Food-Based Dietary Guidelines (FBDG)

10 Guidelines for a Wholesome Diet

They summarise how a health-promoting sustainable diet can be implemented in everyday life and provide consumers with simple rules of conduct. All 10 guidelines do not imply strict commandments or prohibitions, but are recommendations leaving space for individual scope.

For the compilation of the 10 guidelines, nutritional criteria as well as aspects of prevention, sustainability and enjoyment were taken into account.

DGE Nutrition Circle

It is a graphical model for the visualisation of quantitative dietary guidelines and is intended for healthy adults. Food selection according to the DGE Nutrition Circle is a reliable basis for the implementation of a wholesome diet.

The Three-Dimensional DGE Food Pyramid

represents the German dietary guidelines and complements the DGE Nutrition Circle. The special feature of the Three-Dimensional DGE Food Pyramid is the combination of quantitative statements and qualitative statements in a single model.

The German Nutrition Society (DGE)

Committed to science – your partner for food and drink
As a professional scientific society, we develop statements and recommendations from nutritional science and implement them in practice. We promote balanced and sustainable diets. Enabling the people in Germany to stay healthy.

The German Nutrition Society (DGE), established in 1953, has since been engaged in topics on nutrition and nutritional research. From the onset, the DGE has been a non-profit organization committed to scientific facts. The DGE is an official incorporated society and is not influenced by economic or political interests.

**Members**
Currently there are about 4,000 DGE members. The annual general meeting of the members forms the main body of the DGE. This main body elects members of the scientific committee and administrative board every three years.

**Scientific Committee**
The scientific committee consists of 35 scientists from nutrition science and related disciplines. The scientists work on a voluntarily basis. Eleven members are elected every three years by the DGE members and 24 appointed by the members of the committee.

**Administrative Board**
The administrative board is comprised of administration experts, members of the scientific committee, the branch offices in the Federal States of Germany and the Federal Ministry of Food and Agriculture. The Board supervises the management of the DGE.

**Budget**
The budget of the DGE averages at 10.98 million Euro per year. Approximately 20 % is covered by own revenue (e.g. sale of media, fees for educational courses and memberships) and 80 % by public funds.