Trends in food consumption and energy intake since the German National Nutrition Survey (NVS) II

Maria Gose¹, Carolin Krems¹, Thorsten Heuer¹, Ingrid Hoffmann¹

¹Max Rubner-Institut, Karlsruhe

Introduction: For Germany, the National Nutrition Monitoring (NEMONIT) and the National Nutrition Survey (NVS) II were analysed concerning trends in food consumption and nutrient intake for the period from 2006 to 2012.

Methods: Of 1,840 participants (baseline: 14-80 years) who participated in the NVS II in 2006 and since 2008 in the annual assessment of NEMONIT food consumption was assessed with two 24h-recalls by phone. Food consumption was evaluated comprehensively by using the adopted Healthy Eating Index of the NVS II (HEI-NVS II). To calculate energy and macronutrient intake BLS 3.01 was applied. Trends were tested by a linear mixed model.

Results: Within the studied period, for 12 out of 19 food groups no changes in consumed amounts could be detected, for women and men. However, the consumption of fruit/fruit products and fruit juices/nectar for the total group declined by about 14% and 37%, respectively. The consumption of water and coffee/tea increased by about 10% and 15%, respectively. Only for women, there was an increase in the consumption of confectionaries (7%) and fat/oil (15%) as well as a decline in the consumption of beer (16%). There was no change of the HEI-NVS II during the survey period for both sexes. Energy intake was found to be constant, while a decrease in carbohydrate intake (3 EN%) and an increase in fat intake (3 EN%) were observed.

Conclusion: The results indicate that during the studied period food consumption and energy intake remained rather stable in Germany. Since the NVS II in 2006 food consumption of NEMONIT participants has only changed regarding single food groups. These trends do not lead to a general improvement of food consumption regarding the German food based dietary guidelines. Particularly men still eat too little of foods of plant origin, and still too much meat and sausages.