Declaration of interests
Evidence-based guideline on dietary protein intake and health-related outcomes
of the German Nutrition Society

Preliminary remarks
All members of the evidence-based protein guideline working group (short: protein guideline) of the German Nutrition Society (DGE) are required to complete the following declaration of interests. The declaration concerns financial and commercial (material) as well as psychological and social (immaterial) aspects and interests of the experts themselves within the current year or the last 3 years.

Definition of conflicts of interest
All interests that may impair the objectivity and independence of the experts or which can reasonably be assumed to impair them must be disclosed. You must disclose on this declaration of interest document any financial, non-financial, professional or other relationships and activities that are relevant to the evidence-based protein guideline, as well as any relationships and activities that could be affected by the outcome of the protein guideline.
All interests must be declared regardless of whether the declarant him-/herself sees a conflict of interest or not.

Declaration for completion
Please complete the form complete and provide specific information on all aspects. You must inform the DGE immediately if the data provided changes. Please answer each of the following questions relating to the current year or the 3 previous calendar years. If you answer 'yes' to any of the questions, please briefly describe the circumstances on the last page of the document (see 'Explanation of "Yes" answers').
'Company' includes any commercial company, industry association, research organisation or other entity, whose funding is substantially derived from commercial sources and whose interests are related to the protein guideline. 'Organisation' includes a governmental, international or non-profit organisation.

The declarations are published on the DGE website at https://www.dge.de/dge/organisation-der-deutschen-gesellschaft-fuer-ernaehrung/spezielle-ernaehrungsfragen-in-eigenen-arbeitsgruppen/#c7692.

General information
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Former employers, positions and functions in the last 3 years, please state on the last page (see 'Explanation of "Yes" answers').

<u>Direct financial interests</u>
Financial relationships with companies, institutions or interest groups are recorded here.
Have you received donations from commercial organisations, companies, industrial interest groups, commercially orientated contract institutions, public donors (e. g. ministries), foundations or other donors?

Employment and consulting
Have you received remuneration from a company or organisation with an interest related to the protein guideline?

1a	Employment	Yes ☐	No ☑
1b	Consulting, including service as a technical or other advisor	Yes ☑	No ☐
1c	Otherwise	Yes ☐	No ☑

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Research support
Have you received support from a company or other organisation with an interest related to the protein guideline?

2a	Research support, including grants, collaborations, sponsorships, third-party fundings and other fundings	Yes ☑ No ☐
2b	Non-monetary support valued (include equipment, facilities, research assistants, paid travel to meetings, etc.)	Yes ☐ No ☑
2c	Support (including honoraria) for presentations, giving speeches or trainings for a company or organisation	Yes ☐ No ☑

Investment interests
Do you have investments in a company with an interest related to the protein guideline? Please also include indirect investments such as a trust or holding company. You may exclude mutual funds, pension funds or similar investments that are broadly diversified and on which you exercise no control.

3a	Stocks, bonds, stock options, other securities (e. g., short sales)	Yes ☐ No ☑
3b	Commercial business interests (e. g., proprietorships, partnerships, joint ventures, board memberships, controlling interest in a company)	Yes ☐ No ☑

Intellectual property
Do you have any intellectual property rights that might be enhanced or diminished by the outcome of the protein guideline?

4a	Patents, trademarks, or copyrights (including pending applications)	Yes ☐ No ☑
4b	Proprietary know-how in a substance, technology, process or data	Yes ☐ No ☑

<u>Indirect interests</u>
Personal relationships with competitors and voluntary activities from which an indirect interest can be derived are recorded here. This also includes those that may be indirectly linked to financial
may be indirectly linked to financial interests.

Public Statements And Positions

5a	Will your activity within the scope of the working group give you access to confidential protected information of a competitor or give you a personal, professional, financial or business or competitive advantage?	Yes ☐ No ☑
5b	Do you hold or have you held a paid or unpaid position or other position in which you have represented interests or defended a position related to the protein guideline?	Yes ☐ No ☑

Additional Information

6a	Do you see any other aspects or circumstances that could be perceived by third parties as limiting your objectivity or independence?	Yes ☐ No ☑

Explanation of 'Yes' answers:
If you answered 'yes' to any of the above questions, briefly describe the circumstances on this page.
If you do not describe the nature of the interest or describe it incompletely, it will be assumed that there is a significant conflict of interest.
Describe the concerns (including the number), the parties involved, the time frame and other relevant details.

1b) Consulting and expert advisory services for Stiftung Warentest for the book "Proteins and Amino Acids" (author: Angela Bechthold) (2025; Honorarium 1.000 EUR)

2b) Research support:
BMLEH/BLE (FKZ: 2822EPS008): LeguPlan - Nutritional evaluation of a legume-rich diet in a dietary pattern approach (Planetary Health Diet Concept) and in comparison to a Western dietary pattern in subjects at risk for cardiovascular and neurodegenerative diseases (since 2023; 686.000 EUR to the University of Bonn for personell and material/consumer costs)

BMFTR (FKZ: 031B1366): AlProPlant - Nutritional evaluation of plant proteins and protein ingredients in the context of nutritional intervention studies (since 2023; 322.876 EUR to the University of Bonn for personell and material/consumer costs)

Declaration
I hereby declare on oath that the information disclosed is, to the best of my knowledge and belief is true and complete. Should there be any changes to the above informations, I will inform the responsible DGE staff immediately and complete a new declaration of interest form describing the changes. This applies to changes made during the development guideline and in the period up to publication of the final results.
By completing and signing this form, I consent to the processing of my personal data (title, address personal data (title, name, institution, position / function, address, e-mail address, interests) will be processed.
I agree to the publication of my declaration of interest on the DGE website.
I consent to the processing of my personal data. I am aware that I can revoke the consent hereby given at any time with effect for the future.
Please inform the DGE office of your cancellation in writing.
We refer you to our privacy policy [www.dge.de/datenschutz/] and inform you about your rights regarding the collection of personal data in accordance with DGSVO Art. 13.

Place, date Bonn, 18. Juli 2026

signature X Sarah Egert

Digital unterschrieben von Sarah Egert
Datum: 2026.07.18 16:36:00 +02'00'