

Source: [Eufic](#). (European Food Information Council)

<b>Recommendations on total fat and saturated fat intake for adults in different European countries and national average intake. Figures are expressed as a % of total energy intake.</b>		
	<b>Total fat</b>	<b>Saturated fatty acids</b>
<b>Recommendations</b>		
Germany (2000*1)	30%	1:2 (saturated/unsaturated)
Netherlands (2001*2)	(20-40% or 20-30/35%) †	<=10%
France (2000*3)	33%	8%
United Kingdom (1991*4)	33-35% ††	10-11% ††
Italy (1997*5)	< 30%	7-10 %
Europe (Eurodiet,2000)	< 30%	<10%
<b>National average intakes</b>		
Germany (1998*6)	33-34%	15%
Netherlands (1997/98*7)	36-38%	14-16%
France (1999*8)	38.5%	16%
Italy (1996*9)	32%	12%
United Kingdom (2000/01*10)	34.9%-35.8%	13.2-13.4%

\*1 Deutsche Gesellschaft für Ernährung, Nutrition Report 2000.

\*2 Gezondheidsraad, 2001. † 20-40% range suitable for individuals with optimum and constant weight: 20-30 or 35% range for individuals who are overweight or who experience undesirable weight gains.

\*3 Agence Française de Sécurité Sanitaire des Aliments, 2000.

\*4 Committee on Medical Aspects of Food and Nutrition Policy (COMA), 1991.

†† Diet including or excluding alcohol.

\*5 Linee guida per una sana alimentazione Italiana - Istituto Nazionale della Nutrizione - 2° edizione 1997

\*6 Die Ernährung in Deutschland, 1998.

\*7 Dutch National Food Consumption Survey, 1997-98.

\*8 Étude INCA, 1999.

\*9 Livelli di assunzione raccomandati di energia e nutrienti per la popolazione italiana - LARN - S.I.N.U. - Rev. 1996.

\*10 National Dietary and Nutrition Survey: Adults aged 19-64, 2000-2001.