

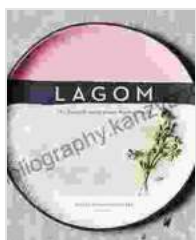
# Lagom: The Swedish Art of Eating Harmoniously



In a world where we are constantly bombarded with messages about what to eat and how to eat it, it can be hard to know what is truly healthy and sustainable. Lagom, the Swedish concept of balance and moderation,

offers a refreshing approach to eating that can help us achieve both our health and environmental goals.

Lagom is not a diet. It is a way of life that emphasizes eating in a way that is both nourishing and sustainable. Lagom eaters focus on eating whole, unprocessed foods in season, and they avoid overeating and waste. They also believe in the importance of enjoying food and eating with others.



## Lagom: The Swedish Art of Eating Harmoniously

by Steffi Knowles-Dellner

★★★★☆ 4.5 out of 5

Language : English  
File size : 25039 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 195 pages



The benefits of eating lagom are numerous. Lagom eaters tend to have a healthier weight, lower risk of chronic diseases, and more energy. They also tend to be more mindful of their food choices and have a greater appreciation for the environment.

If you are looking for a way to eat more healthily and sustainably, lagom is a great option. Here are some tips for eating lagom:

- Eat whole, unprocessed foods in season.
- Avoid overeating and waste.

- Enjoy food and eat with others.
- Be mindful of your food choices.
- Appreciate the environment.

Lagom is a simple concept that can have a profound impact on your health and well-being. By eating lagom, you can achieve a more balanced and sustainable way of life.

## Free Download Your Copy of Lagom Today!

Lagom: The Swedish Art of Eating Harmoniously is available now from Our Book Library, Barnes & Noble, and other major retailers.



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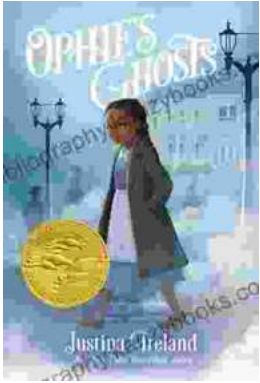
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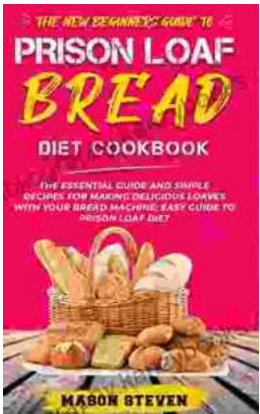
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