

The Dietary Guidelines

Revised Every 5 Years



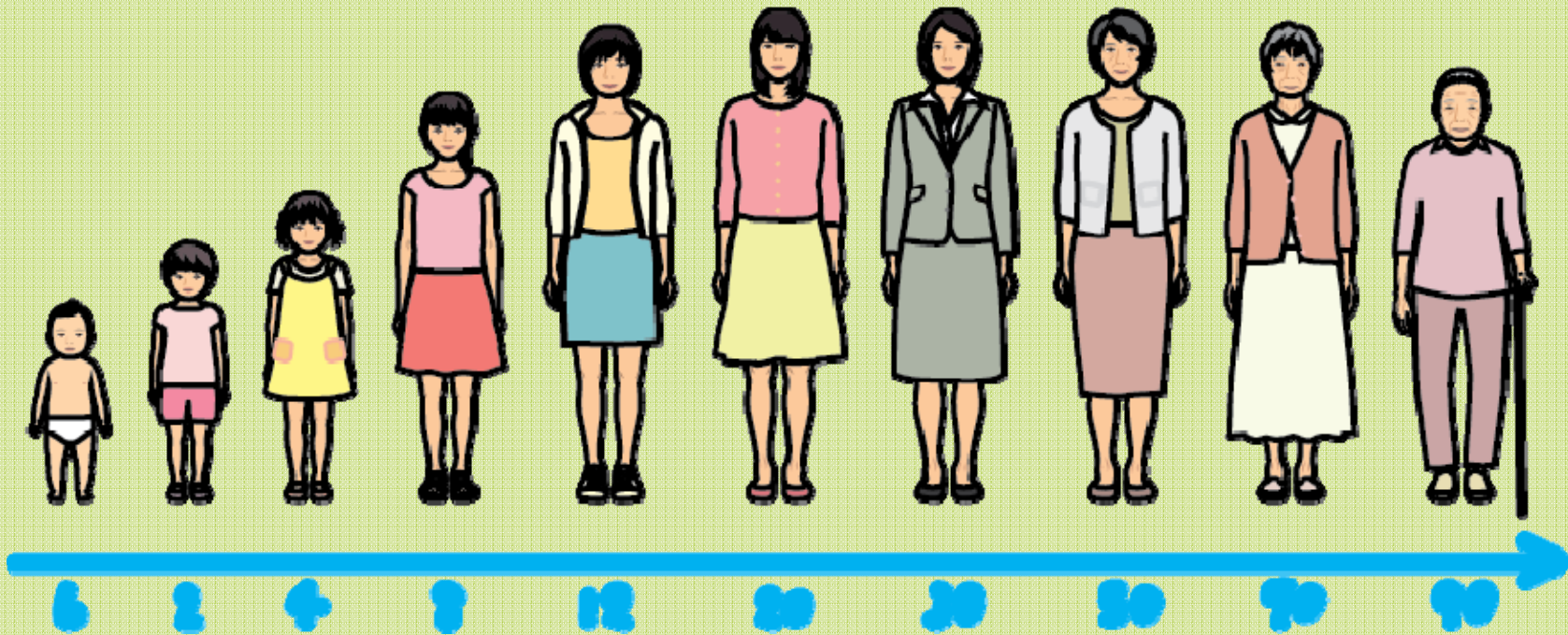
**DIETARY
GUIDELINES**
FOR AMERICANS
2015-2020



Why Dietary Guidelines?

1. Follow a healthy eating pattern across the lifespan.

- All food and beverage choices matter.
- Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.



2. Focus on variety, nutrient density, and amount.

- What does “Nutrient Dense” mean?

- Foods that have a lot of vitamins, minerals or other important nutrients and few calories are considered nutrient dense.
- Choosing foods that are nutrient dense are better for your overall health.

Which is more Nutrient Dense?

Spinach



OR



Candy

3. Limit calories from added sugars and saturated fats and reduce sodium intake.

- Reduce sodium intake to 2,300 milligrams per day

- That's only about ½ tsp.!
- Too much sodium increase the risk of high blood pressure
- Sodium is usually added to processed foods, beverages and diet drinks



4. Shift to healthier food and beverage choices.

- Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.



5. Support healthy eating patterns for all.

- Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

