



# ! GERMANY

## Nutrition in Germany

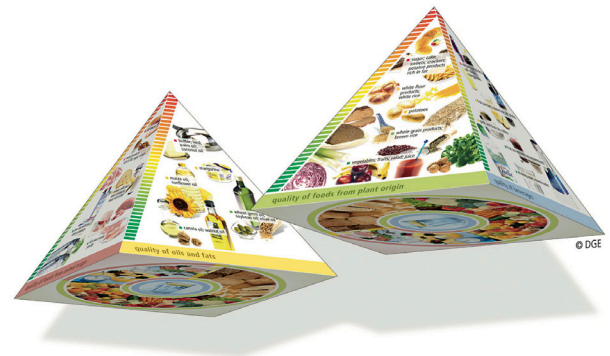
Nutrition is similar all over the world! Here's how Germans stay healthy. The 10 dietary guidelines of the German Nutritional Society (DGE) summarize how a wholesome diet can be implemented and they are based on recent scientific knowledge.

### 10 guidelines for a wholesome diet:

1. Enjoy food diversity
2. Vegetables and fruit – take “5 a day”
3. Favor whole-grain foods
4. Complete the choice with animal-based foods
5. Choose health-promoting fats
6. Reduce sugar and salt intake
7. Water is the best choice
8. Prepare carefully cooked dishes
9. Mindful eating and enjoying
10. Watch your weight and stay active

### The German Three-Dimensional Food Pyramid

This food guide pyramid represents the German dietary guidelines. The Three-Dimensional Food Pyramid 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.



The DGE Nutrition Circle is the basis of the Three-Dimensional Food Pyramid. It is printed on the bottom surface of the pyramid and graphically illustrates the relative quantities of the different food groups which are required for a wholesome diet. The four lateral faces of the pyramid expand the quantitative recommendations on the bottom surface of the pyramid by recommendations regarding the choice within the food groups. The seven food groups of the DGE Nutrition Circle are classified into 4 product groups: plant based foods, animal-based foods, oil and fat, and drinks.

### Sources:

German Nutrition Society. (2017). 10 guidelines of the German Nutrition Society (DGE) for a wholesome diet. Retrieved from <https://www.dge.de/fileadmin/public/doc/en/10-guidelines-wholesome-diet-dge.pdf>

German Nutrition Society. (n.d.). The German Three-Dimensional Food Pyramid. Retrieved from <https://www.dge.de/en/>



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## Cooking Terms to Know

**Grate:** To rub food on a grater to make small pieces

**Shred:** To tear food into long, thin pieces; to grate food coarsely on a grater

**Marinate:** To soak in an acid-oil mixture

**Grease:** To rub with fat or oil

**Blend:** To mix two or more ingredients together thoroughly

**Cream:** To beat until soft and smooth

**Brown:** To cook over heat until food becomes brown in color

**Chop:** To cut into small bite-sized pieces (approximately 1/2")

**Dice:** To cut into small cubes (approximately 1/4")

**Mince:** To cut into small, fine pieces

**Mix:** To combine or blend into one mixture

**Pare:** To cut a very thin layer of peel from fruits or vegetables

**Sauté:** To cook in a small amount of butter, oil, or other fat over medium or high heat

**Simmer:** To cook in liquid just below the boiling point. Foods are often brought to a boil 1st and then heat is reduced to simmer.

## Wash your hands!

- Start with warm running water and soap.
- Lather up all parts of your hands, including the back of the hands, wrists, around the nails, and between fingers.
- Rub hands together for 20 seconds, about the time it takes to sing "Happy Birthday!" two times.
- Rinse well under water and pat dry with a towel.
- Use the towel to turn off the faucet.

### Source:

Virginia Cooperative Extension. (2017). Teen Cuisine Curriculum. Retrieved from <https://ext.vt.edu/4h-youth/healthy-living.html>



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## How to Chop Apples

1. Wash apple and place on cutting board.
2. Cut lengthwise down the core from the stem to the bottom. Keep tip of the knife on the cutting board for stability.
3. Quarter the apple.
4. Turn each piece of the apple onto the side and make a diagonal cut to remove the core.
5. Place the apple quarter with the skin up on the cutting board and slice into thinner wedges.



### Fruit with Yogurt Orange Dip

#### Ingredients:

1/4 cup low-fat vanilla yogurt  
2 tablespoons orange juice  
1/4 teaspoon ground cinnamon  
2 cups fresh fruits (such as apples, pears, bananas, grapes), washed, peeled, and sliced

#### Directions:

1. Mix yogurt, orange juice, and cinnamon together in a mixing bowl and stir until smooth
2. Dip fresh fruit into yogurt mixture

#### Source:

Virginia Cooperative Extension. (2017). Teen Cuisine Curriculum. Retrieved from <https://ext.vt.edu/4h-youth/healthy-living.html>