



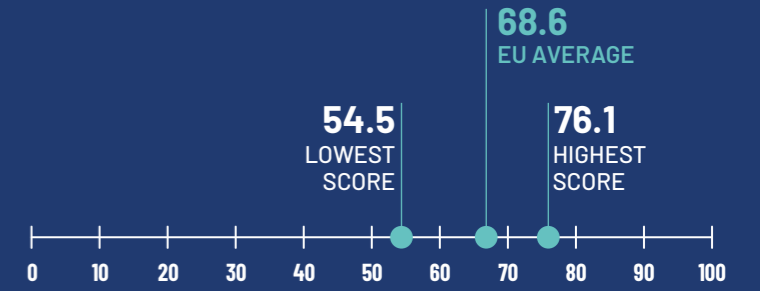
# SWEDEN

Although overweight prevalence is high, physical activity levels are among the highest in the EU, and the country has incorporated sustainability issues in its nutritional guidelines; agriculture is characterised by low pressure on freshwater resources due to agriculture and high participation of women in farming, but high deforestation rates; food waste is high, but several initiatives and regulations are in place to tackle the phenomenon

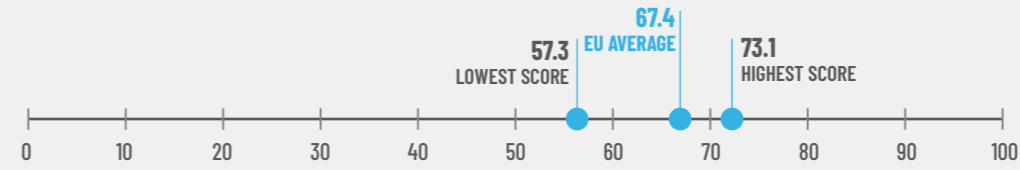
## FOOD SUSTAINABILITY INDEX PERFORMANCE



## COUNTRY SCORE



## NUTRITIONAL CHALLENGES



**82 years** life expectancy at birth  
**72 years** healthy life expectancy

**56%** of adults are overweight  
**24%** of children and adolescents are overweight

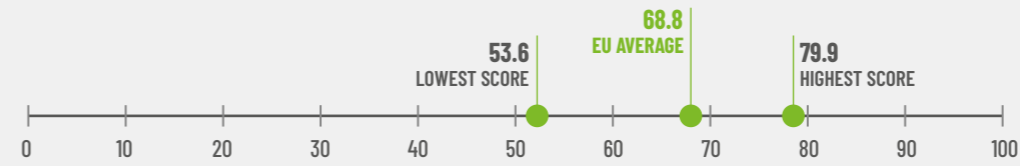
**77%** of the population reaches recommended physical activity levels

**10%** of calories from sugar

**3.65 g** of sodium per day

Food-based dietary guidelines are published on a national level, and sustainability-related concerns are integrated into dietary recommendations

## AGRICULTURE



**0.06%** of renewable water used in agriculture

**45.8%** of fish stocks overexploited or collapsed

**5.3%** of average soil organic carbon (content in weight)

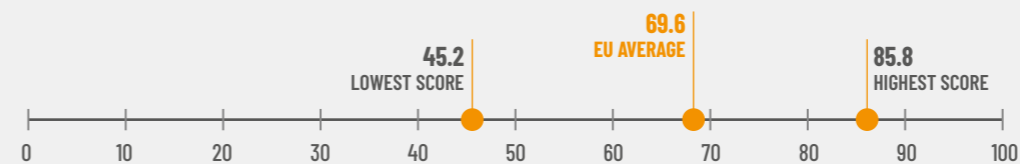
**3,888,612 ha** are deforested each year

**2.24 ton CO<sub>2</sub> eq.** per ha are GHG emissions from agriculture

**3.26%** of GDP government expenditure on R&D

**55 years** average age of farmers  
**0%** of youth (under 35) works in agriculture  
**67%** of farmers are women

## FOOD LOSS AND WASTE



**61 kg/yr** per capita food waste

**Strategies:** national regulations on the recycling and reduction of food waste, including a ban on sending organic waste to landfill and the exemption of some products from "best before" date labels