The BfR MEAL Study (meals for exposure assessment and analysis of foods) is the first Total Diet Study for Germany. It determines which substances and what concentration our foods have after processing and preparation.

1. **Shopping list**
   - To compile the BfR MEAL shopping list, it was determined which food products are eaten most frequently by consumers in Germany.

2. **Shopping**
   - The BfR MEAL team takes varying shopping habits into account: Regional and seasonal food products are bought in supermarkets, at weekly markets or at a discounter.

3. **Cooking like at home**
   - In the BfR MEAL kitchen, meals are prepared by using typical kitchen utensils and recipes the same way German consumers do in their private households.

4. **Homogenisation / Pooling**
   - The BfR MEAL team prepares common samples of similar foods for analysis in the lab. Those samples are homogenised – in other words, mixed as in a smoothie blender.

5. **Analysis in the laboratory**
   - Couriers transport the samples to the lab, where they are analysed for nine substance groups – including nutrients, additives and substances migrating from food packaging.

6. **Evaluation**
   - At the BfR, the BfR MEAL team assesses which concentrations of substances consumers take in daily. The findings are used to derive recommendations for consumers.