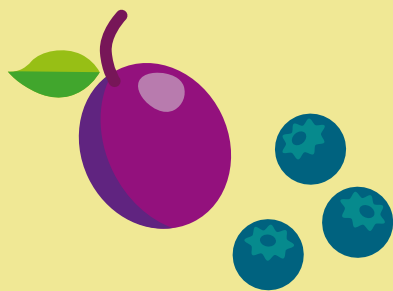


Eat and drink well – recommendations of the German Nutrition Society (DGE)



Eat healthy and colourful food and protect the environment at the same time, as recommended by the DGE. If you primarily eat fruit and vegetables, whole-grain cereals and legumes, as well as nuts and vegetable oils, you protect not only your health, but also the resources of the Earth. This also includes preventing food waste. The DGE recommendations "Eat and drink well" show a way to increase the intake of plant-based foods and lower the intake of animal-based foods to protect health and the environment.



Make water your beverage of choice

Eat plenty of colourful fruit and vegetables

Consume legumes and nuts regularly

Favour whole-grain foods

Choose vegetable oils

Have some milk and dairy products daily

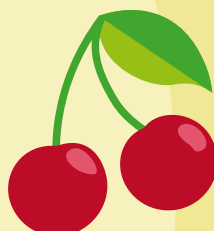
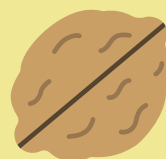
Aim for one or two portions of fish every week

Limit meat and sausage intake: less is more

Avoid sweet, salty and fatty foods

Enjoy your meals

Stay active and watch your weight



Make water your beverage of choice

Make sure your daily fluid intake is approximately 1.5 litres. It is best to drink water or other calorie-free beverages, like unsweetened tea. Potable tap water is a fresh, safe and readily available nutrient. Sugar-sweetened and alcoholic beverages are not to be recommended.

Eat plenty of colourful fruit and vegetables

Fruit and vegetables provide ample vitamins, minerals, dietary fibre and phytochemicals. They are good for your health and contribute to satiation. Enjoy at least five portions of fruit and vegetables daily, preferably during their harvest season.

Consume legumes and nuts regularly

Legumes, such as peas, beans and lentils, are rich in proteins, vitamins, minerals, dietary fibre and phytochemicals. Nuts additionally provide essential fatty acids and promote your heart health. Eat legumes at least once a week and a small handful of nuts daily.

Favour whole-grain foods

The whole-grain varieties of cereal products like bread, pasta, rice and flour are the best choice for your health. Whole-grain foods will keep you satiated longer, and they contain more vitamins and minerals than white flour products. Whole-grain dietary fibre in particular lowers the risk of many diseases.

Choose vegetable oils

Vegetable oils are rich in essential fatty acids and vitamin E. Favour oils like canola (rapeseed) oil and margarines produced from them. Walnut, linseed (flaxseed), soybean and olive oil are also to be recommended.

Have some milk and dairy products daily

Milk and dairy products mainly supply protein, calcium, iodine, Vitamin B₂ and Vitamin B₁₂ and they support bone health. If you use plant-based milk alternatives, ensure sufficient supply of calcium, iodine, vitamin B₂ and vitamin B₁₂.

Aim for one or two portions of fish every week

Fatty fish, like salmon, mackerel and herring, provide valuable omega-3 fatty acids. Saltwater fish, like cod or pollock, also contain iodine. Eat fish once to twice a week.

Limit meat and sausage intake: less is more

Meat contains readily available iron, as well as selenium and zinc. However, too much beef, pork, lamb and goat, and especially sausage, increase the risk of cardiovascular diseases and colon cancer. The production of meat and sausages has a significantly higher environmental impact than the production of plant-based foods. If you eat meat and sausage, do not consume more than 300 g a week.

Avoid sweet, salty and fatty foods

Sugar, salt and fat are often "invisibly" present in processed foods like sausage, pastries, sweets, fast food and convenience products. High intake of these increases the risk of overweight, hypertension, cardiovascular diseases and type 2 diabetes.

Enjoy your meals

Take your time when eating and take a break. In addition, eating slowly and consciously promotes the feeling of satiation. Eating in company is beneficial.

Stay active and watch your weight

Nutrition and physical activity belong together. Daily physical activity and an active daily life promote your bone health and lower the risk of overweight and many other diseases.



More information:
www.dge.de

