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

The DGE publishes guidelines, in which the influence of nutrition factors for the risk of diseases is analysed. These guidelines are based on systematic research and analysis of the current scientific literature. The results are then critically reviewed. The English version of the evidence-based guidelines are available at the DGE website www.dge.de/en/.

Guideline Fat Intake

Guideline Carbohydrate Intake
www.karger.com/Article/FullText/335326

Guideline 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

Statements and Position Papers

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

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

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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

**13th DGE-Nutrition Report**

The 13th DGE-Nutrition Report dealt with:

- Nutritional situation in Germany
- Catering in nurseries
- Catering in care homes for the elderly
- Influence of food processing and meal preparation on food choice, nutrient intake, intake of additives and the body weight of children, adolescents and adults
- Influence of diet in the prevention of nutrition-related diseases
- Behavioural and conditional prevention of obesity

**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/](http://www.dge.de/en/).