



[Adherence to a traditional lifestyle affects food and nutrient intake among modern Swedish Sami.](https://arctichealth.org/en/permalink/ahliterature147344)

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Abstract:

To compare the nutrient and food intake of Sami still engaged in reindeer herding (traditional lifestyle or reindeer-herding Sami [RS]) and Sami not involved in reindeer herding (industrialized lifestyle or non-reindeer-herding Sami [NRS]) with other northern Swedish populations.

Cross-sectional analysis of data from a prospective cardiovascular intervention program in northern Sweden.


Data were used from a prospective cardiovascular intervention program in northern Sweden. Sami recruited into this study were divided according to whether they were involved in reindeer herding (traditional lifestyle, RS) (66 females, 79 males) or not (NRS) (255 females, 195 males), and compared to non-Sami from the same area taking part in the same study (controls) (499 females, 501 males). Subjects completed a Food Frequency Questionnaire (FFQ) and clinical parameters were analysed.

RS had a higher overall intake of energy for both females (P


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