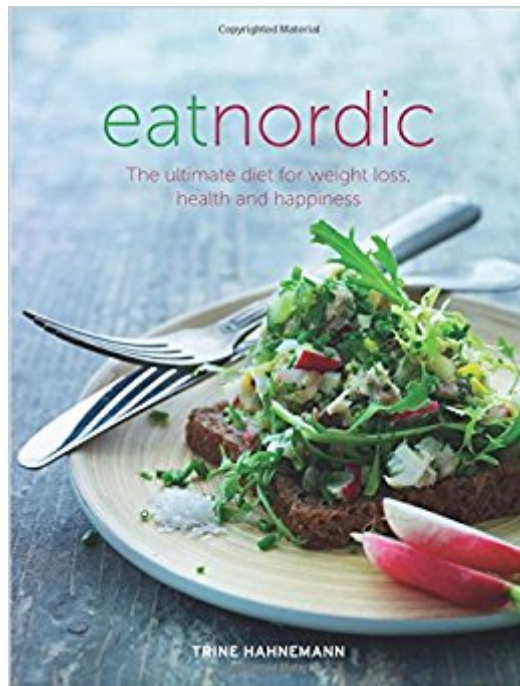




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# Eat Nordic: The Ultimate Diet For Weight Loss, Health And Happiness



## Synopsis

Forget the Mediterranean diet - the Nordic diet is the best approach for healthy living. Findings suggest that the traditional diet, lifestyle and foods produced in northern climates are not only extremely healthy but also environmentally friendly. Eat Nordic is all about eating locally sourced seasonal ingredients combined in a balanced diet of protein, carbohydrate and fat. The traditional diet of Northern Europe - with its emphasis on good, home-made and often home-grown, seasonal food - consists of a wide variety of grains, berries, vegetables, fish, poultry and game (but very little meat). In this updated edition of the best-selling book, *The Nordic Diet*, Trine Hahnemann, doyenne of Scandinavian cooking, provides a succinct guide to the Nordic diet, its elements, ingredients and basic philosophy and how to use it to lose weight. All these elements are then combined in 75 diverse and delicious recipes. Photographed in Denmark by Lars Ranek, *Eat Nordic* is an appealing and timely book.

## Book Information

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## Customer Reviews

Trine Hahnemann began her career in food more than 20 years ago co-founding a company that catered for the film and music industry on location in Scandinavia. She subsequently started her own company, 'Frokostkompagniet', which runs restaurants and personnel canteens inside companies, including the restaurant and cafes in Denmark's House of Parliament, 'Christiansborg'. She is an expert on and ambassador for modern Scandinavian food and she cooks, writes and lectures on the subject around the world. She has written five cookbooks in Danish and three in English: *The Scandinavian Cookbook*, *Scandinavian Christmas*, and *Scandinavian Baking*, all published by Quadrille.

It was better than what I was expecting. The recipes are very simple and very natural.

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