

Evidence-based Guidelines for the Primary Prevention of Nutrition-Related Diseases

In the evidence-based guidelines of the DGE, the potential role of nutrients in the primary prevention of diseases is judged systematically. Currently available are the evidence-based guideline fat intake (2015) and the evidence-based guideline carbohydrate intake (2012). We are working on an evidence-based guideline on protein intake and prevention selected nutrition-related diseases.

The English versions of the published evidence-based guidelines are available at the DGE website www.dge.de/en.

Guideline Protein Intake

Kroke A, Schmidt A, Amini AM et al.:
Dietary protein intake and health-related outcomes: a methodological protocol for the evidence evaluation and the outline of an evidence to decision framework underlying the evidence-based guideline of the German Nutrition Society.
Eur J Nutr. 61 (2022) 2091-2101

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9106629/pdf/394_2021_Article_2789.pdf



DGE-Nutrition Reports

German Nutrition Society (2021). The 14th DGE-Nutrition Report – Summary.

The publication called “**The 14th DGE-Nutrition Report – Summary**” provides abstracts and key messages for each subchapter of the 14th Nutrition Report published by the German Nutrition Society in 2020. The 14th Nutrition Report is an important instrument for those responsible for nutrition and health policy, as well as for food manufacturers, the public, nutritionists, dietitians and the media. All five chapters provide substantial information about various aspects in the field of nutrition.

<https://www.dge.de/fileadmin/public/doc/en/DGE-Nutrition-Report-summary-2020.pdf>

Topics of the 14th DGE-Nutrition Report 2020 are:

- Nutritional situation in Germany
- Nutritional situation in hospitals and nursing homes – nutritionDay in Germany
- Breastfeeding and infant nutrition in Germany (SuSe II-Study)
- VeChi-Youth – Vegetarian and vegan children and youth study
- Diet and prevention of nutrition-related diseases

Further publications

Maretzke F, Bechthold A, Egert S et al.:
Role of Vitamin D in Preventing and Treating Selected Extraskeletal Diseases – An Umbrella Review.
Nutrients 12 (2020) 969

More information about the Nutrition Reports:
www.dge.de/en/nutrition-reports

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The German Nutrition Society (DGE)

Scientific Publications

The German Nutrition Society (DGE)

The German Nutrition Society (DGE) was established in 1953 and 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.



Find out more about us:
www.dge.de/en

Food-Based Dietary Guidelines (FBDG)

One of the main functions of the DGE is the derivation of the official food-based dietary guidelines for Germany. Currently we are working on a mathematical optimisation model for the development of FBDGs and different approaches to integrate various dimensions into FBDGs.

Schäfer A, Schmidt A, Bechthold A et al.:

Integration of various dimensions in food-based dietary guidelines via mathematical approaches: Report of a DGE/FENS Workshop in Bonn, Germany, 23–24 September 2019.

Br J Nutr 126 (2020) 942–949



Statements and Position Papers

The DGE summarises current knowledge in scientific statements and position papers. The English versions of the statements and position papers are available at the DGE website www.dge.de/en.

DGE statement about the Planetary Health Diet

Breidenassel C, Schäfer AC, Micka M et al.:

The Planetary Health Diet in contrast to the food-based dietary guidelines of the German Nutrition Society (DGE). A DGE statement.

Ernährungs Umschau (2022); 69(5):56–72.e1–3.

DGE position statement on a more sustainable diet

Renner B, Arens-Azevêdo U, Watzl B et al.:

DGE position statement on a more sustainable diet.

Ernährungs Umschau (2021); 68(7): 144–154.

Vegan diet

Richter M, Kroke A, Grünewald-Funk D et al.:

Update to the position of the German Nutrition Society on vegan diets in population groups with special nutritional requirements

Ernährungs Umschau (2020);

5. Sonderheft: 64–72

The Reference Values for Nutrient Intake

The Reference Values for Nutrient Intake create the basis on which diets are planned to match nutritional requirements with food intake.

In addition, they form the basis for food rules and regulations for the food industry and food monitoring. Since 2012 the Reference Values for Nutrient Intake were revised. The English version of the revised reference values are available at the DGE website www.dge.de/en/.

Biotin	Jungert A, Ellinger S, Watzl B et al. Eur J Nutr 61 (2022) 1779–1787
Vitamin B₆	Jungert A, Linseisen J, Wagner KH et al. Ann Nutr Metab 76 (2020) 213–222
Zinc	Hase H, Ellinger S, Linseisen J et al. J Trace Elem Med Biol 61 (2020)
Protein	Richter M, Baerlocher K, Bauer JM et al. Ann Nutr Metab 74 (2019) 242–250
Vitamin B₁₂	Ströhle A, Richter M, González-Groß M et al. Mol Nutr Food Res 63 (2019) 63
Sodium, Chloride	Strohm D, Bechthold A, Ellinger S et al. Ann Nutr Metab 72 (2018) 12–17
Potassium	Strohm D, Ellinger S, Leschik-Bonnet E et al. Ann Nutr Metab 71 (2017) 118–124
Thiamin, Riboflavin, Niacin	Strohm D, Bechthold A, Isik N et al. NFS Journal 3 (2016) 20–24
Vitamin C	German Nutrition Society. Ann Nutr Metab 67 (2015) 13–20
Energy Intake	German Nutrition Society. Ann Nutr Metab 66 (2015) 219–223
Selenium	Kipp AP, Strohm D, Brigelius-Flohé R et al. J Trace Elem Med Biol (2015) 195–199
Folate	Krawinkel MB, Strohm D, Weissenborn A et al. Eur J Clin Nutr 68 (2014) 719–723
Calcium	German Nutrition Society. Ann Nutr Metab 63 (2013) 186–192
Vitamin D	German Nutrition Society. Ann Nutr Metab 60 (2012) 241–246

