

**Press release**

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**The updated Wheel of Five: ready for the future**

Today, the Netherlands Nutrition Centre presents the updated Wheel of Five: the tool that helps people eat healthily, sustainably, and safely, based on the latest scientific insights.

The updated Wheel of Five is based on recent scientific findings. These have been translated into optimal eating patterns based on age, sex, and dietary preferences.

The Wheel of Five remains recognisable, with the same five food groups as always. The essence remains unchanged: for example, lots of vegetables, fruit, legumes and wholegrain products and not too much salt, saturated fat and sugar. The shifts mostly concern recommended amounts, such as more legumes.

**Thoroughly recalculated**

The Nutrition Centre, together with the National Institute for Public Health and the Environment (RIVM), carried out calculations that formed the basis for the updated recommendations of the Wheel of Five.

‘Health, sustainability and food safety are inextricably linked. ‘We demonstrate this with the updated Wheel of Five,’ says Petra Verhoef, director at the Netherlands Nutrition Centre. ‘All calculated dietary patterns are as healthy as possible, have a low environmental impact and respect safe limits. That way, we take good care not only of ourselves, but also of the world around us and future generations.’

For the calculations, the Netherlands Nutrition Centre has set preconditions for:

- the foods, nutrients and energy people need to reduce the risk of disease;
- the environmental impact from greenhouse gas emissions and water use;
- exposure to specific harmful substances such as PFAS and heavy metals.

**Key changes in quantities**

The recommendations vary by target group, depending on age, gender, needs and dietary preferences. The biggest shifts can be found in the ‘pink segment’. For both human and planetary health, it is important to balance the consumption of animal and plant-based products.

For adults aged 18–50 who eat both meat and fish, this includes: an increased role for legumes, rising from 120–180 grams per week to 250 grams per week. The recommendation for meat decreases from a maximum of 500 grams to 300 grams per week, of which a maximum of 100 grams can be red meat. The recommendation for cheese has been reduced from 40 grams to 20 grams per day. Also, the recommendation is to alternate between dairy and fortified dairy alternatives.

With the [My Wheel of Five tool](#), you can easily see which recommendation suits your situation. Among other things, you can opt for a recommendation with or without meat, with or without fish, or 100% plant-based.

### **Why this update?**

[As scientific insights evolve](#), so does the Wheel of Five. There are many new scientific insights into health, sustainability and food safety. For instance, the Health Council of the Netherlands published a new advice [last December](#).

The Wheel of Five offers down-to-earth guidance and does not concern itself with fads. Some new findings are incorporated into the Wheel of Five once they have been properly scientifically substantiated. Other insights may have become outdated and may have been shown to be ineffective.

### **Difference between science and practice**

The Netherlands Nutrition Centre knows that people's eating habits are sometimes far removed from the Wheel of Five. 'Everyone eats differently. The food we enjoy, our habits, our culture as well as the unhealthy environment play a big role in this,' says Liesbeth Velema, behavioural expert. 'We know there is a difference between theory and practice. Our task is to reduce that distance, without ignoring what science tells us.'

That is why the Netherlands Nutrition Centre has for years been encouraging small, achievable steps, such as simple food swaps (for example, replacing white bread with wholegrain). No one has to do everything at once. It actually works better to tackle it one step at a time. After all, a small change more easily becomes a new habit.

The Netherlands Nutrition Centre stresses that the government, producers and suppliers have a lot of influence on people's eating choices. They therefore need to take big steps so that safe, healthy and sustainable choices are more accessible.

### **More about the Wheel of Five**

[See all Wheel of Five recommendations](#)

[Read more about the developments in the Wheel of Five](#)

[To the substantiation of the Wheel of Five](#)

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### **Note to editors:**

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### **About the Netherlands Nutrition Centre**

*Healthy people on a healthy planet. That is what the Netherlands Nutrition Centre is committed to every day, independently and without any commercial interests. With scientifically substantiated information, tips and tools, we help all Dutch people make safe, healthy and sustainable food choices.*