

250 mg

are a quantity closely associated at the BfR with the nutrient **magnesium**. The BfR assesses health risks of vitamins and minerals and recommends – where indicated, based on health considerations – maximum levels. For example, in the case of magnesium: for food supplements **250 mg magnesium per daily dose** of an individual product, preferably distributed over two or more portions; for fortified solid foods: 31 mg per 100 g; and for beverages: 8 mg per 100 ml.

More information



The BfR's recommended maximum levels "Vitamins and minerals" (pdf)



© Friends Stock / adobestock

Whether at the park, the lake or the pool – the right snacks are part of a successful day out. Important for all food taken along: keep it cool. If perishable foods such as meat, sausage, cheese, fish, deli salads or antipasti are not kept refrigerated, pathogens can multiply and lead to illness. Therefore, the food should also be refrigerated on excursions until it is consumed. The same applies to pre-cut fruit and vegetables, especially melon pieces.

More information



BfR FAQ "Correct cooling"



© Budimir Jevtic / adobestock

WHAT'S MUM EATING?

The BfR conducted a survey in which 890 pregnant women in Berlin were asked about their diet before and during pregnancy: did they follow a mixed, vegetarian, vegan or pescetarian (vegetarian plus fish) diet? Had they changed their diet during pregnancy? Did they take supplements?

The result: around 90 % of the women included meat in their diet both before and during pregnancy. 24 women switched from a meat-free to a mixed diet containing meat, and nine women switched from a mixed diet to a vegetarian/pescetarian diet. A purely vegan diet was rare. Food supplements were used by almost 95 % of all pregnant women, most notably folic acid, iodine and iron.



“The enemy of my enemy is my friend”

DR JENS HAMMERL,
MICROBIOLOGIST AT THE BfR

In its lighthouse project “Phages, Bacteria and One Health”, the BfR demonstrates how phages can be used to combat bacteria – and even save lives.

More information



BfR lighthouse project
“The enemy of my enemy is my friend”

BMMF – what’s behind this?

No beef and no cow’s milk for babies – this notion arose in February 2019 when the German Cancer Research Centre (DKFZ) presented findings on novel infectious agents called “Bovine Meat and Milk Factors”, BMMF for short. They are said to be present in meat and dairy products from European cattle and lead to the later development of colon and breast cancer through consumption in infancy. The BfR and the Max Rubner-Institute (MRI) looked at the data. The result: BMMF are already known DNA sequences. There is no evidence thus far that they are harmful to human health. Various studies also show that BMMF are found in almost all animal- and plant-based foods.

More information



BfR opinion
“New findings concerning ‘Bovine Meat and Milk Factors’ (BMMF)” (pdf)



© Prostock-studio/ adobestock



© stenkoviad/ adobestock

Aerosoles@home

3D printing releases considerable amounts of nanoparticles from the plastic filaments used, especially at high printing temperatures. This is the result of an experimental study with 3D printers and 3D printing pens at the BfR. The data represents a first step towards assessing the health risks of these devices, especially 3D printing pens, where printing enthusiasts usually have their heads close to where the particles are released.

More information



Romanowski et al. 2023. **Summary and derived Risk Assessment of 3D printing emission studies.** Atmospheric Environment: 294. DOI: 10.1016/j.atmosenv.2022.11950