

Swiss dietary recommendations

for adults

Short 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



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Schweizerische Gesellschaft für Ernährung
Soci t  Suisse de Nutrition
Societ  Svizzera di Nutrizione



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

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.

More from below, less from above

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 because they generally contain few nutrients. 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 foodstuffs 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.

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.
- ♡ Preferably drink water. Drink sweetened beverages rarely and in moderation
- ♡ Eat 5 portions of fruit and vegetables a day – colorful and seasonal.
- ♡ Give preference to wholemeal products such as wholemeal bread or wholemeal flakes.
- ♡ Eat less meat and more pulses such as lentils or chickpeas.
- ♡ Use salt sparingly. Iodized table salt is best.



Beverages

Drink regularly. Water is best.

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.

Tip

♥ Drink regularly throughout the day, both at mealtimes and in between.



Fruit and vegetables

Colourful and seasonal.

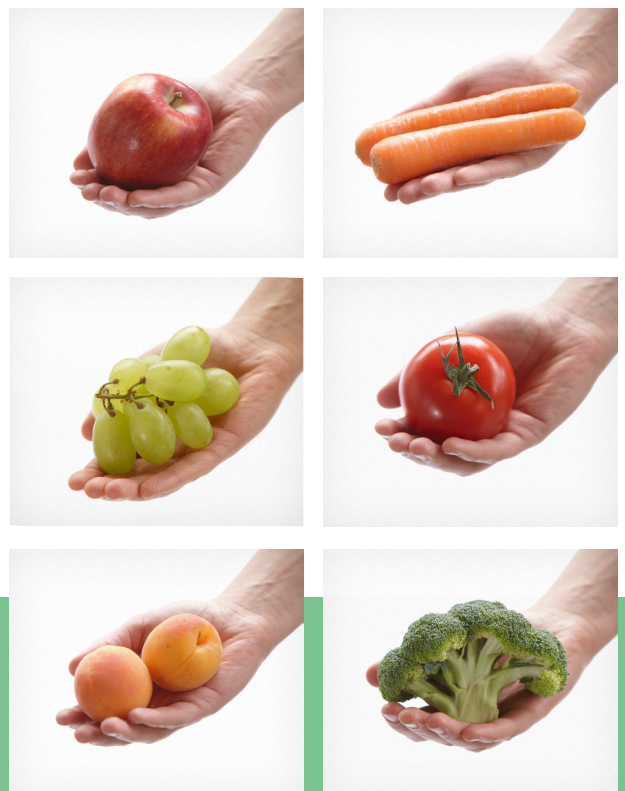
5 portions per day, including 3 portions of vegetables and 2 portions of fruit. 1 portion equals 120 grams; in other words, a handful. Seasonal fruits and vegetables are preferable, as colourful as possible.

Tip

♻️ It is best to choose local, seasonal, sustainably grown fruit and vegetables. Find out when fruits and vegetables from your region are in season¹. Avoid products imported by air.



Examples for 1 portion



¹ www.wwf.ch/de/fruechte-und-gemueseratgeber (in German)
♻️ Sustainability tip

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).

Tip

♥ Make use of the wide range of wholegrain products available in the form of bread, crispbread, pasta, rice, cereal flakes and more.

Examples for 1 portion



4–8 heaped tablespoons rolled oats



3–5 heaped tablespoons rice



3–5 heaped tablespoons elbow macaroni



Dairy products

Unsweetened is best.

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.

Tip

🕒 If stored correctly, yoghurt or quark can be eaten without hesitation for several days after the best-before date. Before you throw away an expired product, use your senses (sight, smell, taste) to test whether it is still edible.

Examples for 1 portion



Pulses, eggs, meat and others

Enjoy the variety. Pulses on a regular basis.

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 pulses or 120 grams tofu, tempeh, seitan (plain) or other plant-based protein sources² or 30–40 grams soya granules or 2–3 eggs or 100–120 grams meat, fish, seafood or 1 portion of dairy products³.

Tip

🌱 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.

Examples for 1 portion



Nuts and seeds

Daily in small quantities.

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

Tip

🤝 Opt for nuts and seeds without salt.

Examples for 1 portion



² e.g. based on pea protein, soya protein, fermented fungal protein (mycoprotein), etc.

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

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 daily). Consume high-fat preparations such as creamy sauces or fried foods only occasionally.

Tip

- ♥ 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.

Example for 1 portion



Sweetened beverages, sweets and salty snacks (optional)

In small quantities.

Enjoy sweetened beverages, sweet foods 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.

Tip

- ♥ Gradually sweeten less, to get used to a less sweet taste.

Examples for 1 portion



Movement

Every move counts!

Being physically active is good for your health, even if you don't manage to meet the recommendations⁴. 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 at 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: 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

⁴ www.hepa.admin.ch/de/bewegungsempfehlungen (in German)

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Swiss Society for Nutrition SGE, Eigerplatz 5, 3007 Berne

Federal Food Safety and Veterinary Office FSVO, Schwarzenburgstrasse 155, 3003 Berne

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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)