

The guidelines in brief

In this report, the Health Council of the Netherlands has assessed which foods and patterns lead to health gains. To this end, the Council has systematically evaluated the scientific evidence about the relationship between diet and chronic diseases. On this basis, the new Dutch dietary guidelines have been formulated:

- Follow a dietary pattern that involves eating more plant-based and less animal-based food, as recommended in the guidelines
- Eat at least 200 grams of vegetables and at least 200 grams of fruit daily
- Eat at least 90 grams of brown bread, wholemeal bread or other whole-grain products daily
- Eat legumes weekly
- Eat at least 15 grams of unsalted nuts daily
- Take a few portions of dairy produce daily, including milk or yogurt
- Eat one serving of fish weekly, preferably oily fish
- Drink three cups of tea daily

- Replace refined cereal products by whole-grain products
- Replace butter, hard margarines, and cooking fats by soft margarines, liquid cooking fats, and vegetable oils
- Replace unfiltered coffee by filtered coffee

- Limit the consumption of red meat, particularly processed meat
- Minimise consumption of sugar-containing beverages
- Don't drink alcohol or no more than one glass daily
- Limit salt intake to 6 grams daily
- Nutrient supplements are not needed, except for specific groups for which supplementation applies