

## Important Publications

### Nutrition Report

Ernährungsbericht

The Nutrition Report provides the latest statistical data of the nutritional situation and present nutritional problems in Germany. It is published every four years on behalf of the Federal Ministry of Food and Agriculture.



### The Reference Values for Nutrient Intake

D-A-CH-Referenzwerte für die Nährstoffzufuhr

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. The majority of the revised reference values (e.g. energy) is published open access.



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

Evidenzbasierte Leitlinien zur Prävention ausgewählter ernährungsmitbedingter Krankheiten

The DGE publishes Guidelines, in which the influence of nutrition factors (such as fat or carbohydrates) 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. At the moment there are two Guideline Commissions – one studying the preventive effect of fat consumption and the other the carbohydrate consumption.

### The German Three-Dimensional Food Pyramid

Dreidimensionale Lebensmittelpyramide

This food guide pyramid represents the German dietary guidelines. The Three-Dimensional Food Pyramid has the advantage of combining quantitative and qualitative recommendations for specific food groups.

### The DGE Consultation Standards

DGE-Beratungs-Standards

The German Nutrition Society publishes the DGE-standards for nutritional education, to avoid confusion and to standardize statements in the field of nutrition.

### Nutrition Journals

Ernährungs Umschau | This scientific journal is the organ of the German Nutrition Society. Published monthly, it offers a source of various information and results derived from scientific studies for nutritional experts.

Annals of Nutrition and Metabolism | The monthly journal is the English-language organ of the DGE. All DGE members can read the online edition for free.

### Various Media and Press Releases

Leaflets, booklets, books, electronic media for nutritional experts and consumers are available. The science based newsletter "DGEinfo" informs those active in nutrition counselling. The press releases "DGE aktuell", "DGE intern" and "aus der Wissenschaft" offer well-founded news and background information to journalists.

Details concerning these publications and various other media can be found on the

 homepage: [www.dge-medianservice.de](http://www.dge-medianservice.de)

### For further information, please contact:

German Nutrition Society  
Godesberger Allee 18 · 53175 Bonn · Germany  
Tel.: +49 (0)228 3776-600 · Fax: +49 (0)228 3776-800  
E-mail: [webmaster@dge.de](mailto:webmaster@dge.de)  [www.dge.de](http://www.dge.de)

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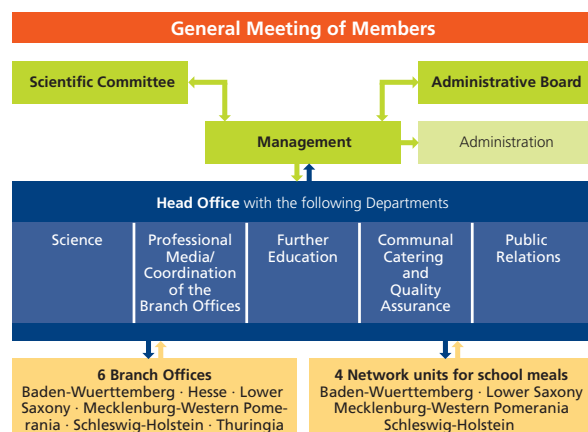


# German Nutrition Society

## Deutsche Gesellschaft für Ernährung e.V. (DGE)

- ➔ 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.

## Structure



### DGE 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 34 scientists from nutrition science and related disciplines. The scientists work on a voluntarily basis. 11 members are elected every three years by the DGE members and 23 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.



### Management

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

### Head Office

The DGE's Head Office is based in Bonn with branch offices in 6 Federal States. There are about 60 employees at the Head Office. The DGE is further structured into five departments as follows:

- Department of Science
- Department of Professional Media/Coordination of the Branch Offices
- 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.

## 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

## Budget

The budget of the DGE averages at 6.75 million Euro per year. Approximately 25 % is covered by own revenue (e.g. sale of media, fees for educational courses and memberships) and 75 % by public funds.

## 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.