

Swiss dietary recommendations

for adults

Long version



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- Beverages** ▶ Drink regularly. Water is best.
1–2 litres per day
- Fruit and vegetables** ▶ Colourful and seasonal.
5 portions per day
- Cereal products and potatoes** ▶ Focus on wholegrain products.
3 portions per day
- Dairy products** ▶ Preferably unsweetened.
2–3 portions per day
- Pulses, eggs, meat and others** ▶ Enjoy the variety. More pulses.
1 portion per day
- Nuts and seeds** ▶ Daily in small quantities.
1 small handful per day
- Oils and fats** ▶ Vegetable oils are preferable.
2 tablespoons per day
- Sweetened beverages, sweets and salty snacks (optional)** ▶ In small quantities.
0–1 portion per day



sge-ssn.ch
Schweizerische Gesellschaft für Ernährung
Société Suisse de Nutrition
Società Svizzera di Nutrizione



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Federal Department of Home Affairs FDHA
**Federal Food Safety and
Veterinary Office FSVO**

Swiss food pyramid

Recommendations for adults

Beverages ► Drink regularly. Water is best.

1–2 litres per day of unsweetened beverages, preferably tap water, mineral water, herbal and fruit teas. Caffeinated drinks such as coffee and black tea can also count towards the fluid intake. They should be consumed in moderation.

Fruit and vegetables ► Colourful and seasonal.

5 portions per day, including 3 portions of vegetables and 2 portions of fruit. 1 portion equals 120 grams; in other words, a handful. Seasonal fruits and vegetables are preferable, as colourful as possible.

Cereal products and potatoes ► Focus on wholegrain products.

3 portions per day, at least half in the form of whole grain. 1 portion equals 75–125 grams bread/pastry or 200–300 grams potatoes or 45–75 grams cereal flakes, pasta, rice, crispbread, cornmeal, couscous, buckwheat, quinoa, flour and similar (dry weight).

Dairy products ► Preferably unsweetened.

2–3 portions per day of dairy products. 1 portion equals 2 decilitres milk or 150–200 grams yoghurt, quark, cottage cheese, blanc battu or 30 grams semi-hard/hard cheese or 60 grams soft cheese.

Pulses, eggs, meat and others ► Enjoy the variety. More pulses.

1 portion per day of a protein-rich food. Alternate between the different sources of protein over the course of the week: pulses, tofu, eggs, meat, fish and others. Eat pulses such as lentils, chickpeas, red and white beans at least once per week. Consume meat including poultry and processed meat a maximum of twice to three times per week. 1 portion equals 60 grams of uncooked pulses or 120 grams tofu, tempeh, seitan (plain) or other plant-based protein sources¹ or 30–40 grams soya granulate or 2–3 eggs or 100–120 grams meat, fish, seafood or 1 portion of dairy products².

Nuts and seeds ► Daily in small quantities.

1 small handful per day of unsalted nuts or seeds (e.g. walnuts, almonds, hazelnuts, linseeds, sunflower seeds). 1 portion equals 15–30 grams.

Oils and fats ► Vegetable oils are preferable.

2 tablespoons per day of vegetable oil (20 grams), of which at least 1 tablespoon should be in the form of rapeseed oil. Use butter, margarine and the like sparingly (max. 10 grams per day). Consume high-fat preparations such as creamy sauces or fried foods only occasionally.

Sweetened beverages, sweets and salty snacks (optional) ► In small quantities.

Enjoy sweetened beverages, sweets and salty snacks only in small quantities (**0–1 portion per day**). Alcoholic beverages should not be consumed on a daily basis. 1 portion equals 2 decilitres sweetened beverages such as cola, iced tea, energy drinks, light/zero drinks, cordials, sweetened dairy drinks and fruit juice drinks or 20 grams sweets such as chocolate, chocolate spread and sweet pastries or 20 grams salty snacks such as crisps, savoury nibbles and salted nuts.

¹ For example, based on pea protein, soya protein, fermented fungal protein (mycoprotein), etc.

² In addition to the recommended amount of 2–3 portions of dairy products.

Swiss food pyramid

Balanced, sustainable and enjoyable

A balanced diet and a healthy lifestyle promote good health and help prevent non-communicable diseases such as cardiovascular diseases. **What we eat also has an impact on the environment, the economy, the society and the animal welfare.** The recommendations of the food pyramid show how a balanced and sustainable diet can be realised.

The recommendations of the Swiss food pyramid apply to healthy adults between the ages of 18 and 65. **The quantities stated are for guidance only and depend on the individual energy and nutrient requirements.** They will vary according to the person's age, sex, height, level of physical activity and other factors. The present recommendations are based on a moderate level of physical activity per day (e.g. cycling for 30 minutes). Specific recommendations will apply to particular age and population groups such as children, pregnant women and senior citizens as well as in the case of vegetarian diets or illness.

All levels of the pyramid can be consumed.

Foods at the lower levels are needed in larger quantities than those higher up. Only the top level is non-essential. A balanced diet is diverse and incorporates not only different food groups but a variety of different foodstuffs within the food group.

Focus primarily on food that are unprocessed or minimally processed, such as vegetables, fruits, bread and plain yoghurt. Ultra-processed foods* such as sausage products, ready-to-eat meals and confectionery often have long lists of ingredients and are often high in energy, saturated fats, salt, sugar and additives, but contain low amounts of vitamins, minerals and dietary fibre.

With few exceptions, a diet in line with the food pyramid will provide an adequate supply of nutrients. The exceptions are iodine and vitamin D, since food contains only small quantities of these. The iodine requirement is met through **iodised table salt** and products which contain it (e.g. bread). **The body is able to produce itself vitamin D from sunlight,** which is why it is important to regularly spend time outdoors, even for short periods – in summer, around ten minutes.

Meals are not just about the intake of energy and nutrients, but also about pleasure, relaxation and social contact. **Giving yourself time to enjoy your food in peace and quiet without other distractions,** and regularly meeting up with other people to share a meal, promotes well-being and pleasure in eating.

In addition to a balanced diet, the following also contribute to a healthy lifestyle: **regular exercise, sufficient sleep and relaxation,** and the avoidance of tobacco and excessive alcohol consumption.

Tips

- ♥ Take time to eat your meals and enjoy them in peace and quiet.
- ♥ Explore food in all its variety and choose a diverse selection.
- ♥ Favour unprocessed and minimally processed foods as far as possible.
- ♥ Add only small quantities of salt or salt containing seasonings. Use iodised table salt.
- ♻ Plan your shopping and make use of leftovers. Avoid food waste*.
- ♻ When shopping, pay attention to the origin and production method of the food (e.g. seasonal vegetables, eggs from welfare-friendly husbandry).

* The terms marked with an asterisk * are explained in the glossary (last page).

♥ Health tip

♻ Sustainability tip

Swiss food pyramid

Every move counts!

Being physically active is good for your health, even if you don't manage to meet the recommendations³. The main thing is to keep moving.

The biggest positive impact on health is obtained from at least 150 to 300 minutes of **moderate-intensity**, endurance-oriented exercise (walking or cycling, gardening, housework, etc.) or at least 75 to 150 minutes of **high-intensity** exercise (e.g. jogging, swimming, cross-country skiing, Zumba, etc.) per week.

Muscle-strengthening activities should be undertaken moderate- to high-intensity at least twice a week, in addition to stamina-building exercise.

Variety is the key. As part of the weekly exercise programme, this includes a wide range of physical activity such as strength, endurance, balance and flexibility. This keeps the cardiovascular system going and helps the digestion. It's also important to avoid prolonged sitting and take regular activity breaks. In other words: stand up frequently and stretch your legs briefly before returning to your seat.



Moderate-intensity endurance:
At least 150 minutes per week

or



High-intensity endurance:
At least 75 minutes per week



Strength:
On two or more days per week



Avoid long
periods of
sitting

³ www.hepa.admin.ch/de/bewegungsempfehlungen (in German)

Beverages

Drink regularly. Water is best.

Recommendation

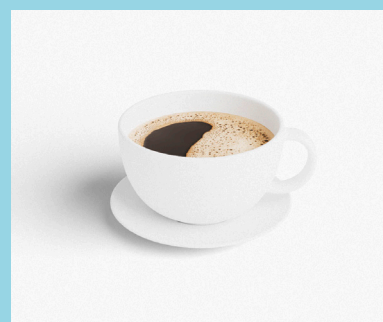
1–2 litres per day of unsweetened beverages, preferably tap water, mineral water, herbal teas and fruit teas. Caffeinated drinks such as coffee and black tea can also count towards your fluid intake. They should be consumed only in moderation.

Good to know

Beverages supply liquids, which the body needs for all its vital processes. Since the body is unable to build up stores of fluids, it's important to drink regularly.

Tips

- ♥ Drink regularly throughout the day, both at mealtimes and in between.
- ♻ On the move: Fill a reusable water bottle with tap water.
- ♻ Tap water is preferable from an ecological point of view. Unlike coffee and other beverages, it does not require the use of resources for agricultural production, packaging and transport by lorry or car.
- ♥ ♻ Enjoy coffee in moderate quantities (up to 3 cups per day).
- ♥ Sweetened beverages and fruit juice drinks* (with added sugar or sweeteners*) do not fall within the "Beverages" group in the food pyramid. They are not suitable as thirst-quenchers and should be drunk only occasionally and in small quantities.



Fruit and vegetables

Colourful and seasonal.

Recommendation

5 portions per day, including 3 portions of vegetables and 2 portions of fruit.

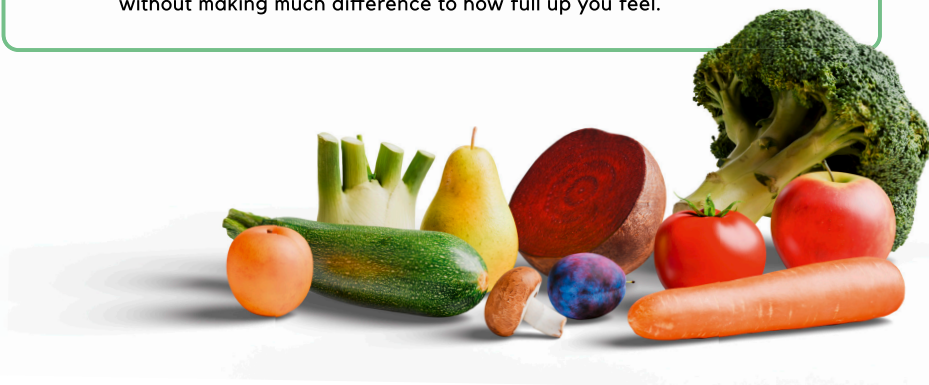
1 portion equals 120 grams; in other words, a handful. Seasonal fruits and vegetables are preferable, as colourful as possible.

Good to know

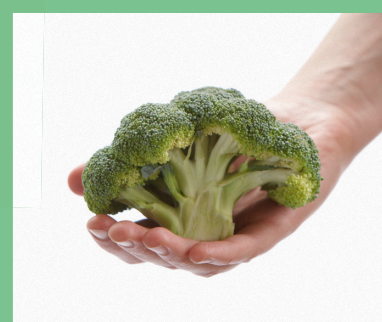
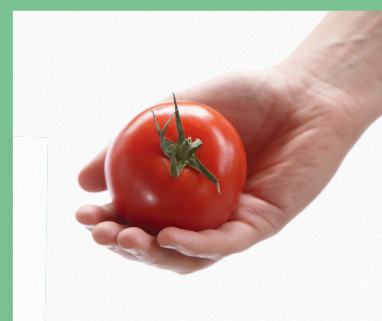
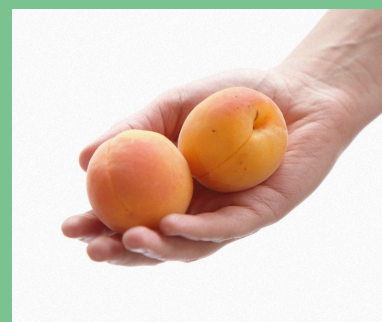
Fruits and vegetables supply many vitamins, minerals, dietary fibre* and phytochemicals*. Each type supplies a different range of valuable substances. The more varied and colourful the selection, the more beneficial for health.

Tips

- ♥ Take advantage of the huge range of different fruits and vegetables.
- ♥ Fruit should preferably be enjoyed fresh and raw. Raw vegetables should ideally be on the menu every day, too.
- ♥ ♻ It is best to choose local, seasonal, sustainably grown fruit and vegetables. Find out when fruits and vegetables from your region are in season⁴. Avoid products imported by air.
- ♥ ♻ Buy fruit and vegetables that are as fresh as possible and don't store them for long. This will help retain nutrients and reduce food waste*. If fruit and vegetables nevertheless get a bit "past their best", be creative and turn them into compotes, soups, oven-roasted vegetables or gratins.
- ♥ Frozen as well as fresh fruit and vegetables are good choices because they are processed as soon as they are picked, thus largely retaining their vitamins and minerals. Although tinned fruits and vegetables are less nutritious, they are handy to have in your store cupboard. Products with no added sugar or salt are better.
- ♥ From time to time you can replace 1 portion of vegetables/fruit with 2 decilitres of vegetable juice or fruit juice* (100 percent with no added sugar). Don't have more than four portions per week, because fruit juice loses some of the valuable substances found in unprocessed fruit and vegetables. Fruit juice also provides a relatively large amount of sugar without making much difference to how full up you feel.



Examples for 1 portion



⁴ www.wwf.ch/de/fruechte-und-gemueseratgeber (in German)

* The terms marked with an asterisk * are explained in the glossary (last page).

Cereal products and potatoes

Focus on wholegrain products.

Recommendation

3 portions per day, at least half in the form of whole grain.

1 portion equals 75–125 grams bread/pastry or 200–300 grams potatoes or 45–75 grams⁵ cereal flakes, pasta, rice, crispbread, cornmeal, couscous, buckwheat, quinoa, flour and similar (dry weight).

Good to know

Foods in this group mainly supply the body with carbohydrates in the form of starch and are therefore important for providing energy. Wholegrain products such as wholemeal bread or rolled oats are especially rich in dietary fibre. They are very filling, regulate the digestion and promote health.

Tips

- ♥ Make use of the wide range of wholegrain products available in the form of bread, crispbread, pasta, rice, cereal flakes and more.
- ♥ Not every loaf of bread that has seeds or is dark in colour is a wholemeal loaf. A brown loaf may have been baked with refined flour and coloured with malt. At the baker's, ask specifically for wholemeal bread or look on the list of ingredients on the packaging to see what sort of flour was used.
- ♥ Opt for breakfast cereals without added sugar*.
- ♥ Younger and/or very physically active people have higher energy requirements which they can meet by eating additional portions of starchy products.
- ♥ Because of their high protein content, pulses* such as lentils, chickpeas or kidney beans belong in the "Pulses, eggs, meat and similar" group. They contain a lot of starch as well as protein. Pulses may therefore be a good alternative to the above-mentioned starchy products. Like whole grains, pulses are another valuable source of dietary fibre and other nutrients.



Examples for 1 portion



4–8 heaped tablespoons rolled oats



3–5 heaped tablespoons rice



3–5 heaped tablespoons elbow macaroni

⁵ Equals approx. 100–200 grams cooked pasta or 130–220 grams cooked rice.

* The terms marked with an asterisk * are explained in the glossary (last page).

Dairy products

Unsweetened is best.

Recommendation

2–3 portions per day of dairy products.

1 portion equals 2 decilitres milk or 150–200 grams yoghurt, quark, cottage cheese, blanc battu or 30 grams semi-hard/hard cheese or 60 grams soft cheese.

Good to know

Dairy products are a significant source of protein, calcium, iodine, vitamin B2 and vitamin B12.

Plant-based alternatives differ from dairy products in terms of their nutritional value (proteins, vitamins, minerals), and there are also differences between plant-based products. In terms of proteins, plant-based drinks made of soya are an equivalent alternative to cow's milk. On the other hand, plant-based drinks made from oats, rice or almonds, and many plant-based imitation cheeses, contain very little protein.

Tips

- ♥ Opt for dairy products without added sugar or other sweeteners, such as natural yoghurt or cottage cheese. For greater variety of flavour, you can mix these with herbs or fresh fruit.
- ♥ You can attain the recommended quantity of dairy products by consuming two portions on some days of the week and three on other days.
- ♥ If you consume little or no dairy, you should be careful to meet your requirements for protein, calcium, iodine and B vitamins via other foods.

Examples for 1 portion



Pulses, eggs, meat and others

Enjoy the variety. More pulses.

Recommendation

1 portion per day of a protein-rich food. Alternate between the different sources of protein over the course of the week: pulses, tofu, eggs, meat, fish and others.

Eat pulses such as lentils, chickpeas or red and white beans at least once per week.

Consume meat including poultry and processed meat a maximum of twice to three times per week.

1 portion equals 60 grams uncooked pulses⁶ or 120 grams tofu, tempeh, seitan (plain) or other plant-based protein sources⁷ or 30–40 grams soya granules or 2–3 eggs or 100–120 grams meat, fish, seafood or 1 portion of dairy products⁸

Good to know

Foods in this group provide protein that the body needs in order to build muscles and other cells. In addition, each of these foods contains other valuable substances such as calcium in tofu, iron in meat, omega-3 fatty acids in fish and vitamin B12 in all animal products. It is therefore advisable to alternate between the different sources of protein during the week.



Examples for 1 portion



3 heaped tablespoons of chickpeas



3 heaped tablespoons of kidney beans














⁶ Equals approx. 150 g of cooked pulses.

⁷ e.g. based on pea protein, soya protein, fermented fungal protein (mycoprotein), etc.

⁸ In addition to the recommended amount of 2–3 portions of dairy products.

Tips

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 Animal-based foodstuffs are more harmful to the environment than plant-based foodstuffs. Meat, fish and other animal-based foodstuffs should therefore be consumed in moderation. Enjoy more meals made with plant-based protein sources, such as bolognese with red lentils or soya granules, lentil dal, chickpea salad, hummus, fried tofu cubes. Search for recipes online for inspiration.
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 When selecting meat, pay attention to the importance of variety by switching between different types of meat (poultry, beef, pork) and different cuts of meat (nose-to-tail principle).
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 Eat ultra-processed meat such as cured sausage, salami or ham as rarely as possible, a maximum of once per week.
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 When choosing plant-based products, it is also a good idea to opt for those that have been minimally or moderately processed*, such as pulses, tofu, tempeh.
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 At least 1 portion of pulses per week is recommended. More frequent consumption is desirable because of the many nutrients they contain. Pulses can be counted as a source of protein, but can also be used as a substitute for a portion of starchy food (cereal products, potatoes).
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 Oily fish (e.g. herring) as well as trout are a good source of the omega-3 fatty acids EPA* and DHA*. 1–2 portions per week – depending on species and fat content – are therefore recommended from a health point of view. However, high consumption is problematic where sustainability is concerned. Anyone who does not eat much fish, or intends to reduce their intake, should consume more plant-based sources with omega-3 fatty acids (α-linolenic) such as flaxseed oil, rapeseed oil or walnuts, and if required – in consultation with a specialist – take a dietary supplement* containing EPA and DHA (made from microalgae).
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 Avoid endangered species of fish (see WWF fish and seafood guide⁹). When choosing oily marine fish, smaller species such as herring, anchovies, sardines and mackerel are preferable to larger (predatory) fish such as salmon or tuna, which are heavily overfished. Opt for fish bearing a recognised certification label (organic, ASC, MSC), or locally caught fish.

* The terms marked with an asterisk * are explained in the glossary (last page).

⁹ www.wwf.ch/de/fischratgeber (in German)

Nuts and seeds

Daily in small quantities.

Recommendation

1 small handful per day of unsalted nuts and seeds (e.g. walnuts, hazelnuts, linseeds, sunflower seeds).

1 portion equals 15–30 grams.

Good to know

Nuts and seeds provide valuable fatty acids, dietary fibre and other nutrients. Walnuts in particular are a good source of omega-3 fatty acids.

Nuts are not particularly environmentally friendly. However, small amounts – as recommended in the food pyramid – are acceptable from the ecological point of view and have health benefits.

Tips

- ♡ Eat a variety of different types of nuts and seeds, since each has a slightly different nutritional composition.
- ♡ Opt for nuts and seeds without salt.
- ♡ Nuts and seeds can be enjoyed in many ways: as a snack between meals, as a spread (e.g. walnut butter) or added to muesli, yoghurt, salads, vegetable curry or soup.

Examples for 1 portion



Oils and fats

Vegetable oils are preferable.

Recommendation

2 tablespoons per day of vegetable oil (20 grams), of which at least 1 tablespoon should be in the form of rapeseed oil.

Use butter, margarine and the like sparingly (max. 10 grams daily). Consume high-fat preparations such as creamy sauces or fried foods only occasionally.

Good to know

In general, vegetable oils have a better nutritional profile than solid fats: butter, margarine, palm fat/oil, coconut fat/oil. However, there are still differences between the various vegetable oils. Rapeseed oil is one of the recommended vegetable oils, since it has a balanced fatty acid profile and contains a significant amount of valuable omega-3 fatty acids. It has a wide range of culinary uses.

Tips

- ♥ The use of these oils for culinary purposes depends on their fatty acid profile. The overview below shows which oil is suitable for which purpose.
- ♥ Avoid heating oil for too long and at too high a heat. If the oil starts to smoke, it gives off substances that are harmful to health.
- ♥ The maximum recommended amount of 10 grams for fats corresponds to about 1 tablespoon of butter / margarine / mayonnaise or 2 tablespoons of full cream / crème fraîche or 3 tablespoons of single cream.

Example for 1 portion



2 tablespoons oil

Which oil for which purpose?

Cold dishes – for salad dressings or to enhance vegetables or pasta

► e.g. rapeseed oil (cold-pressed or refined), olive oil, flaxseed oil, walnut oil

Warm dishes – for steaming vegetables on a low heat

► e.g. rapeseed oil (refined), olive oil

High-temperature cooking – searing meat or frying

► e.g. HOLL rapeseed oil*, HO sunflower seed oil*

* The terms marked with an asterisk * are explained in the glossary (last page).



Sweetened beverages, sweets and salty snacks (optional)

In small quantities.

Recommendation

Enjoy sweetened beverages, sweets and salty snacks in small quantities only (**0–1 portion per day**). Alcoholic beverages should not be consumed daily.

1 portion equals 2 decilitres sweetened beverages such as cola, iced tea, energy drinks, light/zero drinks, cordials, sweetened milk drinks and fruit juice drinks or 20 grams sweets such as chocolate, chocolate spread and pastries or 20 grams salty snacks such as crisps, savoury nibbles and salted nuts.

Good to know

Foods in this group contain a lot of sugar, salt, unhealthy fats and/or alcohol. They generally provide plenty of energy (calories), but few valuable nutrients. They are therefore unnecessary from a dietary point of view and should be consumed only in moderation. This also applies to light and zero beverages containing sweeteners*. Although these are low in calories, they can make people accustomed to things that taste sweet, and they usually contain acids that damage the teeth.

Tips

- ♥ Sugar is found not only in sweetened beverages and sweets, but also in many breakfast cereals, fruit yoghurts, flavoured yoghurts, ketchups and sauces. Opt for unsweetened alternatives or products with a low sugar content.
- ♥ Read what it says on the package and compare different products. The nutrition information gives the total content of naturally occurring and added sugar ("of which sugars"). In the list of ingredients, all the ingredients are listed in descending order of quantities. Sugar is also hiding behind terms such as sucrose, grape sugar, glucose, glucose syrup, fruit sugar, fructose, dextrose, maltodextrin and similar.
- ♥ Honey, syrup, maple syrup, pear syrup and brown sugar contain only traces of vitamins and minerals. They are therefore no "healthier" than white sugar. In general you should use sweetening agents sparingly.
- ♥ Gradually sweeten less, so that you slowly become accustomed to a less sweet taste.

Examples for 1 portion



Glossary

Added sugar:	Added sugar covers various types of sugar from the group of monosaccharides and disaccharides that are consumed just as they are or else added during food preparation and manufacture. These include retail sugars (sucrose) as well as fructose, glucose, sugars derived from honey, fruit juice, syrups and many more.
DHA:	Short for docosahexaenoic acid, an essential omega-3 fatty acid which the body cannot make for itself and which must therefore be ingested via food.
Dietary fibre:	Dietary fibres are indigestible plant components that promote digestion and have other health benefits.
Dietary supplements:	Tablets, capsules and other products containing one or more mineral(s), vitamin(s) and/or other nutrients. They are intended as a supplement to food and are not a substitute for a balanced, varied diet.
Energy:	Commonly known as "calories".
EPA:	Short for eicosapentaenoic acid, an essential omega-3 fatty acid.
Food waste:	Food produced for human consumption that is lost on the way from field to plate or is thrown away.
Fortified foods:	Foods with added vitamins, minerals and/or other nutrients, e.g. soya drink with calcium.
Fruit juice:	Made from 100% fruit. The sugar in fruit juice comes exclusively from the fruit.
Fruit juice drinks:	Are often blends of water, sugar and a small proportion of fruit juice.
HOLL rapeseed oil:	HOLL stands for High Oleic, Low Linolenic. This oil is made from special varieties of rapeseed. It has a higher oleic acid content and a lower alpha-linolenic content than ordinary rapeseed oil. This makes it very heat-stable.
HO sunflower oil:	HO stands for High Oleic, meaning it has a high oleic acid content. This oil is made from special varieties of sunflower and is suitable for high-temperature cooking.
Nutrients:	Food ingredients that the human body requires in order to function optimally.
Phytochemicals:	This term covers a wide range of compounds found in plants (e.g. bitter substances, pigments, flavourings). Many health benefits are attributed to them, such as anti-hypertensive, anti-inflammatory, anti-bacterial and anti-cancer properties.
Protein:	Important building material for cells (e.g. in muscles, immune system).
Pulses:	The pulses rich in protein and starch include lentils, chickpeas, white beans, borlotti beans, kidney beans, soya beans and mung beans. By contrast, sugar snap peas, mung bean sprouts, French beans, dried green beans and similar contain significantly less protein and starch. These are categorised as vegetables in the food pyramid.
Seitan:	A product made from wheat protein and used as a meat substitute.
Sweeteners:	Sweeteners are a group of additives that have sweetening properties and provide little or no energy (calories). They are mainly manufactured synthetically (e.g. acesulfame, aspartame, cyclamate, saccharin). Some agents (e.g. steviol glycosides) are derived from plants.
Tofu:	A protein-rich food made from soya.
(Ultra-) processed foods:	At present there is still no official definition for Switzerland. The NOVA classification system is in widespread use internationally. According to this, foods are divided into four groups depending on the degree to which they are processed: (a) unprocessed, (b) minimally processed, (c) processed and (d) ultra-processed foods. Ultra-processed foods include, for example, salty and fried snacks, sweets, sweetened drinks, cured sausage and other processed meat products, meat substitutes made from protein isolate (e.g. pea protein) or ready meals. Studies indicate a probable link between high consumption of heavily processed foods and a greater risk of excess weight, obesity, high blood pressure, Type 2 diabetes and cardiovascular diseases. We are recommended eating products that are as lightly processed as possible, have a good nutrient profile and contain ingredients that are as natural as possible.

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Information on the Swiss nutrition recommendations
and download files of the Swiss food pyramid:
www.sge-ssn.ch/lebensmittelpyramide (in German)