

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

Wolfram G, Bechthold A, Boeing H et al.: Evidence-based guideline of the German Nutrition Society: Fat intake and prevention of selected nutrition-related diseases. *Ann Nutr Metab* 67 (2015) 141–204

Guideline Carbohydrate Intake

Hauner H, Bechthold A, Boeing H et al.: Evidence-based guideline of the German Nutrition Society: Carbohydrate intake and prevention of nutrition-related diseases. *Ann Nutr Metab* 67 (2012) 141–204

www.karger.com/Article/FullText/335326



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). *Ernährungs Umschau* 63 (2016) 62–70



Vegan Diet

Richter M, Boeing H, Grünewald-Funk D et al.: Vegan diet. Position of the German Nutrition Society (DGE). *Ernährungs Umschau* 63 (2016) 92–102

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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.

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



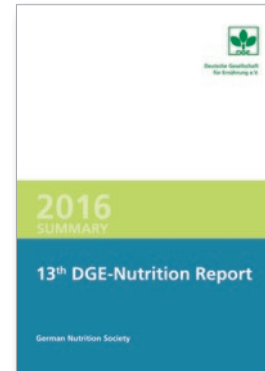
Find out more about us:
www.dge.de/en/



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



Download english summary:
<https://www.dge.de/fileadmin/public/doc/en/DGE-Nutrition-Report-summary-2016.pdf>

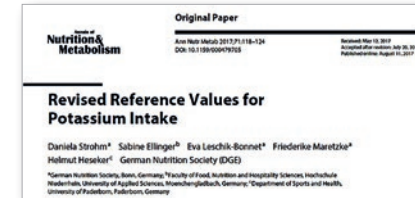


More information about the DGE-Nutrition Reports:
www.dge.de/en/nutrition-reports/

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/.



Sodium, Chloride	Strohm D, Bechthold A, Ellinger S et al.: Revised reference values for the intake of sodium and chloride. Submitted (2017)
Potassium	Strohm D, Ellinger S, Leschik-Bonnet E et al.: Revised reference values for potassium intake. Ann Nutr Metab 71 (2017) 118–124 (www.karger.com/Article/FullText/479705)
Thiamin, Riboflavin, Niacin	Strohm D, Bechthold A, Isik N et al.: Revised reference values for the intake of thiamin (vitamin B ₁), riboflavin (vitamin B ₂), and niacin. NFS Journal 3 (2016) 20–24
Energy	German Nutrition Society: New reference values for energy intake. Ann Nutr Metab 66 (2015) 219–223
Vitamin C	German Nutrition Society: New reference values for vitamin C intake. Ann Nutr Metab 67 (2015) 13–20
Selenium	Kipp AP, Strohm D, Brigelius-Flohé R et al.: Revised reference values for selenium intake. J Trace Elem Med Biol (2015) 195–199
Folate	Krawinkel MB, Strohm D, Weissenborn A et al.: Revised D-A-CH intake recommendations for folate: how much is needed? Eur J Clin Nutr 68 (2014) 719–723
Calcium	German Nutrition Society: New reference values for calcium. Ann Nutr Metab 63 (2013) 186–192
Vitamin D	German Nutrition Society: New reference values for vitamin D. Ann Nutr Metab 60 (2012) 241–246