

European national references to find information on dietary guidelines and advice

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Following your country's dietary guidelines is the safest way to meet your micronutrient needs! Find below a list of national sources to get reliable advice on how to follow a healthy diet according to your country's recommendations:

Country	References
Albania	Rekomandime për ushqyerjen e shëndetshme në shqipëri
Austria	Bundesministerium für Soziales, Gesundheit, Pflege und Konsumentenschutz Öffentliche Gesundheitsportal Österreichs Die österreichische Ernährungspyramide Österreichische Gesellschaft für Ernährung
Belgium	Plan National Nutrition Santé (PNNS) Manger Bouger Nationaal Voedings- en GezondheidsPlan (NVGP) Vlaams Instituut Gezond Leven
Bosnia and Herzegovina	Vodič o ishrani za odraslu populaciju
Bulgaria	Food-based dietary guidelines for the Bulgarian population
Croatia	Prehrambene smjernice za odrasle
Cyprus	εθνικές οδηγίες διατροφής και άσκησης
Denmark	Alt om kost - Miljø- og Fødevareministeriets
Estonia	Eesti toitumis- ja liikumissoovitused Toidusoovitused
Finland	Ruokavirasto
France	Manger bouger – Programme National Nutrition Santé (PNNS)
Georgia	jansaRi kveba – janmrTelobis mTavari gasaRebi
Germany	dge-ernaehrungskreis.de - DGE-Ernährungskreis (dge-ernaehrungskreis.de) 10 Regeln der DGE - DGE Die Ernährungspyramide: Das sagt sie aus - BZfE

Greece	Εθνικοί Διατροφικοί Οδηγοί
Hungary	Táplálkozási ajánlások a magyarországi felnőtt lakosság számára
Iceland	Ráðleggingar um mataræði - Embætti landlæknis
Ireland	Healthy food for life leaflet - The food pyramid guide to everyday food choices Healthy Ireland - Department of Health
Italy	Centro di ricerca CREA-Alimenti e Nutrizione AlimentiNutrizione
Latvia	Veselīga uztura ieteikumi pieaugušajiem
Luxembourg	Manger et bouger
Malta	Dietary guidelines for Maltese adults: booklet for consumers
The Netherlands	Gezond eten (Voedingscentrum) Gezond, duurzaam en veilig eten (Voedingscentrum)
North Macedonia	Насоки за исхрана на населението во Република Македонија
Norway	Kosthold og ernæring
Poland	Zasady prawidłowego żywienia
Portugal	Programa Nacional para a Promoção da Alimentação Saudável Associação Portuguesa de Nutrição
Romania	Reguli pentru o alimentatie sănătoasă
Serbia	Društvo za ishranu Srbije
Slovenia	CINDI Slovenia Z zdravo prehrano in gibanjem do zdravja Zdrav krožnik 12 korakov do zdravega prehranjevanja
Spain	Sociedad Española de Nutrición Comunitaria Aesan – Agencia Española de Seguridad Alimentaria y Nutrición Fundación Española de la Nutrición (FEN)
Sweden	Livsmedelsverket
Switzerland	Schweizer Lebensmittelpyramide Schweizerische Gesellschaft für Ernährung SGE
Turkey	Dietary guidelines for Turkey Bakanlığı Halk Sağlığı Genel Müdürlüğü

United Kingdom	Eat well - National Health Service (NHS) British Nutrition Foundation The Association of UK Dietitians (BDA)
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For more information consult: <http://www.fao.org/nutrition/education/food-dietary-guidelines/en/>