



## Programme

60<sup>th</sup> Anniversary  
of the Austrian Nutrition Society  
ANS Annual Meeting 2011

# Nutrition in Health Promotion and Disease Prevention

60 Jahre  
Österreichische Gesellschaft für Ernährung  
ÖGE Jahrestagung 2011

October 19<sup>th</sup> – 21<sup>st</sup>, 2011

**IfEW**

**g** BUNDESMINISTERIUM  
FÜR GESUNDHEIT



**G'scheit g'sund.**  
Eine Initiative des  
Bundesministeriums für Gesundheit.



## Organizer

Austrian Nutrition Society and Institute of Nutritional Sciences, University of Vienna under the auspices of the Austrian Federal Ministry of Health  
Forum für medizinische Fortbildung

## Education Credits

**Nutrition Sciences** (module 9, 10 “Students practical Skills”):

- Oct. 19<sup>th</sup>: 1 ECTS for participation, 2 ECTS for participation and presentation (oral or poster)
- Oct. 19<sup>th</sup>-21<sup>st</sup>: 4 ECTS for participation, 8 ECTS for participation and presentation (oral or poster)

**Medical Professionals:**

- Oct. 19<sup>th</sup>: 5 DFP Points
- Oct. 20<sup>th</sup>-21<sup>st</sup>: 12 DFP Points

## Registration / Information

Austrian Nutrition Society (ANS/ÖGE)  
C/O AGES Bürotrakt WH  
Spargelfeldstr. 191  
1220 Vienna, Austria  
Tel.: +43/1/714 71 93  
Fax.: +43/1/718 61 46  
E-mail: info@oege.at

## Venue

Festsaal / Ceremonial Hall of the Austrian Federal Ministry of Health,  
Bundesamtsgebäude, Radetzkystraße 2, 1030 Vienna



## Arrival

### Car:

There is a pedestrian area in front of the Bundesamtsgebäude. Thus, there is no direct access road. A car park is located in the Hintere Zollamtsstraße (with costs, 2-3 minutes from the entrance). Please mind the short-term parking zone.

### Public transport:

- Underground (U-Bahn): U1 (Schwedenplatz), U3 and U4 (Landstraße)
- Tram: Line 2 (Julius-Raab-Platz), Line 0 and 1 (Hintere Zollamtsstraße)
- Railway: S1, S2, S3, S4, S7, S9 and S15 (Wien Mitte/Landstraße)

**60<sup>th</sup> Anniversary  
of the Austrian Nutrition Society  
ANS Annual Meeting 2011**

## **Nutrition in Health Promotion and Disease Prevention**

**October 19<sup>th</sup> – 21<sup>st</sup>, 2011  
Festsaal / Ceremonial Hall  
Federal Ministry of Health, Vienna**

*Dear colleagues and friends,*

*It is a great pleasure to invite you to participate in the Austrian Nutrition Society Annual Meeting 2011 that will be held in the Festsaal / Ceremonial Hall of the Federal Ministry of Health in Vienna from October 19<sup>th</sup> to the 21<sup>st</sup>, 2011. This year is a very special event as the Austrian Nutrition Society celebrates its 60<sup>th</sup> anniversary.*



*The aim of this anniversary meeting is to discuss in a global context with international top experts current health policy issues focusing on major nutrition related diseases. The scientific programme includes important key topics such as Pathogenesis and Prevention and Control of Non-Communicable Diseases, WHO strategy and selected according National Action Plans, and the Prevention of Micronutrient Deficiencies as well as Strategies to improve Diet Quality. Discussions will encourage an open, collaborative dialogue with participants. A poster session with submissions by graduate students and postdocs will complement the presented scientific theme blocks.*

*On 20<sup>th</sup> of October, all attendees are invited to intensify their discussions directly following the day's scientific sessions at the exclusive dinner in the Museum of Natural History Vienna.*

*We look forward to meet you at a very promising event in Vienna.*



*Yours very sincerely,  
Univ.-Prof. Dr. I. Elmadfa  
President of the Austrian Nutrition Society*



*Ladies and Gentlemen,*

*It is my pleasure to support the Austrian Nutrition Society celebrating its 60<sup>th</sup> Anniversary with the timely and attractive scientific programme under the title „Nutrition in Health Promotion and Disease Prevention“.*



*Balanced diet and nutrition security integrated in a moderate lifestyle are fundamental to increasing life expectancy in good health and to counteract nutrition associated diseases. Promoting health and preventing disease remains an integrated approach. The outcome of this well prepared meeting is of utmost importance for the Austrian Nutrition Strategies, especially for our recently initiated “National Action Plan”.*

*With the release of the “Nationaler Aktionsplan Ernährung” (NAP.e), we opened a new promising chapter of the Austrian Health Policy. For the first time, our country started an official Nutrition Policy, which follows the “Health-in-All-Policies” principle. Coordinated and population group oriented multidimensional actions are planned for the realization of which different stakeholders are involved. These activities aim at optimization of the nutrition status in Austria throughout the life cycle. The NAP.e enables achieving the needed national solidarity and is based on structured activities and documented measures. The planned annual revision of the applied policy actions is an important quality assurance measure. Optimal nutrition as “the best medicine” is convincing, not only to me as the responsible minister.*

*I’m very delighted to be able to welcome you in our House, wish you a stimulating and pleasant meeting and hope for important inputs for our approaching activities.*

A handwritten signature in blue ink, reading 'Alois Stöger', positioned above the typed name.

*Cordially,  
Yours,  
Alois Stöger  
Austrian Federal Minister of Health*



**Erster Tag / First day (in German only): Mittwoch, 19.10.2011**

## **AKTUELLES ZUR GESUNDHEITSFÖRDERUNG UND ERNÄHRUNGSTHERAPIE**

- 12:00-12:45      Registrierung  
12:45-13:15      ERÖFFNUNG  
*Ibrahim Elmadfa (ÖGE Präsident, Universität Wien)*  
60 Jahre Österreichische Gesellschaft für Ernährung  
*Klaus Smolka (ÖGE-Ehrenmitglied) / Ibrahim Elmadfa*



### **Block I Vorsitz: Helmut Hesecker, Paderborn; Emmerich Berghofer, Wien**

- 13:15-13:40      Ernährungstherapie bei Krankheiten des Verdauungstrakts  
*Günter Krejs (Medizinische Universität Graz)*  
13:40-13:55      Einfluss der Fettart auf die Ernährung von Diabetikern  
*Karl-Heinz Wagner (Universität Wien)*  
13:55-14:10      Bluthochdruck und Kochsalz  
*Cem Ekmekcioglu (Medizinische Universität Wien)*  
14:10-14:25      Ernährung bei Hypertriglyzeridämie  
*Hermann Toplak (Medizinische Universität Wien)*



### **Block II Vorsitz: Ulrich Moser, Basel; Ingrid Kiefer, Wien**

- 14:25-14:50      Ernährung und Herzgesundheit  
*Anita Rieder (Medizinische Universität Wien)*  
14:50-15:05      Die Rolle der gesättigten Fette in der Entstehung von kardiovaskulären  
Erkrankungen; Wo stehen wir heute?  
*Ibrahim Elmadfa (Universität Wien)*  
15:05-15:25      Ehrungen  
15:25-16:10      Posterdiskussion und Kaffeepause  
16:10-16:25      Verwertbare Kohlenhydrate in der Ernährungstherapie – Leitlinie der DGE  
*Peter Stehle (Universität Bonn)*  
16:25-16:40      Proteinintervention gegen Mangelernährung bei geriatrischen Patienten  
*Bärbel Sturtzel (Universität Wien)*



### **Block III Vorsitz: Petra Lehner, Wien; Cem Ekmekcioglu, Wien**

- 16:40-17:05      Lebensmittelbasierte Richtlinien zur Verbesserung der Ernährung  
*Ingrid Kiefer (AGES)*  
17:05-17:20      Prävention von Mikronährstoffmangel bei Schwangeren: Supplemente vs.  
individuelle Beratung  
*Petra Rust (Universität Wien)*  
17:20-17:35      Basis und Aussagekraft von Nährstoffzufuhrmustern einer Bevölkerung  
*Heinz Freisling (IARC, Lyon)*  
17:35-17:50      Antioxidantien und ihr Einfluss auf oxidativen und nitrosativen Stress bei  
Kindern mit Asthma bronchiale  
*Elisabeth Fabian (Universität Wien)*  
17:50-18:00      Resümee des ersten Tages  
*Petra Rust (Universität Wien)*



## Second day: Thursday, 20.10.2011

- 08:00-08:45 Registration  
OPENING SESSION
- 08:45-09:00 Welcome Address, *Alois Stöger, Federal Minister of Health*  
60 Years Austrian Nutrition Society, *Ibrahim Elmadfa, ANS President*

### A. NON-COMMUNICABLE DISEASES, GLOBAL PUBLIC HEALTH CONCERNS



#### Session I Chair: Ibrahim Elmadfa, Vienna; Wolfgang Langhans, Zürich

- 09:00-09:30 Prevention and control of non-communicable diseases: from global strategy to national action plans  
*Ibrahim Elmadfa (ANS President, University of Vienna)*
- 09:30-09:50 National Action Plan Austria  
*Petra Lehner (Federal Ministry of Health, Vienna)*
- 09:50-10:10 National Action Plan Germany  
*Bernhard Kühnle (Federal Ministry of Food, Agriculture and Consumer Protection, Bonn)*
- 10:10-10:30 National Action Plan Switzerland  
*Liliane Bruggmann (Federal Office of Public Health, Bern)*
- 10:30-11:00 Coffee Break



#### Session II Chair: Helmut Hesecker, Paderborn; Paul Walter, Basel

- 11:00-11:25 Prevalence of non-communicable diseases in countries of Sub-Saharan Africa  
*Anna Lartey (IUNS President Elect, Ghana)*
- 11:25-11:50 Prevalence of non-communicable diseases in Latin America  
*Manuel Hernandez (President of SLAN, Habana, Cuba)*
- 11:50-12:15 Prevalence of non-communicable diseases in South-East Asia  
*Emorn Wasantwisut (Mahidol University, Bangkok)*
- 12:15-12:40 Prevalence of non-communicable diseases in Countries of the Eastern Mediterranean Region  
*Haifa Madi (WHO-EMRO, Cairo)*
- 12:40-14:00 Lunch Break

### B. NCDs – PATHOGENESIS AND NUTRITION THERAPY



#### Session III Chair: Peter Stehle, Bonn; Barrie Margetts, Southampton

- 14:00-14:25 Prevalence of non-communicable diseases in Europe  
*Joao Breda (WHO Europe, Copenhagen)*
- 14:25-14:50 Obesity – causes, consequences, control  
*Philip James (former President International Obesity Task Force, London)*
- 14:50-15:15 Colon cancer: Impact of nutrition  
*Heiner Boeing (Vice-President DGE, Potsdam)*
- 15:15-15:40 Biomarkers of inflammation and CVDs in Obese Prepubertal Children  
*Angel Gil (Vice-President of SEN, University of Granada)*
- 15:40-16:10 Coffee Break





## Session IV Chair: Angel Gil, Granada; Anita Rieder, Vienna

- 16:10-16:35 Prevention of Hypertension: Reducing population salt intake  
*Rolf Großklaus (former President of CCNFSDU, Berlin)*
- 16:35-17:00 Personalized nutrition, an update  
*Denis Lairon (President FENS)*
- 17:00-17:25 The role of physical activity in the prevention of CVDs  
*Norbert Bachl (University of Vienna)*
- 17:25-17:50 Alcohol and cardiovascular health – Facts and fiction  
*Alfred Uhl (Anton Proksch Institute, Vienna)*
- 19:00 Dinner with the speakers

**Third day: Friday, 21.10.2011**

### C. PREVENTION OF MICRONUTRIENT DEFICIENCIES



## Session V Chair: Vishweshwaraiah Prakash, Mysore; Helmut Erbersdobler, Kiel

- 9:00-9:25 Iodine deficiency disorders  
*Roland Gärtner (University Clinic, Munich)*
- 9:25-09:50 Vitamin B12 and Folate Requirements and Controversies Concerning Recommendations  
*Lindsay Allen (University of California, Davis)*
- 09:50-10:15 Mitigation of nutritional anemia – recent developments  
*Klaus Krämer (Sight and Life, Basel)*
- 10:15-10:25 Vitamin B12 Status in Women of Childbearing Age during Flour Fortification with Folic Acid in Iran  
*Zahra Abdollahi (Ministry of Health & Medical Education, Tehran)*
- 10:25-10:40 Impact of Flour Fortification with Iron on Oxidative Stress Indicators in a non-anemic elderly Population  
*Hamed Pouraram (Ministry of Health & Medical Education, Tehran)*
- 10:40-11:00 Coffee break

### D. STRATEGIES TO IMPROVE DIET QUALITY



## Session VI Chair: Claus Leitzmann, Giessen; Guenter Krejs, Graz

- 11:00-11:25 Adding micronutrients to foods  
*Omar Dary (US Aid, Washington)*
- 11:25-11:50 To improve diet quality: Do the best, food based!  
*Suzanne Murphy (University of Hawaii)*
- 11:50-12:15 The Science of Traditional Food and Food Fermentation – A Key Knowledge base for Health and Wellness Foods of Tomorrow  
*Vishweshwaraiah Prakash (President of NSI, Mysore)*
- 12:15-12:25 Closing Remarks
- 12:30-14:00 ANS General Assembly

# Speakers



Dr. Zahra **Abdollahi**, Ministry of Health & Medical Education, Tehran, Iran  
Prof. Lindsay **Allen**, PhD, RD, IUNS Vice President, University of California, Davis, USA  
Dr. Ala **Alwan**, WHO – World Health Organization, Geneva, Switzerland  
o. Univ.-Prof. Dr. Norbert **Bachl**, University of Vienna, Vienna, Austria  
ao. Prof. Dr. Emmerich **Berghofer**, ANS Vice President, University of Natural Resources and Life Sciences, Vienna, Austria  
Prof. Dr. Heiner **Boeing**, Vice President of the German Society of Nutrition, DIfE, Potsdam-Rehbrücke, Germany  
João **Breda**, PhD, MPH, MBA, WHO Regional Office for Europe, Copenhagen, Denmark  
Liliane **Bruggmann**, lic.oec.HSG, Federal Office of Public Health, Bern, Switzerland  
Omar **Dary**, PhD, Academy for Educational Development (AED), Washington, USA  
ao. Univ.-Prof. Dr. Cem **Ekmekcioglu**, Medical University of Vienna, Vienna, Austria  
o. Univ.-Prof. Dr. Ibrahim **Elmadfa**, IUNS President, ANS President, University of Vienna, Vienna, Austria  
Prof. Em. Dr. Helmut **Erbersdobler**, University of Kiel, Kiel, Germany  
Univ.-Ass. Dr. Elisabeth **Fabian**, University of Vienna, Vienna, Austria  
Dr. Heinz **Freisling**, International Agency for Research and Cancer (IARC), Lyon, France  
Prof. Dr. Roland **Gärtner**, Klinikum der Universität München, Munich, Germany  
Prof. Ángel **Gil**, MS PhD, SEN Vice President, University of Granada, Granada, Spain  
Prof. Dr. Rolf **Großklaus**, Codex Committee on Nutrition and Foods for Special Dietary Uses, Berlin, Germany  
Prof. Manuel **Hernandez**, MD, PhD, Sociedad Latinoamericana de Nutrición (SLAN), Havana, Cuba  
Prof. Dr. Helmut **Heseker**, President of the German Society of Nutrition, University of Paderborn, Germany  
Prof. Philip **James**, President IASO Former Chairman International Obesity Task Force, London School of Hygiene and Tropical Medicine, London, UK  
Univ.-Doz. Dr. Ingrid **Kiefer**, Austrian Agency for Health and Food Safety (AGES), Vienna, Austria  
Dr. Klaus **Krämer**, Sight and Life, Basel, Switzerland  
o. Univ.-Prof. Dr. Günter **Krejs**, Medical University of Graz, Graz, Austria  
Bernhard **Kühnle**, Federal Ministry of Food, Agriculture and Consumer Protection, Bonn, Germany  
Prof. Denis **Lairon**, PhD, FENS President, Joint Research Unit INSERM / INRA, Marseille, France  
Prof. Dr. Wolfgang **Langhans**, ETH Zurich, Schwerzenbach, Switzerland  
Assoc.-Prof. Anna **Lartey**, PhD, IUNS President Elect, University of Ghana, Legon, Ghana  
Mag. Petra **Lehner**, Federal Ministry of Health, Vienna, Austria  
Prof. Em. Dr. Claus **Leitzmann**, University of Giessen, Giessen, Germany  
Prof. Barrie **Margetts**, University of Southampton, UK  
Dr. Haifa **Madi**, WHO- Eastern Mediterranean Regional Office, Cairo, Cairo, Egypt  
Dr. Ulrich **Moser**, President of the Swiss Society of Nutrition, Basel, Switzerland  
Prof. Suzanne **Murphy**, PhD, RD, University of Hawaii, Honolulu, USA  
Dr. Hamed **Pouraram**, Ministry of Health & Medical Education, Tehran, Iran  
Prof. Vishweshwaraiha **Prakash**, PhD, NSI President, Central Food Technological Research Institute, Mysore, India  
o. Univ.-Prof. Dr. Anita **Rieder**, Medical University of Vienna, Vienna, Austria  
Univ.-Ass. Dr. Petra **Rust**, ANS Vice President, University of Vienna, Vienna, Austria  
Hon. Prof. Dr. Klaus **Smolka**, former Executive Director of the Austrian Food and Drink Association, Vienna, Austria  
Prof. Dr. Peter **Stehle**, University of Bonn, Bonn, Germany  
Alois **Stöger** diplômé, Federal Ministry of Health, Vienna, Austria  
Univ.-Ass. Dr. Bärbel **Sturtzel**, University of Vienna, Vienna, Austria  
ao. Univ.-Prof. Dr.med.univ. Hermann **Toplak**, Medical University of Graz, Graz, Austria  
Dr. Alfred **Uhl**, Anton Proksch Institute, Vienna, Austria  
Prof. Em. Dr. Paul **Walter**, University of Basel, Basel, Switzerland  
ao. Univ.-Prof. Dr. Karl-Heinz **Wagner**, University of Vienna, Vienna, Austria  
Assoc.-Prof. Emorn **Wasantwisut**, PhD, Mahidol University, Bangkok, Thailand



**Thursday, Oct. 20<sup>th</sup>, 2011**  
**Museum of Natural History**



The Museum of Natural History Vienna is among the largest of its kind and one of the most important museums in Europe. In 39 exhibition halls thousands of objects representing the earth and life sciences convey an impression of the breathtaking diversity of nature. Precious minerals, rare fossils, huge dinosaurs and unique prehistoric findings, such as the famous Venus of Willendorf, are presented as well as the immense variety of animal life.

#### **Programme:**

- 19:00 Come-Together: International Experts of Nutrition and Public Health, Guests of Honour and Participants of the ANS Annual Meeting 2011
- 19:30 Dinner with Musical Performance:  
Special Guest **Amira Elmadfa** (Mezzosoprano, Opera Kiel)  
accompanied by piano



#### **Arrival:**

Museum of Natural History Vienna  
Burgring 7, 1010 Vienna, Austria

#### **Public Transport:**

By subway – U2 “Museumsquartier” U3 “Volkstheater”  
Tram D, 1, 2 | Bus 2A, 57A “Burgring”

#### **Costs:**

€ 39,-

Please apply your attendance in the registration form.



# EMPFEHLEN SIE DIESEN TEST WEITER!



Nur jeder 8. Europäer glaubt, er sei für kardiovaskuläre Erkrankungen gefährdet. Tatsächlich erkrankt aber jeder 2. daran. Motivieren Sie Ihre Patienten, den ersten Schritt in ein gesundes Leben zu tun!

Der Becel-Herzalter-Test führt dem Nutzer sein ganz persönliches Risiko eindrucksvoll vor Augen.

- **WISSENSCHAFTLICH FUNDIERT**

Der Herzalter-Test basiert auf dem aktuellen Framingham-Risk-Score\*.

- **EINFACH ZU VERSTEHEN**

Der Herzalter-Test macht das Thema Herzgesundheit persönlich greifbar und relevant.

- **SCHNELL, EFFEKTIV UND GRATIS**

Der Test dauert 1-2 Minuten und ist für jeden im Internet unter [www.herzalter.at](http://www.herzalter.at) abrufbar.

- **MOTIVIEREND UND ERMUTIGEND**

Risikoinformation motiviert Patienten nachweislich zu einem gesünderen Lebensstil.

- **MASSGESCHNEIDERT UND INDIVIDUELL**

Ein 12-wöchiger „Herz-Gesundheits-Plan“ gibt zahlreiche praxisrelevante Tipps zur schrittweisen Umstellung auf einen gesunden Lebensstil.

„Der Framingham-Risk-Score ist für mich eine seriöse wissenschaftliche Basis zur Einschätzung des individuellen Herz-Kreislauftrisikos. Der etwas abstrakte Wert des absoluten 10-Jahresrisikos wurde durch die Einführung des Begriffes „Herzalter“ in der aktuellsten Version der Framingham-Formel wesentlich anschaulicher gemacht. Ich sehe darin eine große Chance, mehr Menschen dazu motivieren zu können, ihr erhöhtes Risiko zu erkennen und durch gezielte Veränderung der Risikofaktoren zu verringern.“



OA Univ.-Doz.  
Dr. Bernhard Paulweber  
Univ.-Klinik für Innere Medizin I,  
Gastroenterologie und  
Stoffwechselerkrankungen,  
LKH Salzburg



Testen Sie den Test! Er unterstützt sicher auch Ihren Beratungsalltag!

[www.herzalter.at](http://www.herzalter.at)

\* D'Agostino RB, Vasan RS, Pencina MJ et al.: General cardiovascular risk profile for use in primary care: The Framingham Heart Study. *Circulation* 2008; 117(16):743-753



## Nutrition in Health Promotion and Disease Prevention

October 19<sup>th</sup> – 21<sup>st</sup>, 2011,  
Ceremonial Room, Federal Ministry of Health, Vienna



Österreichische Gesellschaft für Ernährung / Austrian Nutrition Society  
C/O Ages Bürotrakt WH, Spargelfeldstraße 191, 1220 Vienna, Austria  
Tel.: +43/1/714 71 93, Fax: +43/1/718 61 46, e-mail: [info@oeg.at](mailto:info@oeg.at), [www.oeg.at](http://www.oeg.at)

Conference fees (please mark with a cross)	Early registration (before Sept. 16 <sup>th</sup> , 2011)	Late registration (after Sept. 16 <sup>th</sup> , 2011)
ÖGE members	<input type="checkbox"/> € 150	<input type="checkbox"/> € 170
Students (members of ÖGE)	<input type="checkbox"/> € 50	<input type="checkbox"/> € 70
Members (AKE, VEÖ, Verband der Diaetologen)*	<input type="checkbox"/> € 180	<input type="checkbox"/> € 200
Students (AKE, VEÖ, Verband der Diaetologen)*	<input type="checkbox"/> € 60	<input type="checkbox"/> € 90
I am a member of the	<input type="checkbox"/> AKE <input type="checkbox"/> VEÖ <input type="checkbox"/> Verband der Diaetologen	
Other participants (e.g. companies)	<input type="checkbox"/> € 200	<input type="checkbox"/> € 220
Other participants (students)*	<input type="checkbox"/> € 80	<input type="checkbox"/> € 100
One-Day-Pass (Wednesday, Oct. 19 <sup>th</sup> only)	<input type="checkbox"/> € 60	<input type="checkbox"/> € 80
Dinner (Thursday, Oct. 20 <sup>th</sup> )	<input type="checkbox"/> € 39	

\* Please send us a confirmation

Please note that due to the bank fees, € 8 will be charged for **all non Euro Zone bank** transfers.

I transfer the amount of € \_\_\_\_\_ to the ÖGE-Account, Österreichische Postsparkasse, Bank Code 60000, Account Number 1321.063, IBAN: AT456000000001321063, BIC/SWIFT: OPSKATWW, reason for transfer "ANS 2011".

\_\_\_\_\_  
Title, First Name and Family Name of the participant

\_\_\_\_\_  
Company / Institute

\_\_\_\_\_  
Address

\_\_\_\_\_  
Postal Code and City

\_\_\_\_\_  
Country

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Fax

\_\_\_\_\_  
e-Mail

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

### Conditions of Participation and Cancellation:

You will receive a confirmation of attendance and payment along with your registration on the day of the congress. If payment is transferred after Oct. 1<sup>st</sup>, 2011 we would ask you to prepare your payment document with your registration. Full participation fee will be charged for cancellation after Sept. 16<sup>th</sup>, 2011. It is possible to send a substitute participant instead of cancelling your attendance.

# Die österreichische Ernährungspyramide



## Die 7 Stufen zur Gesundheit



### Alkoholfreie Getränke

Täglich mindestens 2,5 Liter Wasser und alkoholfreie bzw. energiereiche Getränke



### Gemüse, Hülsenfrüchte und Obst

Täglich 3 Portionen Gemüse und 1 oder 2 Portionen Obst und 2 Portionen Salat



### Getreide und Erdäpfel

Täglich 4 Portionen Getreide, Brot, Nudeln, Reis, oder Erdäpfel (3 Portionen für sportlich Aktive und/oder ältere, verregnete Individuen)



### Milch und Milchprodukte

Täglich 3 Portionen Milchprodukte (einschl. fermentierter Joghurt)



### Fisch, Fleisch, Wurst und Eier

Wechselndlich 1 - 2 Portionen Fisch, 3 Portionen Fleisch, 3 Portionen Wurst, 3 Portionen Fleisch oder Wurst, 3 Portionen maximal 2 Eier



### Fette und Öle

Täglich 1 - 2 Esslöffel pflanzliche Öle, Nüsse oder Samen, Streich-, Back- und Bratfette und fettreiche Milchprodukte sparsam



### Fettes, Süßes und Salziges

Süßes, Fett-, Zucker- und Salzreiches Lebensmittel und energiereiche Getränke