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 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 Fat Intake

Guideline Carbohydrate Intake

DGE-Nutrition Reports

The Nutrition Reports for the Federal Republic of Germany have been published by the DGE since 1969. In 4-year intervals they provide most recent statistical data of the nutritional situation in Germany which are supplemented by overviews, analyses and reviews of research studies on present nutritional problems including evaluations and derivations of specific recommendations for action. The content follows topics of current interest.

The 14th DGE-Nutrition Report will be published in 2020. Topics 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

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

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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.

The main functions of the DGE

Nutrition science
- Supporting research on nutritional science
- Ascertaining topics for nutritional research as well as compiling and evaluating research results on nutrition science and related disciplines
- Announcing research results on nutrition science and related disciplines by publications and events
- Awarding prizes for outstanding nutrition scientists

Nutrition counselling and education
- Coordinating scientifically proven and independent nutrition counselling and education
- Quality assurance of nutrition counselling and education

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/

Sugar intake
Ernst JB, Arens-Azevêdo U, Bitzer B et al.: Quantitative recommendation on sugar intake in Germany. Short version of the consensus paper by the German Obesity Society (DAG), German Diabetes Society (DDG) and German Nutrition Society (DGE). Ernahrungs Umschau 66 (2019) 26–34

Salt intake
Strohm D, Boeing H, Leschik-Bonnet E et al.: Salt intake in Germany, health consequences, and resulting recommendations for action. A scientific statement from the German Nutrition Society (DGE). Ernahrungs Umschau 63 (2016) 62–70

Vegan Diet

Statements and Position Papers

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/.

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