

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

37/2014. (IV. 30.) EMMI Decree**on nutritional and health regulations for public catering¹**

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Based on the authorization granted in [Section 247\(2\)\(sz\) of Act CLIV of 1997](#) on Health Care , and acting within the scope of my duties specified [in Section 41\(d\) of Government Decree 212/2010 \(VII. 1.\)](#) on the duties and powers of individual ministers and the State Secretary leading the Prime Minister's Office , I hereby order the following:

1. General provisions

Section 1 (1)² The scope of this regulation covers:

a) service providers providing basic social services and specialized care, as well as basic child welfare care and specialized child protection care, educational institutions pursuant to the Act on National Public Education, vocational training institutions pursuant to the Act on Vocational Training, and institutions providing inpatient care (hereinafter collectively referred to as: Institution),

b) all institutions, bodies, organizations, business associations, and natural persons providing public catering services through their own operating kitchens (hereinafter collectively referred to as: Public Catering Provider).

(2) The provisions of this Decree – with the exception of Section 5 (1)-(2a) e, Section 15 and Section 17 (1)-(4) e – shall not apply to basic social services providing meals for the elderly, to institutions providing day care for the elderly and residential institutions for the elderly, and to camping as defined in [Act XI of 1991](#) on health authority and administrative activities .

(2a) The provisions of this Decree – with the exception of Section 3 , Section 5(1)-(3) e, Section 6(1a) e, Section 14(1) e, Section 15 , Section 16(2) , (2a) and (4) e, Section 17(1)-(4) e and Annexes 1 and 3 – shall not apply to institutions providing inpatient care.

(3) The provisions of this Decree shall not apply to family daycare, workplace daycare, daytime childcare, alternative daycare, services to enhance children's opportunities, substitute parental care, foster care, children's homes without cooking, finishing, serving or warming kitchens, and children's home care operating in the form of residential homes, among the services covered by the Act on Child Protection and Guardianship Administration.

(4)

(5) The provisions of this decree shall apply without prejudice to the provisions of Decree 60/2003. (X. 20.) ESZCSM on the minimum professional conditions necessary for the provision of healthcare services ([hereinafter: Szmfr.](#)) in the case of public catering services provided in patient nutrition.

¹ The decree enters into force on 1 January 2015, pursuant to [Section 11 \(1\) of EMMI Decree No. 43/2014 \(VIII. 19.\)](#).

² Paragraph (1) of Section 1 is the text established [by Paragraph \(1\) of Section 1 of EMMI Decree 36/2016 \(XII. 8.\)](#).

³ Paragraph (1) of Section 1 is the text established [by Paragraph \(1\) of Section 1 of EMMI Decree 36/2016 \(XII. 8.\)](#).

⁴ Section 1 (1) a) is the text amended in accordance with [Section 23 a\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

⁵ Paragraph (2) of Section 1 is the text established by [Paragraph \(1\) of Section 6 of Decree No. 53/2024. \(XI. 11.\) of the Ministry of the Interior](#) ,

⁶ Paragraph (2a) of Section 1 was inserted by [Paragraph \(1\) of Section 6 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

⁷ Paragraph (3) of Section 1 was inserted by [Section 1 \(2\) of Decree 36/2016. \(XII. 8.\) of the Ministry of Justice](#) , and its text is the text established by [Section 6 \(2\) of Decree 53/2024. \(XI. 11.\) of the Ministry of Justice](#) .

⁸ Paragraph (4) of Section 1 shall not enter into force pursuant [to Section 19 of EMMI Decree 43/2014 \(VIII. 19.\)](#) .

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

8

(6) Deviations from the provisions of this decree may only be made on the basis of a certificate from a specialist, family doctor and family pediatrician, or a school doctor providing school health care pursuant to Section 15–15/B, as well as when preparing traditional dishes related to holidays or for religious reasons, in the case of dietary meals, if this can be included in the diet.

2. Definitions

Section 2 (1) For the purposes of this Regulation:

1st *portion*: the quantity provided to the final consumer, per person, during one meal, per age group, from the food items listed in column A of the table in Annex 4 ;

9

1a. *sugars*: the concept defined in point 8 of Annex I to Regulation (EU) No 1169/2011 of the European Parliament and of the Council on the provision of food information to consumers ;

2. *dietary diet*: a diet composed of foods which, due to their special composition or the unique process used in their production, satisfy the special nutritional needs of consumers for whom their specific health condition justifies the consumption of certain substances in controlled quantities;

3. *sweeteners*: food additives listed in Annex II, Part B, point 2. Sweeteners to Regulation (EC) No 1333/2008 of the European Parliament and of the Council of 16 December 2008 on food additives;

4. *sweets*: all confectionery and confectionery products;

10

4a. *food days*: a day providing meals in a public catering establishment;

5. *food*: the concept defined in Article 2 of Regulation (EC) No 178/2002 of the European Parliament and of the Council of 28 January 2002 laying down the general principles and requirements of food law, establishing the European Food Safety Authority and laying down procedures in matters of food safety;

11

6. *food*: the concept referred to [in Section 2\(1\)\(8\) of Decree No. 62/2011 \(VI. 30.\) of the Ministry of the Interior](#) on the food safety conditions for the production and marketing of catering products ;

12

6a. *food preparation*: the concept referred to [in Section 2\(1\)\(9\) of Decree 62/2011. \(VI. 30.\) of the Ministry of the Interior](#) on the food safety conditions for the production and marketing of catering products ;

7. *food line*: dishes prepared from different food raw materials and suitable for direct consumption within a single meal;

8. *diet*: a set of meals composed of foods and drinks with an energy content, composition and type that meets the physiological needs of each age group;

9. *inpatient medical institution catering*: catering pursuant to [Section 4\(1\)e\)–f\) and h\) of the Medical Service Act](#) ;

10. *cooking kitchen*: the term defined in the Ministerial Decree on the food safety conditions for the production and placing on the market of catering products, including the finishing kitchen as defined in the Ministerial Decree;

11. *cereal-based food*: cereals, pseudocereals and foods containing them as their main ingredient;

12. *cold meal*: a meal consisting of cold foods or dishes, supplemented with at most a hot drink;

13. *added sugar*: sugars or honey added to food or foodstuff in addition to the sugars naturally occurring in the food due to the nature of the food;

13

14. *public catering*: organized community care providing regular meals, which is provided in educational institutions, vocational training institutions, state and local government-funded summer camps, institutions providing inpatient care, social care, basic child welfare care and specialized child protection care, to persons of different ages and health conditions, mostly on the basis of advance orders, at a specific time of the day and for a specific period of time;

15. *raw material*: an ingredient of food, a foodstuff from which the parts not appropriate to the nature of the food have been removed by means of kitchen technological preparatory operations and prepared for consumption or food preparation;

14

15a. *self-service catering*: in educational institutions – excluding kindergartens – and vocational training institutions, in the case of normal catering, a form of food taken independently by consumers from a serving counter or dining table;

⁸ Paragraph (6) of Section 1 is the text established by [Paragraph \(3\) of Section 6 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of Justice](#) .

⁹ Section 2(1)(1a) was inserted by [Section 7\(1\)\(e\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

¹⁰ Section 2(1)(4a) was inserted by [Section 7\(2\)\(e\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

¹¹ Section 2(1)(6) is the text established by [Section 7\(3\) of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

¹² Section 2(1)(6a) was inserted by [Section 7\(4\)\(e\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

¹³ Section 2(1)(14) is the text amended in accordance with [Section 1\(1\)\(e\) of EMMI Decree 54/2014 \(XII. 29.\)](#) and [Section 23\(b\) of BM Decree 53/2024 \(XI. 11.\)](#) .

¹⁴ Section 2(1)(15a) was inserted by [Section 7\(5\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

16. *pseudocereals (false cereals)*: plants not belonging to the grass family (grass family) whose uses are the same as those of cereals;

17. *recipe*: a technological description necessary for the preparation of a given food or drink, with a detailed quantitative list of the raw materials used in a specified number of servings;

17a. *reference portions*: in the case of self-service catering, a pre-portioned sample food portion per age group that serves to present the amount of food in accordance with the dosage guide included in Annex 4 ;

18. *lean meat*: meat from an animal or animal parts, regardless of the species of animal, which is unconditionally fit for consumption and does not contain any fat, skin, membrane, tendon, cartilage or bone that is particularly visible to the naked eye;

19. *catering kitchen*: a concept defined in the Ministerial Decree on the food safety conditions for the production and placing on the market of catering products;

20. *whole grain cereal-based food*: a cereal-based food that is a cereal grain and pseudo-cereal grain containing all the components of the cereal grain – including the germ and the bran – and a food made using them, containing these components in at least 50%, and complying with the relevant legal provisions and the provisions of Decree [152/2009. \(XI. 12.\) FVM](#) on the mandatory provisions of the Hungarian Food Code (hereinafter: Hungarian Food Code);

21. ¹⁸

21a. *eggs*: hen's eggs, for the purpose of calculating the egg content, 1 egg is equivalent to a shell-free egg weighing 45 g or an equivalent egg preparation;

22. *specialists*:

- a) a specialist with additional qualifications in endocrinology and metabolic diseases,
- b) a specialist with a basic qualification in gastroenterology,
- c) a specialist with a diabetology specialist license,
- d) a specialist with additional qualifications in allergology and clinical immunology,
- e) a specialist with a basic qualification in nephrology,
- f) a specialist with additional qualifications in pediatric gastroenterology,
- g) a specialist with a basic qualification in neurology,
- h) a specialist with additional qualifications in child neurology;

23. *milk*: Hungarian [Food Code Annex 13](#) Part A

- a) drinking milk that can be used with the fresh label according to point II. 5. a) ,
- b) milk labelled as ultra-high temperature (UHT) or very high temperature (ESL) as referred to in point III. 9.

(2) For the purposes of this Regulation:

- a) breakfast, lunch and dinner are considered main meals;
- b) snacks and lunches are considered to be small meals.

(3) If the given food cannot be included in the food items listed in column A of the table in Annex 4 , it must contain the raw materials specified in the raw material specification in Annex 1 in the quantities specified there.

(4)

3. Raw material cut-off sheet

Section 3 (1) The Public Catering Operator shall keep a raw material inventory sheet as set out in Annex 1 , which shall indicate the itemized and quantitative list of raw materials required for the production of meals and beverages to be prepared in a specified number of portions based on the age and number of people using the meal for one day.

(2) The raw material delivery schedule must be kept for at least 90 days.

¹⁵ Section 2(1)(17a) was inserted by [Section 7\(6\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

¹⁶ Section 2, paragraph (1), point 20 is the text amended in accordance with [Section 1, paragraph \(2\) of EMMI Decree 54/2014 \(XII. 29.\)](#) .

¹⁷ Section 2, paragraph (1), point 21, was repealed by [Section 25, point a\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

¹⁸ Section 2, paragraph (1), point 21a. was inserted by [Section 7, paragraph \(7\) of Decree 53/2024. \(XI. 11.\) of the Ministry of the Interior](#) .

¹⁹ Section 2, paragraph (1), point 22, was inserted by [Section 2 of Decree 36/2016. \(XII. 8.\) of the Ministry of the Interior](#) , and its text is the text established by [Section 7, paragraph \(8\) of Decree 53/2024. \(XI. 11.\) of the Ministry of the Interior](#) .

²⁰ Section 2, paragraph (1), point 23, was inserted by [Section 2 of EMMI Decree 36/2016 \(XII. 8.\)](#) .

²¹ A 2. § (4) bekezdését az [53/2024. \(XI. 11.\) BM rendelet 25. § b\) pontja](#) hatályon kívül helyezte.

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

4. Rules for diet planning

²²
Section 4 (1) When compiling normal and diet diets, it must be ensured that the foods from a food group appear only once in the main meals of ten consecutive days.

(1a)²³

(2)²⁴ Animal protein sources must be included in every main meal and, in the case of meals for children aged 1–3, in one of the snacks.

(3) The development of recipes and the composition of the diet, as well as the preparation of dishes, must be carried out in accordance with the raw material specifications.

(4) In order to enable accurate nutrient calculations, the raw material specification sheet must indicate the foodstuffs used in the dishes and serving as the basis for the raw material, with their names according to the marking information provided on their packaging, label or document accompanying the product, and their exact quantity.

(5) The Public Catering Operator must indicate the name of the program or database used during the nutrient calculation on the raw material invoice.

5. Requirements regarding meals to be provided during care

²⁵
Section 5 (1) The energy content of meals provided by the Public Catering Service per age group per person taking into account the energy requirement values indicated in Annex 3, as set out in paragraphs (2), (2a) and (3).

(2) The Catering Operator shall:

a) in the case of all-day care, 100% of the prescribed energy requirement per age group with three main meals and two snacks per day,

b) in the case of ²⁶ nursery and mini nursery meals, 75% of the prescribed daily energy requirement is met with two main meals and two snacks per day,

c) in the case of providing three meals a day ^{for 27} days, 65% of the prescribed daily energy requirement is met with one main meal and two snacks,

d) in the case of providing one meal a day, 35% of the prescribed daily energy requirement should be provided with one lunch to provide.²⁸

(2a) The ratio of daily energy and nutrient intake values to be met, except in the cases specified in paragraph (2) :

a) 20% for breakfast only,

b) 15% only for ten-hour shifts,

c) 50% for snacks and lunch,

d) 50% for lunch and snacks,

e) 15% only for snacks,

f) 25% for dinner only.²⁹

(3) In the case of inpatient medical institution catering, 100% of the prescribed daily energy requirement per age group shall be ensured by applying the provisions [of Section 4\(1\)\(f\) of the Health Insurance Code](#), taking into account the energy content of the prescribed diet.

(4) In order to comply with the energy requirements specified in Annex 3, the Public Catering

a) has a recipe for ten or one hundred people for each age group using the public catering service it provides and prepares a separate raw material consumption sheet broken down by age group, indicating the age group and number of diners;

b) the dosage of food according to age groups is carried out based on the dosage guidelines in Annex 4.

²² A 4. § (1) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 8. §-ával](#) megállapított szöveg.

²³ A 4. § (1a) bekezdését a [36/2016. \(XII. 8.\) EMMI rendelet 3. §-a](#) iktatta be, az [53/2024. \(XI. 11.\) BM rendelet 25. § c\) pontja](#) hatályon kívül helyezte.

²⁴ A 4. § (2) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 8. §-ával](#) megállapított szöveg.

²⁵ Az 5. § (1) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 23. § c\) pontja](#) szerint módosított szöveg.

²⁶ Az 5. § (2) bekezdés b) pontja a [36/2016. \(XII. 8.\) EMMI rendelet 12. § a\) pontja](#) szerint módosított szöveg.

²⁷ Az 5. § (2) bekezdés c) pontja a [43/2014. \(VIII. 19.\) EMMI rendelet 10. § a\) pontja](#) szerint módosított szöveg.

²⁸ Az 5. § (2a) bekezdését a [36/2016. \(XII. 8.\) EMMI rendelet 4. § \(1\) bekezdése](#) iktatta be, szövege az [53/2024. \(XI. 11.\) BM rendelet 9. §-ával](#) megállapított szöveg.

²⁹ Az 5. § (3) bekezdése a [36/2016. \(XII. 8.\) EMMI rendelet 4. § \(2\) bekezdésével](#) megállapított szöveg.

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

³⁰
(5) The Public Catering Service may supplement the dishes on the menu with no more than vegetables, fruits, or dairy products.

6. Information obligation

³¹
Section 6 (1) The Public Catering Provider shall prepare a menu for each meal provided by it, and the Institution shall post it in a place clearly visible to the diners – in nurseries, mini-nurseries, educational institutions and vocational training institutions, and shall also make it available in electronic form, if the necessary conditions are available at the Institution. In the case of dietary catering, the posting of the menu containing the dietary diet may be waived if its publication in electronic form is ensured. Any modifications made to the menu containing the dietary diet after publication must always be made available in the same form as the publication, provided that the rules of the educational institution and the vocational training institution may also specify an additional form of direct notification for the information of the parent or legal representative.

³²
(1a) In the case of providing a standard inpatient medical institution diet, the posting of the menu is mandatory; in the case of special diet meals, the posting of the menu containing the diet may be waived if its publication in electronic form is ensured.

³³
(1b) In the case of self-service meals, the Public Catering Provider must ensure that the reference portion is made available to consumers, which can also be done digitally.

³⁴
(2) The caterer lists all dishes on the menu
a) calculated energy, fat, saturated fatty acid, protein, carbohydrate and sugar content,
b) its calculated salt content and the allergenic ingredients specified in the Ministerial Decree on the Labelling of Foods.

³⁵
(3) If there is a change in the menu, the Caterer shall inform the Institution thereof. The Institution shall ensure that the modified menu is posted in accordance with paragraph (1) on the day of the modification, prior to the given meal.

³⁶
(4) The Catering Service shall display the diet menu separately from the non-diet menu on the menu.

³⁷
(5) The Catering Service shall prepare a dosage guide in accordance with Annex 4, which it shall make available to the Institution. The Catering Service shall post the dosage guide at the place where the food is prepared, and the Institution shall post the dosage guide at the place where the food is served, in a place clearly visible to the serving staff.

³⁸
(6) The portion specified in the serving guide in Annex 4 must be provided for each person even in those serving forms where the person being served does not receive the food in a portion directly served to one person, as well as in the case of self-service catering.

7. Foods and food groups to be provided daily

³⁸
7. § (1) The Public Catering Service shall provide the foodstuffs specified in paragraphs (2) to (6) daily to all age groups served by it, as specified therein. This provision shall also apply to dietary catering pursuant to § 15, if the given foodstuffs can be used in the diet.

(2) In the case of all-day catering, at least one person must be provided with:
a) four servings of vegetables – excluding potatoes – or fruit, at least one serving of which should be raw,
b) three servings of grain-based food, of which at least one serving must be whole grain.

³⁹
(3) In the case of catering in nurseries and mini nurseries, at least one person must be provided with
a) three servings of vegetables – excluding potatoes – or fruit, at least one serving of which should be raw,
b) two servings of grain-based food, of which at least one serving every other day must be whole grain.

³⁰Az 5. § (5) bekezdését az [53/2024. \(XI. 11.\) BM rendelet 10. §-a](#) iktatta be.

³¹A 6. § (1) bekezdése a [38/2021. \(IX. 1.\) EMMI rendelet 1. §-ával](#) megállapított, az [53/2024. \(XI. 11.\) BM rendelet 23. § d\) pontja](#) szerint módosított szöveg.

³²A 6. § (1a) bekezdését a [36/2016. \(XII. 8.\) EMMI rendelet 5. § \(2\) bekezdése](#) iktatta be.

³³A 6. § (1b) bekezdését az [53/2024. \(XI. 11.\) BM rendelet 11. §-a](#) iktatta be.

³⁴A 6. § (2) bekezdés nyitó szövegrésze az [53/2024. \(XI. 11.\) BM rendelet 23. § e\) pontja](#) szerint módosított szöveg.

³⁵A 6. § (3) bekezdése a [36/2016. \(XII. 8.\) EMMI rendelet 12. § b\) pontja](#), az [53/2024. \(XI. 11.\) BM rendelet 25. § d\) pontja](#) szerint módosított szöveg.

³⁶[A 6. § (5) bekezdésében az [53/2024. \(XI. 11.\) BM rendelet 23. § f\) pontja](#) által elrendelt módosítás, amely szerint a „tálaló személyzet,” szövegrész helyébe a „tálalószemélyzet, önkiszolgáló rendszerű étkeztetés esetén az étkezők” szöveg lép, nem vezethető át.]

³⁷A 6. § (6) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 23. § g\) pontja](#) szerint módosított szöveg.

³⁸A 7. § az [54/2014. \(XII. 29.\) EMMI rendelet 2. §-ával](#) megállapított szöveg.

³⁹A 7. § (3) bekezdés nyitó szövegrésze a [36/2016. \(XII. 8.\) EMMI rendelet 12. § c\) pontja](#) szerint módosított szöveg.

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

(4) In the case of three meals a day, at least one person must be provided with:

- a) two servings of vegetables – excluding potatoes – or fruit, at least one serving of which is raw,
- b) two⁴⁰ servings of grain-based food, of which at least one serving must be whole grain.

(5) In the case of providing one meal per day, at least one serving of vegetables – excluding potatoes – or fruit must be provided per person, in raw form at least three times on average over ten consecutive days of food provision.⁴¹

(6) The provisions of Annex 7 shall be ensured by providing milk or dairy products daily in the case of all-day meals, nursery, mini-nursery meals and three meals a day.

8. Usage regulations, restrictions and prohibitions for certain foods and dishes

Section 8 (1) With regard to⁴² 7, paragraphs (2) to (5)

- a) for the 1–3 year old age group, milk with a fat content of 2.8% or 3.6%,⁴³
- b) for the age group over 3 years old milk with a fat content of 2.8% or less⁴⁴ to be provided.

(2)⁴⁵

(3)⁴⁶

(4)

(5) In order to achieve a ready-to-eat state for food, the finishing kitchen may only perform kitchen technological operations that the cooking kitchen expressly refers to as part of its scope of activity.

9. § (1) Fat may be used in the maximum quantity specified in the raw material specification, except for use in the preparation of cakes.⁴⁷

(2)⁴⁸ Food fried in a lot of fat should not be given to children aged 1–3.

(3)⁴⁹ During public catering, meat products must be provided in accordance with the provisions of [Annex 12 of the Hungarian Food Code](#).

Section 10 (1) Drinking water or mineral water may be given between meals to ensure the necessary fluid intake.

(2) Tea may contain no more than the amount of added sugar permitted under the raw material quota regulation.

Section 11 (1) On average over ten consecutive feeding days, a maximum of 30% of the total daily energy intake, and 35% in the case of feeding children aged 1–3 years, may come from fat.⁵⁰

(2) On average over ten consecutive feeding days, a maximum of 20% of the total daily energy intake, or 15% in the case of a single meal, may come from sugars.

(3) The amount of milk or an equivalent amount of calcium-containing dairy products to be provided per person in public catering is determined by age group in Annex 7.

Section 12 (1) The salt content of foods served in public caterings shall be determined by the values specified in Annex 5, per age group.

(2) Only iodized table salt in accordance with standard MSZ-01-10007 may be used for food preparation.

⁴⁰ A 7. § (5) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 23. § h\) pontja](#) szerint módosított szöveg.

⁴¹ A 7. § (6) bekezdése a [36/2016. \(XII. 8.\) EMMI rendelet 12. § a\) pontja](#), az [53/2024. \(XI. 11.\) BM rendelet 23. § i\) pontja](#) szerint módosított szöveg.

⁴² A 8. § (1) bekezdés a) pontja az [54/2014. \(XII. 29.\) EMMI rendelet 3. §-a](#) szerint módosított szöveg.

⁴³ A 8. § (1) bekezdés b) pontja a [36/2016. \(XII. 8.\) EMMI rendelet 12. § d\) pontja](#) szerint módosított szöveg.

⁴⁴ A 8. § (2) bekezdését az [53/2024. \(XI. 11.\) BM rendelet 25. § e\) pontja](#) hatályon kívül helyezte.

⁴⁵ A 8. § (3) bekezdését az [53/2024. \(XI. 11.\) BM rendelet 25. § e\) pontja](#) hatályon kívül helyezte.

⁴⁶ A 8. § (4) bekezdését az [53/2024. \(XI. 11.\) BM rendelet 25. § e\) pontja](#) hatályon kívül helyezte.

⁴⁷ A 9. § az [54/2014. \(XII. 29.\) EMMI rendelet 4. §-ával](#) megállapított szöveg.

⁴⁸ A 9. § (2) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 12. §-ával](#) megállapított szöveg.

⁴⁹ A 9. § (3) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 12. §-ával](#) megállapított szöveg.

⁵⁰ A 11. § az [53/2024. \(XI. 11.\) BM rendelet 13. §-ával](#) megállapított szöveg.

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

⁵¹
 (2a) If the iodine content of the drinking water used for food preparation exceeds the permitted limit, the national chief medical officer may grant an exemption from compliance with the requirement under paragraph (2) in a procedure initiated upon request.

⁵²
 (3) In the serving kitchen, no additional salt and sugar may be added to food beyond the amount of salt and sugar specified in the raw material allowance sheet.

⁵³
 (4) The warning label “Excessive salt and sugar consumption can lead to cardiovascular diseases, obesity and diabetes!” must be clearly displayed at the place where salt or sugar is placed or handed out. The label may be replaced by a picture according to the age characteristics of the diners.

⁵⁴
13. § In the case of all-day meals, the provision of all-day meals for 1–3 year olds, nursery and mini-nursery meals, the provision of three meals a day and one meal a day, the mandatory frequency of the foods and food groups used, calculated over ten consecutive feeding days, is contained in the table in Annex 6 .

⁵⁵
Section 14 (1) The following foods may not be used in public catering:

a) salt-containing food powder, salt-containing soup cubes, salt-containing food seasoning creams, pastes for purposes other than improving texture or flavoring food,

b) meat with a fat content higher than 30%,
⁵⁶

c) meat products with a fat content higher than 23% when feeding children aged 1–3 years,

d) caffeine-containing beverages for the age group under 18, with the exception of tea and cocoa as defined in Section 10(2) ,

e) energy drinks under the Act on Public Health Product Tax,

f) food containing alcohol,
⁵⁷

g) soft drinks, syrups containing sugars or sweeteners,
⁵⁸

h) fruit drinks other than fruit juice in accordance with Annex 11 of the [Hungarian Food Code](#) .

i) fruit flavour as defined in the Act on Public Health Product Tax,
⁵⁹

j) pork and poultry fat for the 1–3 and 4–6 age groups,

k) coconut and palm oil for frying and cooking.
⁶⁰

l) of the substances and products causing allergies or intolerances listed in Annex II to Regulation (EU) No 1169/2011 of the European Parliament and of the Council include peanuts, tree nuts, sesame seeds and products made from them.
⁶¹

(2) In public catering, the additives listed in Annex V to Regulation (EC) No 1333/2008 of the European Parliament and of the Council of 16 December 2008 on food additives may not be used in the preparation of food for the 1–3, 4–6 and 7–10 year old age groups, even in the form of a compound food.

(3) Sweets may not be served as a separate meal. Only sweets containing at least 1/3 fruit or 1/3 milk or dairy products may be served as other meals.
⁶²

(4) Sweeteners may not be used in food preparation, except for those suffering from carbohydrate metabolism disorders requiring a diet.

9. Dietary meals

⁵¹ A 12. § (2a) bekezdését a [36/2016. \(XII. 8.\) EMMI rendelet 6. §-a](#) iktatta be.

⁵² A 12. § (3) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 14. §-ával](#) megállapított szöveg.

⁵³ A 12. § (4) bekezdése az [54/2014. \(XII. 29.\) EMMI rendelet 6. §-ával](#) megállapított szöveg.

⁵⁴ A 13. § az [53/2024. \(XI. 11.\) BM rendelet 15. §-ával](#) megállapított szöveg.

⁵⁵ A 14. § (1) bekezdése az [54/2014. \(XII. 29.\) EMMI rendelet 7. §-ával](#) megállapított szöveg.

⁵⁶ A 14. § (1) bekezdés c) pontja az [53/2024. \(XI. 11.\) BM rendelet 16. § \(1\) bekezdésével](#) megállapított szöveg.

⁵⁷ A 14. § (1) bekezdés g) pontja az [53/2024. \(XI. 11.\) BM rendelet 16. § \(2\) bekezdésével](#) megállapított szöveg.

⁵⁸ A 14. § (1) bekezdés h) pontja az [53/2024. \(XI. 11.\) BM rendelet 16. § \(2\) bekezdésével](#) megállapított szöveg.

⁵⁹ A 14. § (1) bekezdés j) pontja az [53/2024. \(XI. 11.\) BM rendelet 25. § f\) pontja](#) szerint módosított szöveg.

⁶⁰ A 14. § (1) bekezdés l) pontját az [53/2024. \(XI. 11.\) BM rendelet 16. § \(3\) bekezdése](#) iktatta be.

⁶¹ A 14. § (2) bekezdése az [53/2024. \(XI. 11.\) BM rendelet 23. § j\) pontja](#) szerint módosított szöveg.

⁶² Paragraph (4) of Section 14 is the text established by [Section 7 of Decree 36/2016. \(XII. 8.\) of the Ministry of Justice](#) , amended by [Section 23, point k\) of Decree 53/2024. \(XI. 11.\) of the Ministry of Justice](#) .

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

63

Section 15 (1) In an institution providing inpatient care, in an institution providing personal care, in an institution providing basic child welfare care, in an institution providing specialized child protection care, or in a specialized social care, in an educational institution, and in a vocational training institution, all persons requiring a diet certified by a specialist shall be provided with a diet prescribed by a specialist, a family doctor, a family pediatrician, or a school doctor providing school health care, in compliance with the provisions of paragraphs (2) to (6) and of paragraphs (5) and (6) of Section 16, taking into account the timing of meals as determined by the specialist and the appropriate dosage of food as determined by the dietician, with particular regard to persons with carbohydrate metabolism disorders.

64

(1a) In the case of food allergies and intolerances, the provisions of paragraph (1) shall apply only to substances and products causing allergies or intolerances listed in Annex II to Regulation (EU) No 1169/2011 of the European Parliament and of the Council of 25 October 2011 on the provision of food information to consumers, amending Regulations (EC) No 1924/2006 and (EC) No 925/2006 of the European Parliament and of the Council and repealing Commission Directive 87/250/EEC, Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004.

(2) The Institution may also provide a dietetic diet by ordering it from another Catering Service that has such conditions, if the Institution's kitchen or the Catering Service that supplies the Institution does not have the necessary personal, material and technical conditions for the production of dietetic meals.

65

(2a) In an educational institution or vocational training institution, if dietary meals for children and students cannot be provided within the framework of public catering, they may be provided – based on a written declaration by the parent or other legal representative – by allowing the child or student to consume food brought into the institution or ordered by the parent or other legal representative. To this end, the head of the educational institution or vocational training institution shall ensure appropriate conditions for cooling, heating and consumption in compliance with the applicable laws and professional regulations.

(3) When compiling a diet according to paragraph (1), only food that is suitable for the given dietary purpose may be used.

(4) Foods constituting a dietary diet must be prepared, stored, transported and delivered to the final consumer in a manner that excludes any substance that may affect their suitability for the specified diet, excluding the possibility of contamination of the foods with such substances.

(5) For the preparation of dietary foods intended for people intolerant to gluten, only foods containing wheat, rye, barley, oats or their crossbred varieties may be used, provided that they are labelled "gluten-free" in accordance with the EU Regulation on the composition and labelling of foods intended for people intolerant to gluten.

66

(6) When compiling a diet, the requirements for the foods and food groups to be provided daily must be observed in accordance with the condition of the person requiring the diet and the type of diet applicable to them.

67

(7) The dietary diet to be provided within the framework of public catering shall be provided in accordance with the methodological letter issued by the national chief medical officer.

68

15/A. § (1) A family doctor, a family pediatrician or a school doctor providing school health care may issue a certificate (hereinafter referred to as a temporary certificate) to a person requiring dietary meals up to the age of 2 years, and for a maximum period of 6 months from the date of issue for those over the age of 2 years, for the purpose of establishing a diagnosis of food allergy or food intolerance, in accordance with Regulation (EC) No 1924/2006 and Commission Directive 87/250/EEC on the provision of information to consumers about food, amending Regulations (EC) No 1924/2006 and (EC) No 1925/2006 of the European Parliament and of the Council and amending Commission Directive 87/250/EEC,

with regard to substances and products causing allergies or intolerances listed in Annex II to Regulation (EU) No 1169/2011 of the European Parliament and of the Council of 25 October 2011 repealing Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004, with the exception of cereals containing gluten (i.e. wheat, rye, barley, oats, spelt, kamut and their hybridised varieties) and products thereof.

(2) After the expiry of the 6-month transitional period, the transitional certificate cannot be extended or reissued.

63

Paragraph (1) of Section 15 is the text established by [Paragraph \(1\) of Section 17 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

64

Paragraph (1a) of Section 15 was inserted by [Paragraph \(1\) of Section 8 of EMMI Decree 36/2016 \(XII. 8.\)](#).

65

Paragraph (2a) of Section 15 was inserted by [Section 2 \(2\) of Decree 38/2021. \(IX. 1.\) of the Ministry of Justice](#), and its text is the text amended in accordance with [Section 23, point 1\) of Decree 53/2024. \(XI. 11.\) of the Ministry of Justice](#).

66

Paragraph (6) of Section 15 was inserted by [Section 8 \(2\) of Decree 36/2016. \(XII. 8.\) of the Ministry of Justice](#), and its text is the text amended in accordance with [Section 25 \(g\) of Decree 53/2024. \(XI. 11.\) of the Ministry of Justice](#).

67

Paragraph (7) of Section 15 was inserted by [Paragraph \(2\) of Section 17 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

68

Section 15/A was inserted by [Section 18 of Decree 53/2024 \(XI. 11.\) of the Ministry of Justice](#).

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

(3) In order to modify a request for dietary meals already submitted to the Institution by the parent or other legal representative and certified by a specialist, a new specialist certificate must be issued and submitted to the Institution. If the specific health condition justifying the dietary request no longer exists within the period of validity of the specialist certificate, the specialist must certify this fact and the parent or other legal representative must submit it to the Institution in order to withdraw the request for dietary meals.

⁶⁹

15/B. § The specialist medical certificate required for requesting dietary meals must contain the following:

1. the name of the person requesting a diet meal,
2. place and time of birth,
3. Social Security number,
4. name of the doctor,
5. the doctor's seal number,
6. contact information of the doctor (official telephone number; official e-mail),
7. the doctor's valid operating registration number,
8. the name of the doctor's professional qualification or specialist license and the end of the specialist license period,
9. the BNO code supporting the dietary requirement,
10. name of the diet, as follows (in the case of a complex diet, all relevant substances and products causing allergies or intolerances must be indicated):
 - 10.1. free from cereals containing gluten,
 - 10.2. free from eggs and products made from them,
 - 10.3. dairy-free,
 - 10.4. lactose-free,
 - 10.5. free from soybeans and products made from them,
 - 10.6. peanut- and peanut-based products-free,
 - 10.7. nut-free and products made from it (Almond (*Amygdalus communis* L.), hazelnut (*Corylus avellana*), walnut (*Juglans regia*), cashew (*Anacardium occidentale*), pecan (*Carya illinoensis* [Wangenh.] K. Koch), Brazil nut (*Bertholletia excelsa*), pistachio (*Pistacia vera*), macadamia or Queensland nut (*Macadamia ternifolia*),
 - 10.8. free from sesame seeds and products made from them,
 - 10.9. celery and products made from it are free,
 - 10.10. mustard and products made from it are free,
 - 10.11. fish and fish products free,
 - 10.12. free from crustaceans and products made from them,
 - 10.13. free from lupine and its products,
 - 10.14. free from molluscs and products made from them,
 - 10.15. sulfite-free,
 - 10.16. name of the diet prescribed for other substances and products causing allergies or intolerances not listed in sub-sections 10.1–10.15.,
 - 10.17. name of carbohydrate metabolism disorder, if necessary indicating the prescribed daily carbohydrate intake and carbohydrate distribution expressed in grams,
 - 10.18. exact name of other diet,
11. date of issue,
12. the expiry date of the certificate, indicating one of the following:
 - 12.1. temporary certificate,
 - 12.2. due to the finality of the condition, regular review is not necessary,
 - 12.3. for 1 year from the date of issue,
 - 12.4. until the date of the next review: year, month, day,
13. medical seal, signature.

10. Personal conditions⁷⁰

Section 16 (1) The food manager shall compile the diet, menu and raw material consumption sheet.

⁶⁹ Section 15/B was inserted by [Section 18 of Decree 53/2024 \(XI. 11.\) of the Ministry of Justice](#).

⁷⁰ Paragraph (1) of Section 16 is the text established [by Paragraph \(1\) of Section 9 of EMMI Decree 36/2016 \(XII. 8.\)](#).

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

⁷¹ (2) The preparation and distribution of meals in the kitchen is supervised by the catering manager, or in his absence, by his deputy specified in the job description, in accordance with the written instructions of the catering manager.

⁷² (2a) In the case of inpatient hospital catering, the preparation of meals in the kitchen is supervised by the catering manager, and the distribution of meals is supervised by a specialist with a dietetic qualification.

⁷³ (3) With the exception of inpatient hospital catering, the catering manager must have a college-level dietetic qualification or a state-recognized catering manager qualification.

⁷⁴ (4) In the case of inpatient hospital catering, the catering manager must have a dietetic qualification.

(5) A diet and a diet menu may only be designed by a professional with a dietetic qualification.

(6) The Caterer shall ensure that the preparation of diet food

a) be carried out by a person with a professional qualification as a dietetic chef, or

b) supervised by a qualified dietician.

⁷⁵ (7) A person with a professional qualification as referred to in paragraph (3) must participate in the nutritional health training of the National Center for Public Health and Pharmacy (hereinafter: NNGYK) within 6 months of starting work, and must then participate in further training every five years.

⁷⁶ (8) In the case of self-service meals, supervision by a person assisting with serving must be ensured.

11. Authority control

⁷⁷ **Section 17** (1) Compliance with the provisions of this Decree shall be checked by the district (metropolitan district) office of the capital and county government office acting within the scope of public health responsibilities competent for the place where the public catering service is provided (hereinafter: the checking authority).

(2) The Catering Operator shall be obliged

a) during the inspection, provide the inspection authority with the raw material usage, planning, selection, food preparation, portioning and serving documentation directly related to the food supply, the documents relating to the data necessary for the composition and nutritional health assessment of the foods used for food preparation, the manufacturer's certificate certifying the dietary suitability of the foods used for the preparation of diet food, the name of the food manager, the dietician and the diet chef, and documentary evidence of their qualifications, and

b) retain the documents listed in point a) for 90 days after use or termination of work.

⁷⁸ (2a) During the inspection, the Institution is obliged to make the dosage and serving documentation directly related to the food supply available to the inspection authority and to retain it for 90 days after use.

(3) The Public Catering Provider and the Institution are obliged to provide the inspection authority with one portion of each dish of the menu served to the given age groups free of charge for the purpose of biochemical analysis as prescribed in the Act on Health Authority and Administrative Activities.

⁸⁰ (4) A 20% difference is allowed between the nutrient values measured in the laboratory and the calculated ones, as well as between the nutrient values calculated by the Catering Service and the inspection authority.

⁸¹ (5) Based on the findings of the inspection, the inspection authority shall conduct a nutritional and health assessment by age group and type of care, according to the assessment templates issued by the national chief medical officer.

⁷¹ Paragraph (2) of Section 16 is the text established by [Paragraph \(1\) of Section 19 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

⁷² Paragraph (2a) of Section 16 was inserted by [Paragraph \(1\) of Section 19 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

⁷³ Paragraph (3) of Section 16 is the text established by [Paragraph \(2\) of Section 9 of Decree 36/2016. \(XII. 8.\) of the Ministry of the Interior](#), amended by [Paragraph h\) of Section 25 of Decree 53/2024. \(XI. 11.\) of the Ministry of the Interior](#).

⁷⁴ Paragraph (5) of Section 16 is the text established by [Paragraph \(3\) of Section 9 of EMMI Decree 36/2016 \(XII. 8.\)](#).

⁷⁵ Paragraph (7) of Section 16 is the text established by [Paragraph \(2\) of Section 19 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

⁷⁶ Paragraph (8) of Section 16 was inserted by [Paragraph \(2\) of Section 19 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

⁷⁷ Paragraph (1) of Section 17 is the text amended in accordance with [Section 163 b\) of EMMI Decree 23/2015 \(IV. 28.\)](#) and [Section 78 of BM Decree 45/2022 \(XII. 20.\)](#).

⁷⁸ Paragraph (2) of Section 17 is the text established by [Paragraph \(1\) of Section 10 of EMMI Decree 36/2016 \(XII. 8.\)](#).

⁷⁹ Paragraph (2a) of Section 17 was inserted by [Paragraph \(2\) of Section 10 of EMMI Decree 36/2016 \(XII. 8.\)](#).

⁸⁰ Paragraph (4) of Section 17 is the text established by [Section 20 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

⁸¹ Paragraph (5) of Section 17 was inserted by [Section 20 of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

⁸²

(6) The supervisory authority shall send the results of the qualification to the national chief medical officer, who shall ensure its publication on the website of the National Health and Medical Service.

12. Transitional provisions⁸³

18. § Depending on the type of catering, the maximum permitted values set out in the table in Annex 5 on the permissible daily salt intake by age group may be applied until 31 August 2028 at the latest.

13. Final provisions⁸⁴**19. §**

§ 20. The draft regulation has been subject to the consultation provided for in Articles 8-10 of Directive 98/34/EC of the European Parliament and of the Council of 22 June 1998 laying down a procedure for the provision of information in the field of technical standards and regulations and on rules on Information Society services.

⁸⁵

Annex 1 to EMMI Decree 37/2014. (IV. 30.)

Raw material minimum requirement for one serving/person⁸²

Paragraph (6) of Section 17 was inserted by [Section 20 of Decree No. 53/2024 \(XI. 11.\) of the Ministry of the Interior.](#)

⁸³

Section 18 is the text established by [Section 21 of Decree 53/2024. \(XI. 11.\) of the Ministry of the Interior.](#)

⁸⁴

Section 19 shall not enter into force pursuant to [Section 20 of Decree 43/2014 \(VIII. 19.\) of the Ministry of Health.](#) Pursuant to Section 11 (1) of this amending decree, the decree shall enter into force on 1 January 2015, pursuant to Section 11 (2), Section 8 (1) b) on 1 November 2015, and pursuant to Section 11 (3), Section 6 (2) a) on 13 April 2017.

⁸⁵

Annex 1 is the text established by [Section 22 \(1\) of Decree 53/2024. \(XI. 11.\) of the Ministry of the Interior.](#)

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

	THE	B	C		D		This		F	
1.	Raw material	Age groups								
2.		1–3 years	4–6 years		7–10 years		11–14 years		From year 15	
3.	Meat	for cold meals: 15–25 g	for cold meals: 20–30 g		for cold meals: 30–40 g		for cold meals: 40–50 g		for cold meals: 40–60 g	
4.		lean meat: 40–60 g	lean meat: 60–80 g		lean meat: 80–100 g		lean meat: 90–110 g		lean meat: 100–120 g	
5.		minced meat: 30–40 g	minced meat: 40–60 g		minced meat: 50–90 g		minced meat: 50–90 g		minced meat: 60–100 g	
6.		for soups: 20–40 g	for soups: 30–50 g		for soups: 40–60 g		for soups: 50–70 g		for soups: 60–80 g	
7.		for ragout: 30–50 g	for ragout: 40–60 g		for ragout: 60–80 g		for ragout: 70–90 g		for ragout: 80–100 g	
8.	Meat products	Products with a fat content higher than 23% cannot be given.	Product with a fat content of 23% or less	Product with a fat content higher than 23%	Product with a fat content of 23% or less	Product with a fat content higher than 23%	Product with a fat content of 23% or less	Product with a fat content higher than 23%	Product with a fat content of 23% or less	Product with a fat content higher than 23%
9.		for cold meals, casseroles, stuffed dishes: 15–25 g	for cold meals, casseroles, stuffed dishes: 20–30 g	for cold meals, casseroles, stuffed dishes: 5–15 g	for cold meals, casseroles, stuffed dishes: 30–40 g	for cold meals, casseroles, stuffed dishes: 5–25 g	for cold meals, casseroles, stuffed dishes: 30–50 g	for cold meals, casseroles, stuffed dishes: 5–25 g	for cold meals, casseroles, stuffed dishes: 40–60 g	for cold meals, casseroles, stuffed dishes: 5–25 g
10.		for soups: 20–30 g	for soups: 30–40 g	for soups: 5–20 g	for soups: 40–60 g	for soups: 5–30 g	for soups: 50–60 g	for soups: 5–30 g	for soups: 50–60 g	for soups: 5–30 g
11.		as a topping: 25–40 g	as a topping: 40–60 g	as a topping: 5–30 g	as a topping: 50–80 g	as a topping: 5–40 g	as a topping: 60–90 g	as a topping: 5–50 g	as a topping: 90–120 g	as a topping: 5–60 g
12.		for pasta: 25–40 g	for pasta: 40–60 g	for pasta: 5–30 g	for pasta: 60–80 g	for pasta: 5–40 g	for pasta: 70–90 g	for pasta: 5–50 g	for pasta: 80–100 g	for pasta: 5–50 g
13.	Liver, gizzard, heart and liver preparations	as a topping: 40–60 g	as a topping: 60–80 g		as a topping: 80–100 g		as a topping: 90–110 g		as a topping: 100–120 g	
14.		for puff pastry: 20–30 g	for puff pastry: 30–40 g		for puff pastry: 40–50 g		for puff pastry: 40–60 g		for puff pastry: 50–60 g	
15.		for sandwiches: 10–25 g	for sandwiches: 15–30 g		for sandwiches: 20–40 g		for sandwiches: 20–50 g		for sandwiches: 30–60 g	
16.		for soups: 10–30 g	for soups: 20–40 g		for soups: 30–50 g		for soups: 30–50 g		for soups: 40–60 g	
17.	Fish, fresh, frozen	as a topping, for pasta, casseroles, stuffed dishes: 40–60 g	as a topping, for pasta, casseroles, stuffed dishes: 60–80 g		as a topping, for pasta, casseroles, stuffed dishes: 80–100 g		as a topping, for pasta, casseroles, stuffed dishes: 90–110 g		as a topping, for pasta, casseroles, stuffed dishes: 100–120 g	
18.		for fish fillet: 30–40 g	for fish fillet: 40–60 g		for fish fillet: 50–90 g		for fish fillet: 50–90 g		for fish fillet: 60–100 g	
19.		cannot be added to soups	for soups: 30–50 g		for soups: 40–60 g		for soups: 60–80 g		for soups: 80–100 g	
20.		for sandwiches: 15–25 g	for sandwiches: 20–30 g		for sandwiches: 30–40 g		for sandwiches: 30–50 g		for sandwiches: 40–60 g	

	THE	B	C	D	This	F
1.	Raw material	Age groups				
2.		1–3 years	4–6 years	7–10 years	11–14 years	From year 15
21.	Canned fish	as a topping, for pasta, casseroles, stuffed dishes: 30–60 g	as a topping, for pasta, casseroles, stuffed dishes: 40–80 g	as a topping, for pasta, casseroles, stuffed dishes: 50–90 g	as a topping, for pasta, casseroles, stuffed dishes: 60–100 g	as a topping, for pasta, casseroles, stuffed dishes: 70–110 g
22.		fish cream, fish pate : 15–25 g	fish cream, fish pate : 20–30 g	fish cream, fish pate : 30–40 g	fish cream, fish pate : 30–50 g	fish cream, fish pate : 40–60 g
23.	Milk, fermented	milk: 1–2 dl	milk: 1–2 dl	milk: 2–2.5 dl	milk: 2–2.5 dl	milk: 2–3 dl
24.	milk products (kefir, yogurt)	kefir, yogurt: 1–1.5 dl	kefir, yogurt: 1–2 dl	kefir, yogurt: 1–2 dl	kefir, yogurt: 1–2 dl	kefir, yogurt: 1–2 dl
25.		fruit yogurt: 1–1.5 dl	fruit yogurt: 1–2 dl	fruit yogurt: 1–2 dl	fruit yogurt: 1–2 dl	fruit yogurt: 1–2 dl
26.	Dairy products (cheese, cottage cheese)	cheese for sandwiches: 20–30 g	cheese for sandwiches: 30–40 g	cheese for sandwiches: 30–50 g	cheese for sandwiches: 30–50 g	cheese for sandwiches: 40–70 g
27.		cream cheese, processed cheese, cubed cheese, cream cheese: 15–30 g	cream cheese, processed cheese, cubed cheese, cream cheese: 20–40 g	cream cheese, processed cheese, cubed cheese, cream cheese: 25–50 g	cream cheese, processed cheese, cubed cheese, cream cheese: 25–60 g	cream cheese, processed cheese, cubed cheese, cream cheese: 25–70 g
28.		cottage cheese for cold meals : 15–20 g	cottage cheese for cold meals : 15–25 g	cottage cheese for cold meals : 20–30 g	cottage cheese for cold meals : 20–40 g	cottage cheese for cold meals : 40–50 g
29.		cottage cheese preparation: 20–25 g	cottage cheese preparation: 20–30 g	cottage cheese preparation: 30–40 g	cottage cheese preparation: 30–50 g	cottage cheese preparation: 50–60 g
30.		cottage cheese dessert: 1 pc	cottage cheese dessert: 1 pc	cottage cheese dessert: 1 pc	cottage cheese dessert: 1 pc	cottage cheese dessert: 1 pc
31.		cottage cheese for cooking: 30–50 g	cottage cheese for cooking: 50–70 g	cottage cheese for cooking: 70–100 g	cottage cheese for cooking: 80–110 g	cottage cheese for cooking: 100–150 g
32.	Sour cream	0–40g	0–50g	0–60g	0–70g	0–80g
33.	Spreads (butter, buttercream, margarine)	for sandwiches: 0–10 g	for sandwiches: 0–15 g	for sandwiches: 0–20 g	for sandwiches: 0–20 g	for sandwiches: 0–20 g
34.	Fat	for food preparation : 0–5 g	for food preparation : 0–8 g	for food preparation : 0–10 g	for food preparation : 0–10 g	for food preparation : 0–15 g
35.		for salads: 0–2 g	for salads: 0–2 g	for salads: 0–3 g	for salads: 0–3 g	for salads: 0–4 g
36.	Bacon	for food preparation: 2–4 g	for food preparation: 2–5 g	for food preparation: 3–6 g	for food preparation: 3–6 g	for food preparation: 3–10 g
37.		not suitable for cold meals	not suitable for cold meals	not suitable for cold meals	not suitable for cold meals	for cold meals: 30–80 g
38.	Added sugar, honey	honey: 0–10 g	honey: 0–20 g	honey: 0–20 g	honey: 0–20 g	honey: 0–40 g

	THE	B	C	D	This	F
1.	Raw material	Age groups				
2.		1–3 years	4–6 years	7–10 years	11–14 years	From year 15
39.		added sugar in tea: 0–5 g	added sugar in tea: 0–7 g	added sugar in tea: 0–9 g	added sugar in tea: 0–10 g	added sugar in tea: 0–10 g
40.	Grain-based food (including dry pasta)	cereal for cold meals: 10–20 g	cereal for cold meals: 20–40 g	cereal for cold meals: 30–50 g	cereal for cold meals: 40–60 g	cereal for cold meals: 40–80 g
41.		for garnish: 30–50 g	for garnish: 40–60 g	for garnish: 50–70 g	for garnish: 60–80 g	for garnish: 80–100 g
42.		for garnish with vegetables: 20–30 g	for garnish with vegetables: 20–40 g	for garnish with vegetables: 30–50 g	for garnish with vegetables: 40–60 g	for garnish with vegetables: 50–70 g
43.		Breads, wholemeal breads: 20–40 g	Breads, wholemeal breads: 30–50 g	Breads, wholemeal breads: 50–70 g	Breads, wholemeal breads: 50–70 g	Breads, wholemeal breads: 60–120 g
44.		Cake, kuglóf: 25–40 g	Cake, kuglóf: 30–50 g	Cake, kuglóf: 50–70 g	Cake, kuglóf: 50–70 g	cake, kuglóf: 60–120 g
45.		pastry: 1/2–1 piece	pastry: 1/2–1 piece	pastries: 1–2 pcs	pastries: 1–2 pcs	pastries: 1–3 pcs
46.		other cereal preparations for cold meals: 10–20 g	other cereal preparations for cold meals: 10–30 g	other cereal preparations for cold meals: 20–40 g	other cereal preparations for cold meals: 30–50 g	other cereal preparations for cold meals: 40–60 g
47.		cereal bars are not allowed	cereal bar: 1 pc	cereal bars: 1–2 pcs	cereal bars: 1–2 pcs	cereal bars: 1–2 pcs
48.	Potato	for vegetables: 100–150 g	for vegetables: 110–180 g	for vegetables: 150–200 g	for vegetables: 150–230 g	for vegetables: 180–250 g
49.		for casseroles, side dishes: 100–150 g	for casseroles, side dishes: 150–200 g	for casseroles, side dishes: 180–230 g	for casseroles, side dishes: 200–250 g	for casseroles, side dishes: 250–300 g
50.	Vegetables (fresh, frozen, canned)	for salads: 20–70 g	for salads: 30–90 g	for salads: 40–100 g	for salads: 50–110 g	for salads: 60–150 g
51.		raw cold food: 20–40 g	raw for cold meals: 20–50 g	raw for cold meals: 30–80 g	raw for cold meals: 30–90 g	raw for cold meals: 40–100 g
52.		Onions, raw, for cold meals: 10–20 g	raw onions, for cold meals: 10–20 g	raw onions, for cold meals: 10–30 g	raw onions, for cold meals: 10–30 g	raw onions, for cold meals: 15–40 g
53.		for soups: 30–60 g	for soups: 40–80 g	for soups: 50–90 g	for soups: 50–100 g	for soups: 70–120 g
54.		for vegetables, side dishes: 60–150 g	for vegetables, side dishes: 110–180 g	for vegetables, side dishes: 130–200 g	for vegetables, side dishes: 130–230 g	for vegetables, side dishes: 160–250 g
55.	Fruits (fresh, frozen, canned, compote)	40g ≤	60g ≤	70g ≤	70g ≤	80g ≤
56.	Legumes	for vegetables, side dishes, broken into pieces: 30–50 g	for vegetables, side dishes: 40–60 g	for vegetables, side dishes: 50–70 g	for vegetables, side dishes: 60–80 g	for vegetables, side dishes: 70–90 g

	THE	B	C	D	This	F
1.	Raw material	Age groups				
2.		1–3 years	4–6 years	7–10 years	11–14 years	From year 15
57.		for soups, salads, broken: 10–20 g	for soups, salads: 20–30 g	for soups, salads: 20–40 g	for soups, salads: 30–40 g	for soups, salads: 40–50 g
58.		for cold meals, broken: 5–20 g	for cold meals: 10–20 g	for cold meals: 10–30 g	for cold meals: 10–30 g	for cold meals: 20–40 g
59.	Fruit juice and vegetable juice	1–2 dl	1–2 dl	1–2 dl	1–2 dl	2–3 dl
60.	Chocolate cream	10–20g	10–25g	20–30g	20–30g	20–50g
61.	Special quality jam, extra jam, extra jelly, marmalade	10–20g	10–25g	20–30g	20–30g	20–50g

- 1
Only chicken liver and gizzards can be given.
- 2
The raw material minimum requirement applies to the finished product. In the case of fish cream and fish pâté, the proportion of canned fish used in relation to the finished product is 50%.
- 3
The specified quantity refers to the curd content of locally made garnished cow's curd and other flavored curd creams.
- 4
In the case of foods fried in a lot of fat, a maximum of 30% of the amount of fat used for frying should be included in the nutritional content.
- 5
Excluding cereal mixes.

86
Annex 2 to EMMI Decree 37/2014. (IV. 30.)

87
Annex 3 to EMMI Decree 37/2014. (IV. 30.)

Daily energy requirements by age group
(kcal/day/person)

	THE	B	C	D	This	F	G	H
1.	Type of catering	Age groups						
2.		1–3 years	4–6 years	7–10 years	11–14 years	15–18 years	19–69 years	From the year 70
3.	All-day catering	1000–1300	1350–1650	1700–2050	2000–2400	2000–2800	1800–2500	1800–2400
4.	Inpatient hospital catering	1000–1200	1200–1500	1550–1850	1800–2200	1800–2600	1800–2400	1800–2400
5.	Nursery and mini nursery catering	750–950						
6.	Three meals a day service		900–1100	1100–1350	1300–1550	1300–1850	1150–1650	1150–1550
7.	One meal per day service		450–600	600–750	700–850	700–1000	650–900	650–850

88
Annex 4 to EMMI Decree 37/2014 (IV. 30.)

Dosage instructions
(for 1 serving of prepared food)

86

87

88

Annex 2 was repealed by [Section 25, point j\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

Annex 3 is the text established by [Section 22 \(2\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

Annex 4 is the text established by [Section 22 \(3\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#).

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

	THE	B	C	D	This	F
1.	Menu item	Age groups				
2.		1–3 years	4–6 years	7–10 years	11–14 years	From year 15
3.	Fresh vegetables (dkg)	2≤	2≤	3≤	3≤	4≤
4.	Fresh fruit (dkg)	4≤	6 ≤	7 ≤	7 ≤	8 ≤
5.	Fruit/vegetable juice (dl)	1–2	1–2	1–2	1–2	2–3
6.	Salad (dkg)	3–8	4–10	5–11	6–12	7–16
7.	Acidity (dkg)	3–7	5–8	6–9	7–10	8–13
8.	Vegetable side dishes (dkg)	8–15	13–18	15–20	18–23	20–25
9.	Condiments (dl)	1.5–2	1.5–2.5	2–2.5	2.5–3	3–4
10.	Sliced fish (g)	30–45	40–55	55–70	65–80	70–85
11.	Sliced meat (g)	30–45	40–55	55–70	65–80	70–85
12.	Ragu, tokány, stewed meat (g)	20–35	30–45	40–55	50–65	56–70
13.	Soups (dl)	1–1.5	1–2	2–2.5	2–3	2–3.5
14.	Potatoes (dkg)	10–15	15–20	18–23	20–25	25–30
15.	Pasta, rice, grain-based side dishes (dkg)	7–15	10–20	10–20	15–25	25–30
16.	Sauce (dl)	1–1.5	1.5–2	1.5–2	2–2.5	2–2.5
17.	Milk/flavoured milk product/tea (dl)	1–2	1–2	2–2.5	2–2.5	2–3

⁸⁹
Annex 5 to EMMI Decree 37/2014 (IV. 30.)

**Depending on the type of meal, the permissible daily salt intake by age group*
(g/person)**

	THE	B	C	D	This	F	G	H
1.	Accent type	Age groups						
2.		1–3 years	4–6 years	7–10 years	11–14 years	15–18 years	19–69 years	From the year 70
3.	All-day catering	2 (maximum: 5)	3 (maximum: 7)	5 (maximum: 10)	5 (maximum: 10)	5 (maximum: 12)	5 (maximum: 12)	5 (maximum: 12)
4.	Nursery and mini nursery catering	1.5 (maximum: 4)	–	–	–	–	–	–
5.	Three meals a day service	–	2 (maximum: 5.5)	3.5 (maximum: 6.6)	3.5 (maximum: 6.6)	3.5 (maximum: 7.9)	3.5 (maximum: 7.9)	3.5 (maximum: 7.9)
6.	One meal per day service	1	1 (max: 3)	2 (maximum: 4)	2 (maximum: 4)	2 (maximum: 4.3)	2 (maximum: 4.3)	2 (maximum: 4.3)

* Including the salt content of the ingredients, not just the amount of salt used during food preparation.

⁹⁰
Annex 6 to the EMMI Decree 37/2014. (IV. 30.)

**Regulations for certain foods and food groups for ten consecutive food days,
per person**

⁸⁹
Annex 5 is the text established by [Section 22 \(4\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

⁹⁰
Annex 6 is the text established by [Section 22 \(5\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .

37/2014. (IV. 30.) EMMI Decree

on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

	THE	B	C	D	This	F
1.	Food, food group	Type of catering				
2.		All-day catering	All-day meals for children aged 1–3	Nursery and mini nursery catering	Three meals a day service	One meal per day service
3.	Meat	at least six, at most fourteen times	at least six, at most twelve times	at least six, at most eight times	at least five, at most nine times	at least five, at most nine times
4.	Fish	at least once	at least once	at least once	at least once	at least once
5.	Meat preparation	Meat products with a fat content of less than 23% up to six times, products with a fat content of more than 23% up to two times	maximum of five times, products with a fat content higher than 23% cannot be given	maximum four times, products with a fat content higher than 23% cannot be given	Meat products with a fat content of less than 23% up to five times, products with a fat content of more than 23% up to one time	up to two times
6.	Pork and poultry fat	up to three times ³	not available	not available	up to two times ³	at most once ³
7.	Margarine as a spread	up to twenty-five times	up to fifteen times	up to ten times	up to ten times	not available
8.	Food fried in a lot of fat	at most once	not available	not available	at most once	at most once
9.	Whole grain-based food	at least ten times	at least five times	at least five times	at least ten times	at least three times
10.	Dry pasta	up to three times	up to three times	at most once	up to two times	up to two times
11.	Legumes	at least three times	at least once, breaking through	at least once, breaking through	at least twice	at least once
12.	Sweets, fine bakery wares, except those containing at least 1/3 fruit or 1/3 milk or milk products	up to six times	up to four times	up to four times	up to four times	up to two times
13.	Chocolate cream	at most once	at most once	at most once	at most once	at most once
14.	Liver, gizzard, heart and liver preparations ⁴	up to five times, three times for food preparation and two times as part of a meal	up to three times, two times for food preparation and one time as part of a meal	up to three times, two times for food preparation and one time as part of a meal	up to three times, two times for food preparation and one time as part of a meal	up to two times
15.	Egg	at least three, at most eight, based on the number of eggs used in the preparation of the dish	at least three, at most six, based on the number of eggs used in the preparation of the dish	at least two, at most five, based on the number of eggs used in the preparation of the dish	at least two, at most five, based on the number of eggs used in the preparation of the dish	at least one, at most four, based on the number of eggs used in the preparation of the dish
16.	Rice	up to four times	up to three times	at most once	up to three times	up to three times
17.	Potato	up to five times	up to five times	up to three times	up to five times	up to five times
18.	Fruit juice and vegetable juice	up to six times	up to six times	up to six times	up to four times	up to two times
19.	Flavored milk product	up to eight times	up to six times	up to five times	up to six times	up to two times
20.	Special quality jam, extra jam, extra jelly, marmalade	up to three times	up to two times	up to two times	up to two times	up to two times
21.	Oilseeds	At least 20 grams for the 4–6 year old age group, at least 40 grams for the 7–14 year old age group, at least 60 grams from the age of 15	at least 10 grams only in ground form	at least 10 grams only in ground form	At least 10 grams for the 4–6 year old age group, at least 20 grams for the 7–14 year old age group, at least 30 grams from the age of 15	

	THE	B	C	D	This	F
22.	Butter, buttercream as a spread	up to three times	up to three times	up to three times	up to three times	not available
23.	Butter for cooking	at most once	at most once	at most once	at most once	at most once
24.	Cream	up to five times	up to five times	up to three times	up to three times	up to two times

37/2014. (IV. 30.) EMMI Decree
on nutritional and health regulations for public catering

Hatályos: 2025. 03. 12. –

Lekérdezés ideje: 2026.03.16 15:58:41

- ¹ Section 7 provides for the foods and food groups to be provided daily (milk and dairy products, vegetables, fruit, grain-based foods) .
- ² With the exception of the provisions for oilseeds and eggs, for each food group, only the quantities specified in Annex 1 shall be considered as 1 serving.
- ³ Not for use in children aged 4–6 years.
- ⁴ Only chicken liver and gizzards may be given to children aged 1–3 years and to nurseries and mini-nurseries.

⁹¹
Annex 7 to EMMI Decree 37/2014. (IV. 30.)

Requirements for milk or dairy products containing an equivalent amount of calcium per ten food days per person (litres/person) and (mg/person)

	THE	B	C	D	This	F
1.	Type of catering	Age groups				
2.		1–3 years	4–6 years	7–10 years	11–14 years	From year 15
3.	All-day catering	3.5 liters	4 liters	5 liters	5 liters	5 liters
		(4200 mg Ca)	(4800 mg Ca)	(6000 mg Ca)	(6000 mg Ca)	(6000 mg Ca)
4.	Nursery meals	2.5 liters	–	–	–	–
		(3000 mg Ca)				
5.	Three meals a day	–	2.6 liters	3 liters	3 liters	3 liters
			(3120 mg Ca)	(3600 mg Ca)	(3600 mg Ca)	(3600 mg Ca)

⁹¹
Annex 7 was inserted by [Section 22 \(6\) of Decree 53/2024 \(XI. 11.\) of the Ministry of the Interior](#) .