10 guidelines of the German Nutrition Society (DGE) for a wholesome diet

A wholesome diet keeps you in good health and promotes vitality and well-being.

The 10 dietary guidelines of the DGE summarise how a wholesome diet can be implemented and they are based on recent scientific knowledge.

1. Enjoy food diversity
   Make use of the diversity of foods and eat versatile. Choose mainly plant-based foods.

2. Vegetables and fruit – take ‘5 a day’
   Enjoy at least 3 portions of vegetables and 2 portions of fruit each day. This could also include legumes such as lentils, chickpeas and beans as well as (unsalted) nuts.

3. Favour whole-grain foods
   The whole-grain varieties of cereal products like bread, pasta, rice and flour are the best choice for your health.

4. Complete the choice with animal-based foods
   Consume milk and dairy products such as yoghurt and cheese daily, fish once to twice a week. If you eat meat, you should not consume more than 300 to 600 g per week.

5. Choose health-promoting fats
   Prefer vegetable oils like rapeseed oil and margarines produced therefrom. Avoid hidden fats. Fat is often “invisibly” present in processed foods like sausage, pastry, sweets, fast food and convenience products.

6. Reduce sugar and salt intake
   Sugar-sweetened foods and beverages are not recommendable and should be avoided whenever possible. Sugar should only be consumed in small amounts. Limit the consumption of salt and reduce the proportion of high-salt foods. Be creative in flavouring with herbs and spices.

7. Water is the best choice
   Drink about 1.5 litres per day. Water or other calorie-free beverages, such as unsweetened tea, are the best choice. Sugar-sweetened and alcoholic beverages are not recommendable.

8. Prepare carefully cooked dishes
   Cook food as long as necessary but as short as possible, using little amount of water and fat. Avoid burning the food during roasting, grilling, baking and frying.

9. Mindful eating and enjoying
   Take a break while you eat and allow plenty of time for eating. Eating slowly and consciously promotes enjoyment and the sense of satiation.

10. Watch your weight and stay active
    Combine a wholesome diet with plenty of physical activity. It is not only regular exercise which is helpful, but also an active daily life which includes frequent walking and cycling.

For further information visit www.dge.de/10regeln