

Recommendation regarding	Description	1 - 3 years	4-6 years	7-9 years	10-12 years	13-14 years	15-18 years	19 -65 years	65 + years (mobil)
<b>Physical activity (minimum)</b> 	<b>Everyday exercise</b> Includes all physical activities that strengthen major muscle groups. Medium intensity means that speaking during exercise is possible, whereas singing is not. Higher intensity implies that only short conversations are feasible. Strengthening exercise describes physical activity in which the own bodyweight (for example 'push-ups), weights (for example barbells, heavy backpack) or other tools (for example Theraband) are used as a resistance.	60 minutes	60 minutes	60 minutes	60 minutes	60 minutes	60 minutes	150 minutes/week	
<b>Water</b> 	<b>Non-alcoholic beverages</b> Drink at least following amount of liquid daily. Give preference to low-energy beverages such as water, mineral water, unsweetened fruit and herbal teas or diluted fruit or vegetable juices. Addressing adults: there are no reasons against moderate daily amounts of coffee, black tea (3-4 cups) or other caffeinated beverages.	0,75 - 0,77 litre	0,810 litre	0,900 litre	1,020 litre	1,260 litre	1,455 litre	1,5 litre	1,5 litre
<b>Potatoes, bread and grains</b> 	<b>Cereals, cereal products and potatoes</b> Eat four servings per day of cereals, bread, pasta, rice or potatoes (five servings for high sports-active individuals and children). Give preference to whole grain products!	5 Port. (30 g bread or grains/Port., 120 g potatoes or noodles/Port., 90 g rice/Port.)	4 Port. (3 Port. Bread à 50 g; 1 Port. Potatoes etc. 150 g)	4 Port. (3 Port. Bread à 60 g; 1 Port. Potatoes... 180 g)	4 Port. (3 Port. Bread à 75 g; 1 Port. Potatoes... 220 g)	4 Port. (3 Port. Bread à 85 g; 1 Port. Potatoes... 250 g)	4 Port. (3 Port. Bread à 100 g; 1 Port. Potatoes... 300 g)	4 Port. (50-70 g bread or grains/Port., 200-250 g potatoes or noodles/Port., 150-180 g rice/Port.)	4 slices bread, 180 - 220 g potatoes, rice,...
<b>Vegetables, legumes, fruits</b> 	<b>Vegetables, pulses and fruits</b> Eat five servings of vegetables, legumes and fruits daily. Three portions of vegetables and/or pulses and two portions fruits are ideal. Rule of thumb: One's clenched fist equals a serving of fruits, vegetables or pulses. Have your vegetables partly raw and consider seasonal and regional availability when choosing fruit and vegetables.	3 Port. Vegetables (~270 g); Legumes (~60 g); 2 Port. Fruits (~100 g)	3 Port. Vegetables (~210 g), 2 Port. Fruits (~200 g)	3 Port. Vegetables (~225 g), 2 Port. Fruits (~220 g)	3 Port. Vegetables (~255 g), 2 Port. Fruits (~250 g)	3 Port. Vegetables (~285 g), 2 Port. Fruits (~280 g)	3 Port. Vegetables (~330 g), 2 Port. Fruits (~325 g)	3 Port. Vegetables and legumes; 2 Port. Fruits	400 g vegetables + 250 g fruits/day, 30 g legumes/week
<b>Dairy</b> 	<b>Milk and milk products</b> Consume three servings of milk and milk products daily. Preference should be given to low-fat versions. Ideally choose two servings of 'white' (for example yoghurt, buttermilk, cottage cheese) and one serving of 'yellow' (cheese) milk products.	3 Port. (2 Port. "white" (milk, yoghurt,... and 1 Port. "yellow" (cheese, 1 slice)	3 Port. (e.g. 150 ml milk, 150 g yoghurt, 25 g cheese)	3 Port. (e.g. 200 ml milk, 150 g yoghurt, 30 g cheese)	3 Port. (e.g. 220 ml milk, 150 g yoghurt, 30 g cheese)	3 Port. (e.g. 235 ml milk, 150 g yoghurt, 30 g cheese)	3 Port. (e.g. 250 ml milk, 150 g yoghurt, 30 g cheese)	3 Port. (e.g. 200 ml milk, 180-250 g yoghurt, 50-60 g cheese)	200 g low fat dairy, 50 g cheese
<b>Meat, fish, eggs, sausage</b> 	<b>Fish, meat, meat products and eggs</b> Eat at least 1-2 portions of fish per week. Preference should be given to fat-rich saltwater fish such as mackerel, salmon, tuna and herring or local cold water fish such as char. Consume a maximum of three portions of low-fat meat or low-fat meat products per week. rarely eat red meat (i.e. beef, pork and lamb) and meat products. You may consume up to three eggs per week.	1 egg/week; 1 Port. = ~50g; Fish: 1-2 Port./week; Meat/meat products: 3 Port./week	per day: 100 g meat OR 25 g meat products OR 50 g fish; 2 eggs/week	per day: 130 g meat OR 30 g meat products OR 75 g fish; 2 eggs/week	per day: 170 g meat OR 30 g meat products OR 90 g fish; 2-3 eggs/week	per day: 200 g meat OR 30 g meat products OR 100 g fish; 2-3 eggs/week	per day: 210 g meat OR 45 g meat products OR 100 g fish; 2-3 eggs/week	1-2 Port. a week Fish (~150 g); max. 3 Port. a week meat and meat products (à 100 - 150 g), max. 3 eggs/week	150 g fish/week, 400 g meat and meat products/week, 3 eggs/week
<b>Fat, oils and nuts</b> 	<b>Added lipids</b> Quality matters more than quantity. Higher quality vegetable oils such as olive or rapeseed oil and also e.g. walnut, soy, linseed, sesame, sunflower, pumpkin seed or grape seed oil as well as nuts and seeds contain valuable fatty acids and can therefore be consumed in moderate daily amounts. Sparingly use spreadable fats, shortenings and frying greases such as butter, margarine or lard plus fat-laden milk products such as whipping cream, or sour cream.	5 g/portion; max. 25 g	24 g	30 g	34 g	38 g	42 g	1-2 tablespoons/day	30 g
<b>Sweets, fatty and salty snacks</b> 	<b>Fatty, sweet and savoury</b> Rarely consume fat-rich, high-sugar and high-salt foods or energized beverages. Sweets, pastries, high-fat and/or high-sugar fast food products, snacks, savouries and soft drinks are nutritionally less recommendable and should be consumed infrequently - which means one portion a day of those energy-rich snacks at an outside estimate. Use herbs and spices but less salt (6g per day max.). Avoid heavily salted groceries such as corned meats, salted nuts, ready-made sauces...	rarely, max. 1 Portion	rarely, max. 1 Portion	rarely, max. 1 Portion	rarely, max. 1 Portion	rarely, max. 1 Portion	rarely, max. 1 Portion	rarely	rarely