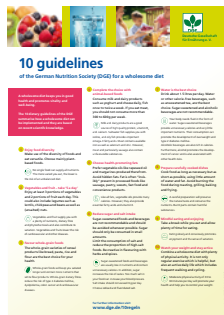


Food-Based Dietary Guidelines (FBDG)

10 Guidelines for a Wholesome Diet

They summarise how a health-promoting sustainable diet can be implemented in everyday life and provide consumers with simple rules of conduct. All 10 guidelines do not imply strict commandments or prohibitions, but are recommendations leaving space for individual scope.



For the compilation of the 10 guidelines, nutritional criteria as well as aspects of prevention, sustainability and enjoyment were taken into account.

DGE Nutrition Circle



It is a graphical model for the visualisation of quantitative dietary guidelines and is intended for healthy adults. Food selection according to the DGE Nutrition Circle is a reliable basis for the implementation of a wholesome diet.

The Three-Dimensional DGE Food Pyramid

represents the German dietary guidelines and complements the DGE Nutrition Circle. The special feature of the Three-Dimensional DGE Food Pyramid is the combination of quantitative statements and qualitative statements in a single model.



DGE Quality Standards

The DGE Quality Standards for catering in daycare centers, schools, companies, clinics as well as with „meals on wheels“ and in senior citizen facilities support those responsible in communal catering in the design of a health-promoting and sustainable catering offer. Scientifically founded and at the same time practical, the criteria listed therein describe an optimal catering situation, which each facility or each food provider can approach step by step and at their own pace. Thus, the DGE quality standards are an instrument for the development of catering quality and at the same time the basis for DGE certification.

The English versions of the DGE Quality Standards can provide professionals worldwide with ideas for designing sustainable catering as well as serve as a model. As a measure of relationship prevention, the implementation of the DGE Quality Standards contributes to the creation of fair nutrition environments and was recently named by the Food Environment Policy Index (Food-EPI) as a promising measure for reforming German nutrition policy.



Details concerning our scientific publications and various other media can be found on <https://www.dge.de/english/>



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für Ernährung
und Landwirtschaft

aufgrund eines Beschlusses
des Deutschen Bundestages



The German Nutrition Society (DGE)

Committed to science –
your partner for food and drink

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As a professional scientific society, we develop statements and recommendations from nutritional science and implement them in practice. We promote balanced and sustainable diets. Enabling the people in Germany to stay healthy.

The German Nutrition Society (DGE), established in 1953, 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.

Main Tasks

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

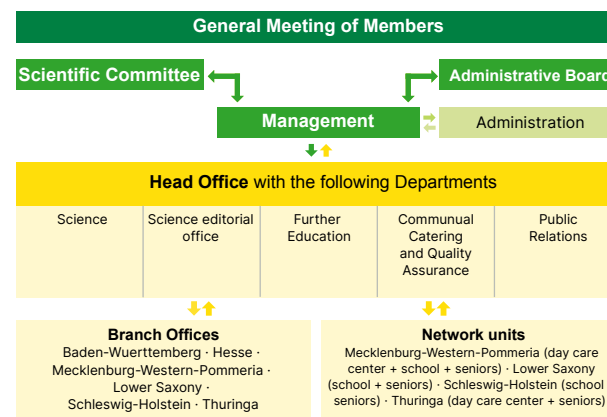
- Coordinating scientifically proven and independent nutrition counselling and education
- Quality assurance of nutrition counselling and education

Events and Educational Courses

The DGE organizes congresses, symposia, workshops and seminars regularly, mainly for nutritional experts and journalists.

There are various educational courses offered for professionals engaged in nutrition counselling and communal catering. The topics range, for example, from expert seminars on nutrition knowledge to seminars about counselling methods.

Structure



Members

Currently there are about 4,000 DGE members. The annual general meeting of the members forms the main body of the DGE. This main body elects members of the scientific committee and administrative board every three years.

Scientific Committee

The scientific committee consists of 35 scientists from nutrition science and related disciplines. The scientists work on a voluntarily basis. Eleven members are elected every three years by the DGE members and 24 appointed by the members of the committee.

Administrative Board

The administrative board is comprised of administration experts, members of the scientific committee, the branch offices in the Federal States of Germany and the Federal Ministry of Food and Agriculture. The Board supervises the management of the DGE.

Head Office

The DGE's Head Office is based in Bonn with branch offices in 6 Federal States. There are about 90 employees at the Head Office. The DGE is further structured into five departments as follows:

- Department of Science
- Science editorial office
- Department of Further Education
- Department of Communal Catering and Quality Assurance
- Department of Public Relations

Branch Offices

The DGE is regionally represented by branch offices in 6 Federal States: Baden-Wuerttemberg, Hesse, Lower Saxony, Mecklenburg-Western Pomerania, Schleswig-Holstein, Thuringia.

Management

The management is responsible for the implementation of activities, administrative tasks and personnel resources of the DGE.

Managing Director
Dr. Kiran Virmani



Budget

The budget of the DGE averages at 10,98 million Euro per year. Approximately 20 % is covered by own revenue (e. g. sale of media, fees for educational courses and memberships) and 80 % by public funds.