

The Official Dietary Guidelines

– good for health and climate

Ministry of Food, Agriculture and Fisheries of Denmark
Danish Veterinary and Food Administration

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The Official Dietary Guidelines – good for health and climate **are recommendations for a healthy diet with a low climate footprint.**

By following all the dietary guidelines, it is easier for you to cover your need for vitamins, minerals and other important nutrients. You will also find it easier to maintain a healthy body weight and lower the risk of lifestyle diseases such as cardiovascular diseases, type 2 diabetes and certain types of cancer.

What we eat and drink affects both our health and the climate. Therefore, the Official Dietary Guidelines show how you can eat a healthy diet and at the same time lower your climate footprint. Enjoying healthy meals with a lower climate footprint can offer pleasure and well-being while playing an important role in your social life.

The Danish Veterinary and Food Administration is behind the Official Dietary Guidelines. The guidelines are based on scientific evidence and advice from the National Food Institute at Technical University of Denmark – DTU, and are developed in dialogue with a wide range of stakeholders.

Follow the Official Dietary Guidelines – and make a difference for both health and climate.

Most of the Danish population can benefit from following the dietary guidelines.

The amounts you see for each dietary guideline apply to prepared food for an adult with a diet of 10 MJ. This means that children, for example, should eat smaller amounts.

The dietary guidelines do not apply to children under 2 years of age, elderly people with a poor appetite and people with special dietary needs due to a medical condition. Pregnant and breastfeeding women and people older than 70 years should follow additional recommendations. This also applies to people who do not eat fish, meat or dairy products.

Find out more at altomkost.dk.

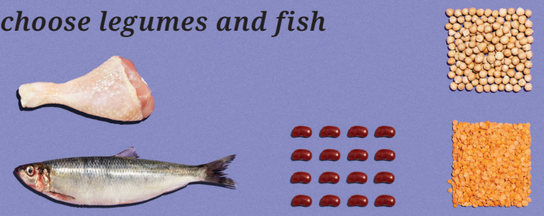
Eat more vegetables and fruit



Eat wholegrain foods



Eat less meat – choose legumes and fish



Thirsty? Drink water



Choose vegetable oils and low-fat dairy products



Eat less sweet, salty and fatty food



Eat plant-rich, varied and not too much



Eat plant-rich, varied and not too much

When you eat plant-rich, varied and not too much, it benefits both your health and the climate.

Plant-rich and varied food is food with many vegetables, legumes, fruits, nuts, seeds, wholegrain products and potatoes. Plant-rich and varied food, in line with the Official Dietary Guidelines, also includes fish, eggs, dairy products and vegetable oils as well as a limited amount of meat.

Legumes, nuts, seeds and cereal products are important sources of protein in a plant-rich and varied diet.

A varied diet also means eating different vegetables and fruits, different cereal products, different types of fish etc. Variety is important to get all the vitamins, minerals and other nutrients your body needs.

It is also important for both your health and the climate that you do not eat too much. Therefore, fill up on healthy food, drink water when you are thirsty and limit especially your intake of foods and drinks such as soft drinks, alcohol, sweets, cakes and chips.

Eating less salty food and being physically active also benefit your health.

Make a difference for health and climate

→ Introduce meat-free days and cut down on meat in your meals. You can replace meat with vegetables, legumes or wholegrain.

→ Eat different vegetables and fruits, different cereal products, different types of fish etc.

→ Fill up on healthy food and drink water when you are thirsty. Limit especially foods and drinks such as soft drinks, alcohol, sweets, cakes and crisps.

→ Some of the biggest sources of salt are bread, cold cuts, cheese and ready-made meals. You can reduce your intake of salt by choosing foods marked with the Keyhole label. *Read more about the Keyhole label on page 18.*

→ Follow the Danish Health Authority's recommendations on physical activity. *Find out more at sst.dk.*

Eat more vegetables and fruit

Vegetables and fruits benefit your health. They have a high content of vitamins, minerals and dietary fibre – especially high-fibre vegetables, such as peas, carrots and cauliflower. Vegetables of different colours contain different vitamins and minerals. It is therefore important to eat different types.

Vegetables and fruits have a low climate footprint compared to other foods.

Make a difference for health and climate

→ Eat 600 g of vegetables and fruit a day – that is, '6 a day'. At least half should be vegetables. About 100 g of vegetables or fruit is for example equivalent to a large carrot or an apple.

→ Eat different types of fruits and vegetables and choose especially:

- High-fibre vegetables such as peas, cabbage and root vegetables.
- Dark green vegetables such as spinach, broccoli and kale (about 100 g a day is adequate).
- Red and orange vegetables such as carrots, tomatoes and red peppers (about 100 g a day is adequate).

→ Choose seasonal vegetables, fruits and berries. Frozen and preserved vegetables, such as frozen peas or peeled tomatoes, also count towards the 600 g a day.

→ A small glass of juice (100 ml) can count as 1 of your '6 a day', but only as 1. Keep in mind that fruit juice typically contains as many calories as for example soft drinks.

→ Potatoes, mushrooms and dried fruit, such as raisins, do not count towards the 600 g a day.

→ Include potatoes in your meals several times a week. About 100 g of potatoes a day is adequate when eating a plant-rich and varied diet.



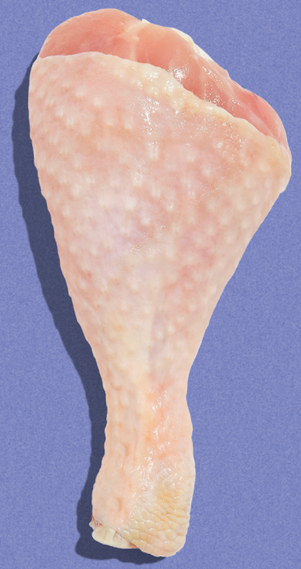














Eat less meat – choose legumes and fish

Legumes and nuts are good choices when you want to eat a healthy diet. When eating a plant-rich and varied diet, legumes, nuts and seeds are good sources of protein and other nutrients. Legumes also have a low climate footprint compared to other foods.

Fish and shellfish benefit your health. They contain fats, vitamins and minerals which can be difficult to get in sufficient amounts from other foods. They also contribute with protein. Especially oily fish are good sources of the important omega-3 fatty acids.

Different types of fish have very different climate footprints. When buying fish, it is important that you go for the environmentally friendly choices. *Find out more about environmentally friendly choices of fish at altomkost.dk.*

Meat and eggs contribute with protein, vitamins and minerals. However, limiting your intake of meat from four-legged animals, especially processed meat, will benefit your health. Four-legged animals include beef, veal, lamb and pork. Processed meat are meat that, for example, has been smoked or salted, including cold cuts, sausages and bacon.

Cutting down on meat also benefits the climate. This applies to all types of meat, and in particular beef and lamb, which are among the foods with the highest climate footprint. Poultry, pork and eggs have a significantly lower impact on the climate than beef and lamb.

Make a difference for health and climate

- → Cut down on meat. About 350 g of meat a week is adequate when eating a plant-rich and varied diet. Limit especially beef and lamb.
- → Limit processed meat, such as smoked and salted meat, as much as possible.
- → Choose mainly meat and meat products with a maximum of 10 % fat.
- → Eat 350 g of fish per week, of which 200 g is oily fish*. Oily fish include for example, herring, mackerel, salmon and trout. It is important to eat different types of fish. All kinds of fish, shellfish and roe count in the 350 g.
- → Eat more legumes, such as brown, white and black beans, kidney beans, lentils and chickpeas. About 100 g a day (in addition to the 600 g of vegetables and fruits) is adequate when eating a plant-rich and varied diet.
- → Eat about 30 g of nuts a day. Vary between different types, such as walnuts, hazelnuts and almonds. Choose unsalted nuts or nuts with a maximum of 0.8 g of salt per 100 g.
- → Supplement your meals with seeds. About 1-2 tablespoons of seeds a day is adequate when eating a plant-rich and varied diet. Choose for example, sesame seeds, pine nuts and pumpkin seeds. Bread can be a good source of seeds.
- → For variation in your meals, eat eggs. About 3 eggs a week is adequate when eating a plant-rich and varied diet.

*Pregnant and breastfeeding women and children under 15 years of age should follow additional recommendations for limiting the intake of large predatory fish, such as tuna. Find out more at altomkost.dk.



Eat wholegrain foods

Wholegrain benefits your health. You find wholegrain in foods made from cereal products, in which the whole grain is retained. This means you get more vitamins, minerals and dietary fibre. In a plant-rich and varied diet, cereal products are also an important source of protein.

Wholegrain foods help you to feel full. This means you eat less and find it easier to maintain your body weight. Wholegrain also benefits your digestion. Wholegrain can be both intact and cracked grains and grains processed into for example whole meal flour.

Cereal products have a low climate footprint compared to other foods. However, rice may have a larger climate footprint than other cereals.

Make a difference for health and climate

→ Eat 90 g of wholegrain a day or more. For example, 90 g of wholegrain corresponds to a portion of oatmeal, one slice of wholegrain rye bread and a small portion of wholegrain pasta. It is important to eat different types of wholegrain products.

→ Choose wholegrain varieties when you eat bread, pasta, rice, crispbread, breakfast cereals and porridge and when you, for example, buy sandwiches or takeaway.

→ Look for the Whole Grain logo when you shop. This is your guarantee that you buy a product with wholegrain and dietary fiber.













Choose vegetable oils and low-fat dairy products

Vegetable oils, such as rapeseed and olive oil, are good sources of fats when you want to eat a healthy diet with a lower climate footprint. Choosing vegetable oils instead of solid fats, such as butter and coconut oil, is good for your health and you will get more of the fats you need. However, all types of fats contain many calories. It is therefore important that you limit your intake. Vegetable oils have a smaller climate footprint than butter and spreadable products.

Dairy products like milk, yoghurt and cheese contain both protein and different vitamins and minerals, such as calcium. When choosing low-fat dairy products rather than higher-fat varieties, you get the important nutrients while reducing calories. You can eat smaller amounts of the higher-fat dairy products – but only occasionally. A high intake of dairy products lead to increased climate impact.

Make a difference for health and climate

- → For cooking, choose vegetable oils like rapeseed and olive oil rather than solid fats, such as butter and coconut oil.
- → Limit the use of butter on bread and sandwiches. Choose for example hummus or a little pesto instead.
- → Choose mainly skimmed milk or buttermilk.
- → Choose mainly fermented milk products, such as plain yogurt, with a maximum of 1.5% fat and choose mainly cheese with a maximum of 17% fat (30+). Limit your intake of high-fat dairy products, such as cream.
- → 250-350 ml milk or milk products a day is adequate when eating a plant-rich and varied diet. The quantity depends on your age (see the info box on the right).
- → Also, use cheese in your food or in sandwiches. About 20 g of cheese (1 slice) a day is adequate when eating a plant-rich and varied diet. The quantity is less for children.

When you eat a plant-rich and varied diet, an appropriate amount of milk or milk products, as well as cheese, will depend on your age:

- For 2-3 year-olds: A small glass of milk + a small portion of milk product (in total about 250 ml) and 1/4 slice of cheese (about 5 g)
- For 4-10 year-olds: A glass of milk + a small portion of milk product (in total about 300 ml) and ½ slice of cheese (about 10 g)
- For 11-17 year-olds: A glass of milk + a small portion of milk product (in total about 300 ml, however up to 350 ml at puberty and high growth) and 1 slice of cheese (about 20 g)
- For 18-70 year-olds: A small glass of milk + a small portion of milk product (in total about 250 ml) and 1 slice of cheese (about 20 g)





Eat less sweet, salty and fatty food

To ensure a healthy diet, limit your intake of sweets, cake, chocolate, ice cream, biscuits and chips. This also applies to certain types of fast food, such as pizza, fries and burgers.
You can eat a limited amount of sweet, salty and fatty food, but a high intake can lead to excess calories.
Sweet, salty and fatty food also impacts the climate unnecessarily. Therefore, limit your intake as it benefits both your health and the climate.

Make a difference for health and climate

- → Limit the amount of snacks and sweets you eat to a maximum of 5 handfuls a week. This applies, for example, to sweets, cake, chocolate, ice cream, biscuits, chips and sweet beverages.
- → Keep in mind that, even though you are physically active, you still only have a limited room for the sweet, salty and fatty food.
- → When buying fast food or takeaway, choose products or meals with for example vegetables, legumes, wholegrain and fish.
- → Do not stock up on sweet, salty and fatty food to avoid being tempted to eat too much of it.
- → Choose nuts or fruit when you need a snack. Choose unsalted nuts or nuts with a maximum of 0.8 g of salt per



A maximum of 5 handfuls a week is a guideline for how much snacks and sweets you have room for in your diet when you eat healthy and varied.

It is the size of your own hand that defines how much snacks and sweets is suitable for you. You have less room in the diet for snacks and sweets as a child compared to an adult, and as a woman compared to a man.

Find out more at altomkost.dk





Thirsty? Drink water

Your body needs water to function properly. Water covers your need for fluids without contributing with calories.

To take care of your health, it is important to limit your intake of alcohol and sweet beverages such as soft drinks, lemonade, ice tea, sports- and energy drinks. Do not drink alcohol to benefit your health.
A high intake of both sugar-sweetened beverages and alcohol can contribute to excess calories.

Different types of beverages have different climate footprints. In Denmark, we drink a lot of alcohol, coffee, tea and sweet beverages. Therefore, these beverages together make up a significant part of the climate footprint from our diet. Water from the tap is the most climate-friendly choice.

Make a difference for health and climate

- → Drink water when you are thirsty – with your meals and when you are physically active.
- → Fruit juice typically contains as much sugar and calories as soft drinks. You should therefore drink at most a small glass of juice (100 ml) a day.
- → If you drink coffee as an adult, then drink no more than 4 cups a day.
- → Drinking 1-1½ liters of liquids per day is usually sufficient. Water, coffee and tea, as well as milk, juice and other beverages, count towards your liquid intake. When you are physically active, or when you sweat a lot, you need to drink more than usual.
- → Cut down on alcohol. *Find out more about the Danish Health Authority's advice on alcohol at sst.dk.*
- → Do not stock up on sweet beverages to avoid being tempted to drink too much of them.
- → For adults who regularly drink sugar-sweetened beverages, diet beverages can be used as a temporary substitute to reduce calories from sweet beverages.

Cut down on sweet beverages - both suger-sweetened and diet. This applies, for example, soft drinks, lemonade, ice tea as well as sports and energy drinks. Drink no more than:

Children 4-6 years of age:
Maximum ¼ liter per week.

Children 7-10 years of age:
Maximum ⅓ liter per week.

Older children and adults:
Maximum ½ liter per week.

Children should not drink energy drinks.



Remember

Limit food waste

Food waste contributes to the climate impact. Therefore, consider how much food you buy and throw out. Plan your shopping, avoid impulse purchases and do not buy or eat more than you need. Store the food at the right temperature and pay attention to the ‘use-by’ and ‘best before’ dates. Avoid food waste by using leftovers for packed lunches or in other dishes. Quickly refrigerate leftovers that are to be used later.

Look for the Keyhole label

Look for the Keyhole label when shopping. The Keyhole label is the official nutrition label, which makes it easy to make healthier everyday choices. Choosing foods and drinks marked with the Keyhole label makes it easier to cut down on fat, sugar and salt and get more dietary fiber and wholegrain.

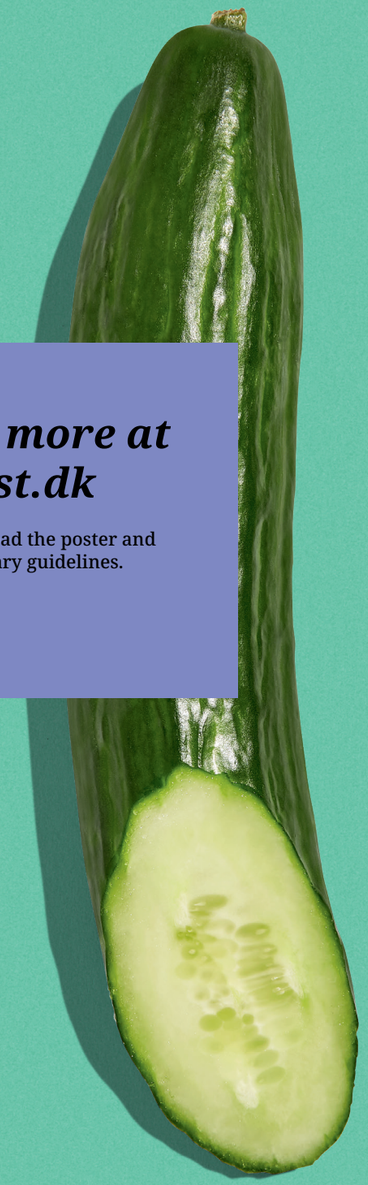
No one can do everything – but everyone can do something

We can all make a difference when shopping and with the food we put on our plate. Not only for our health, but also for the climate. If we are to reduce our climate impact, we must all be ready to act and try to make an effort – because everything counts. Efforts are already being made to develop production methods, with a lower climate footprint, to reduce food waste, and to inform Danes about healthy food that takes the climate into account.

Together, we can make a difference for both health and climate.

Find out more at altomkost.dk

You can also download the poster and leaflet with the dietary guidelines.





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