

Dietary guidelines meet reality – new research in the latest issue of Cerealier

The latest issue of Cerealier – number 3, 2025 – highlights how dietary guidelines can be translated into practice. Under the theme “Dietary guidelines meet reality”, the issue presents research and examples of how different stakeholders promote healthier eating habits.

In the updated Swedish dietary guidelines launched earlier this year, both whole grains and legumes have been given greater emphasis. According to the Swedish Food Agency, the recommendation on whole grains has the greatest impact on public health, while legumes now have their own guideline – a sign of their growing importance in a sustainable diet.

In an interview, Professor Leif Bülow summarises the research within ScanOats, a Swedish oat initiative at Lund University in which Lantmännen and several partners participate.

The issue also includes an article on Lantmännen Research Foundation’s focus on new technologies driving the future of farming. It highlights how collaboration between research, industry and end users enables new technologies to be tested and implemented in real farming systems.

[Read the issue \(PDF\)](#)

About Cerealier

Cerealier gathers current research on food and health with a focus on cereals and legumes. Its aim is to increase knowledge based on recent scientific findings and ongoing nutritional debates. The journal is published for the Lantmännen Research Foundation and is issued four times a year. Visit the Cerealier website to subscribe free of charge or to access previous issues.

More information

The Lantmännen Research Foundation funds research and innovation that strengthen the profitability and sustainability of agriculture and the food sector, with a special focus on projects bridging academia and practical application.

Farming of the Future is Lantmännen’s initiative for more sustainable and competitive farming. The focus areas include new technology, digitalisation and research that enhance food preparedness and reduce climate impact. The **Climate & Nature** cultivation programme is a key part of this initiative.

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About Lantmännen

Lantmännen is an agricultural cooperative and Northern Europe's leader in agriculture, machinery, bioenergy and food products. Owned by 17,000 Swedish farmers, Lantmännen has 12,000 employees, operations in over 20 countries and an annual turnover of SEK 70 billion. With grain at the heart of the operations, Lantmännen refine arable land resources to make farming thrive. Some of Lantmännen's best-known food brands are AXA, Kungsörnen, Scan, GoGreen, FINN CRISP, Schulstad and Vaasan. The company is founded on the knowledge and values acquired through generations of farmers. By engaging in research, development and operations throughout the value chain, Lantmännen takes responsibility from field to fork. For more information: www.lantmannen.com