



Slovenian Nutrition Guidelines 2025: for healthy, balanced and sustainable food choices

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[Government of the Republic of Slovenia](#)

The Slovenian Nutrition Guidelines 2025 are based on the best available scientific evidence and contemporary understanding of the relationship between nutrition, health and sustainable development.

In preparing them, the authors took into account international scientific findings, including European, Austrian, German, Danish and Nordic recommendations, and adapted them to the Slovenian context, the dietary habits of the population and the availability of foods.

The guidelines are intended to support the people of Slovenia in developing balanced, healthy and long-term sustainable dietary patterns. At the same time, they provide an expert basis for the work of healthcare professionals, educational institutions, public institutions, food service providers and all others involved in shaping the food environment in Slovenia.

Food is an important part of our everyday lives. It affects health, well-being and quality of life, while also being inseparably linked to Slovenian culture, tradition and the social environment. Food choices have long-term consequences not only for the individual, but also for the healthcare system, rural development, food security and the environment.

Slovenia has a rich culinary heritage and diverse dietary characteristics shaped by different geographical, cultural and climatic environments. The tradition of home-prepared food, local production and seasonal foods remains an important part of the Slovenian way of life. At the same time, Slovenia is also facing changes in dietary habits, lifestyles and the food environment, all of which have a significant impact on the health of the population.

The guidelines also place particular emphasis on the sustainability aspects of nutrition. Choosing local, seasonal and high-quality foods can make an important contribution to preserving natural resources, reducing environmental pressures and supporting Slovenian agriculture and rural areas.

The recommendations are intended for everyone who wishes to strengthen their health and improve their well-being in a simple, accessible way that is adapted to everyday life. They encourage small but important changes that can be gradually incorporated into daily routines — in food choices, methods of food preparation, attitudes towards meals and efforts to maintain a more balanced lifestyle.

We believe that the guidelines will contribute to a better understanding of the importance of nutrition and support joint efforts towards a healthier, more inclusive and sustainable Slovenia.

Did you find the information you were looking for? **YES** **NO**

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