

Dietary Guidelines



1 Follow a healthy dietary pattern at every life stage

AT EVERY LIFE STAGE—INFANCY, TODDLERHOOD, CHILDHOOD, ADOLESCENCE, ADULTHOOD, PREGNANCY, LACTATION, AND OLDER ADULTHOOD—IT IS NEVER TOO EARLY OR TOO LATE TO EAT HEALTHFULLY.



2 Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

A HEALTHY DIETARY PATTERN CAN BENEFIT ALL INDIVIDUALS REGARDLESS OF AGE, RACE, OR ETHNICITY, OR CURRENT HEALTH STATUS. THE DIETARY GUIDELINES PROVIDES A FRAMEWORK INTENDED TO BE CUSTOMIZED TO INDIVIDUAL NEEDS AND PREFERENCES, AS WELL AS THE FOODWAYS OF THE DIVERSE CULTURES IN THE UNITED STATES.



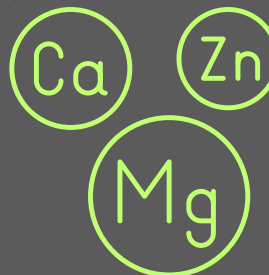
3 Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.



NUTRITIONAL NEEDS SHOULD BE MET PRIMARILY FROM FOODS AND BEVERAGES—SPECIFICALLY, NUTRIENT-DENSE FOODS AND BEVERAGES. NUTRIENT-DENSE FOODS PROVIDE VITAMINS, MINERALS, AND OTHER HEALTH-PROMOTING COMPONENTS AND HAVE NO OR LITTLE ADDED SUGARS, SATURATED FAT, AND SODIUM. A HEALTHY DIETARY PATTERN CONSISTS OF NUTRIENT-DENSE FORMS OF FOODS AND BEVERAGES ACROSS ALL FOOD GROUPS, IN RECOMMENDED AMOUNTS, AND WITHIN CALORIE LIMITS.

THE CORE ELEMENTS THAT MAKE UP A HEALTHY DIETARY PATTERN INCLUDE:

- VEGETABLES OF ALL TYPES—DARK GREEN; RED AND ORANGE; BEANS, PEAS, AND LENTILS; STARCHY; AND OTHER VEGETABLES
- FRUITS: ESPECIALLY WHOLE FRUIT
- GRAINS: AT LEAST HALF OF WHICH ARE WHOLE GRAIN
- DAIRY: INCLUDING FAT-FREE OR LOW-FAT MILK, YOGURT, AND CHEESE, AND/OR LACTOSE-FREE VERSIONS AND FORTIFIED SOY BEVERAGES AND YOGURT AS ALTERNATIVES
- PROTEIN FOODS: INCLUDING LEAN MEATS, POULTRY, AND EGGS; SEAFOOD; BEANS, PEAS, AND LENTILS; AND NUTS, SEEDS, AND SOY PRODUCTS
- OILS: INCLUDING VEGETABLE OILS AND OILS IN FOOD, SUCH AS SEAFOOD AND NUTS



4 Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

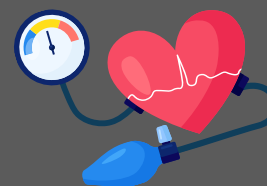


AT EVERY LIFE STAGE, MEETING FOOD GROUP RECOMMENDATIONS—EVEN WITH NUTRIENT-DENSE CHOICES—REQUIRES MOST OF A PERSON'S DAILY CALORIE NEEDS AND SODIUM LIMITS. A HEALTHY DIETARY PATTERN DOESN'T HAVE MUCH ROOM FOR EXTRA ADDED SUGARS, SATURATED FAT, OR SODIUM—OR FOR ALCOHOLIC BEVERAGES.



A HEALTHY DIETARY PATTERN DOESN'T HAVE MUCH ROOM FOR EXTRA ADDED SUGARS, SATURATED FAT, OR SODIUM—OR FOR ALCOHOLIC BEVERAGES. A SMALL AMOUNT OF ADDED SUGARS, SATURATED FAT, OR SODIUM CAN BE ADDED TO NUTRIENT-DENSE FOODS AND BEVERAGES TO HELP MEET FOOD GROUP RECOMMENDATIONS, BUT FOODS AND BEVERAGES HIGH IN THESE COMPONENTS SHOULD BE LIMITED. LIMITS ARE:

- ADDED SUGARS: LESS THAN 10 PERCENT OF CALORIES PER DAY STARTING AT AGE 2. AVOID FOODS AND BEVERAGES WITH ADDED SUGARS FOR THOSE YOUNGER THAN AGE 2.
- SATURATED FAT: LESS THAN 10 PERCENT OF CALORIES PER DAY STARTING AT AGE 2.
- SODIUM: LESS THAN 2,300 MILLIGRAMS PER DAY—AND EVEN LESS FOR CHILDREN YOUNGER THAN AGE 14.
- ALCOHOLIC BEVERAGES: ADULTS OF LEGAL DRINKING AGE CAN CHOOSE NOT TO DRINK, OR TO DRINK IN MODERATION BY LIMITING INTAKE TO 2 DRINKS OR LESS IN A DAY FOR MEN AND 1 DRINK OR LESS IN A DAY FOR WOMEN, WHEN ALCOHOL IS CONSUMED. DRINKING LESS IS BETTER FOR HEALTH THAN DRINKING MORE.



ONE MINUTE ADVICE



MORE

- Vegetables, fruits and berries.
- Fish and shellfish
- Nuts and seeds
- Exercise

SWITCH TO

- Wholegrain
- Healthy Fats
- Low Fat Dairy Products

LESS

- Red and processed meats
- Salt
- Sugars
- Alcohol



FIBER



CARBS



PROTEINS



FATS



Find your own way of eating greener, not too much and be active. After all, even tiny steps can make a huge difference.

ONE AIM OF THE DIETARY GUIDELINES IS TO HELP AMERICANS INCREASE THEIR INTAKE OF FOODS THAT CONTAIN KEY NUTRIENTS.

- ★ A variety of vegetables, including dark green, red and orange, legumes (beans and peas), starchy and other vegetables
- ★ Fruits, especially whole fruits
- ★ Grains, at least half of which are whole grains
- ★ Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- ★ A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
- ★ Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.



Your health is
your wealth

NUTRITONAL YEAR



COLOURFUL IS GOOD FOR YOU

Vegetables, fruit and berries contain lots of vitamins, minerals and other things that are good for you. Protective substances produce the various colours. That's why eating colourful food doesn't just look great, it's good for your health as well. Lots of vegetables and fruit are rich in fibre, which has all kinds of positive effects on the body. Fibre makes you feel full up and keeps your bowels moving.

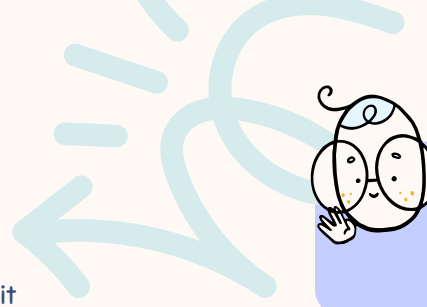
The key to good dietary habits is to eat more vegetables, enjoy a more varied diet and consume the right amount of food. Eating a wide variety of foods makes it easier to get what your body needs to feel good, while also reducing the risk of you consuming too much of harmful substances.



PORTION DISTORTION

A small amount of empty calories is okay, but most people eat far more than is healthy. It is important to limit empty calories to the amount that fits your calorie and nutrient needs.

You can lower your intake by eating and drinking foods and beverages containing empty calories less often or by decreasing the amount you eat or drink.



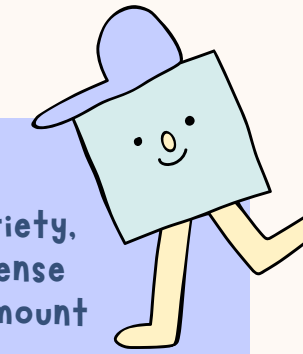
Making better choices, like unsweetened applesauce or extra lean ground beef, can help keep your intake of added sugars and solid fats low.



THE MAJOR TOPIC AREAS OF THE DIETARY GUIDELINES ARE:

Follow a healthy eating pattern across the lifespan. Eating patterns are the combination of foods and drinks that a person eats over time

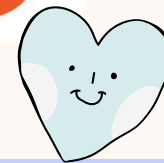
Focus on variety, nutrient-dense foods, and amount



Due to our food choices, key nutrients for which the typical American's intake falls short are fiber, calcium, potassium, and vitamin D.



Support healthy eating patterns for all



Limit calories from added sugars and saturated fats, and reduce sodium intake

Shift to healthier food and beverage choices