

Nutrition and Your Health

Dietary Guidelines for Americans



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Maintain Ideal Weight page 7



Avoid Too Much Fat, Saturated Fat, and Cholesterol page 11



Eat Foods with Adequate Starch and Fiber page 13



Avoid Too Much Sugar page 15



Avoid Too Much Sodium page 17



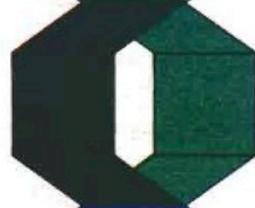
If You Drink Alcohol, Do So in Moderation page 19

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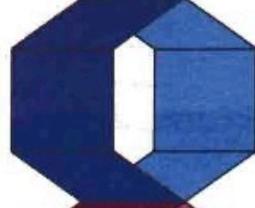
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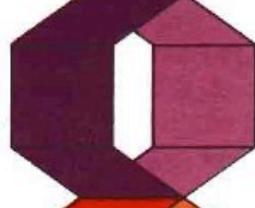
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of Foods** page 6



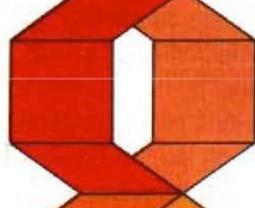
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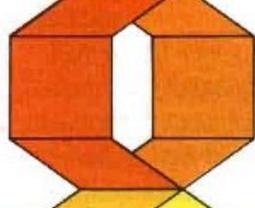
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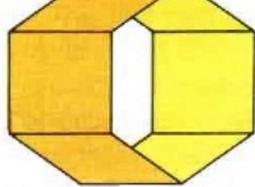
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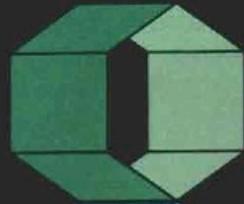
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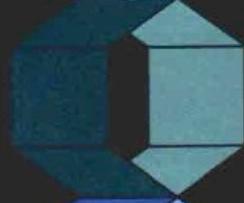
**If You Drink
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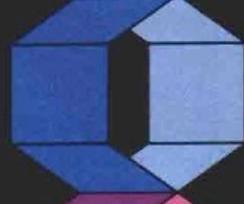
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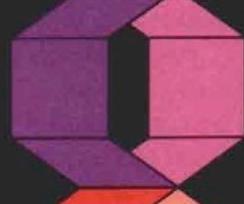
**Eat a variety
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**Maintain healthy
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**Choose a diet
low in fat, saturated
fat, and cholesterol**
page 13



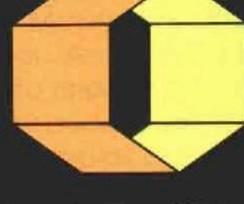
**Choose a diet
with plenty of
vegetables, fruits,
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**Use sugars only
in moderation**
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**Use salt and sodium
only in moderation**
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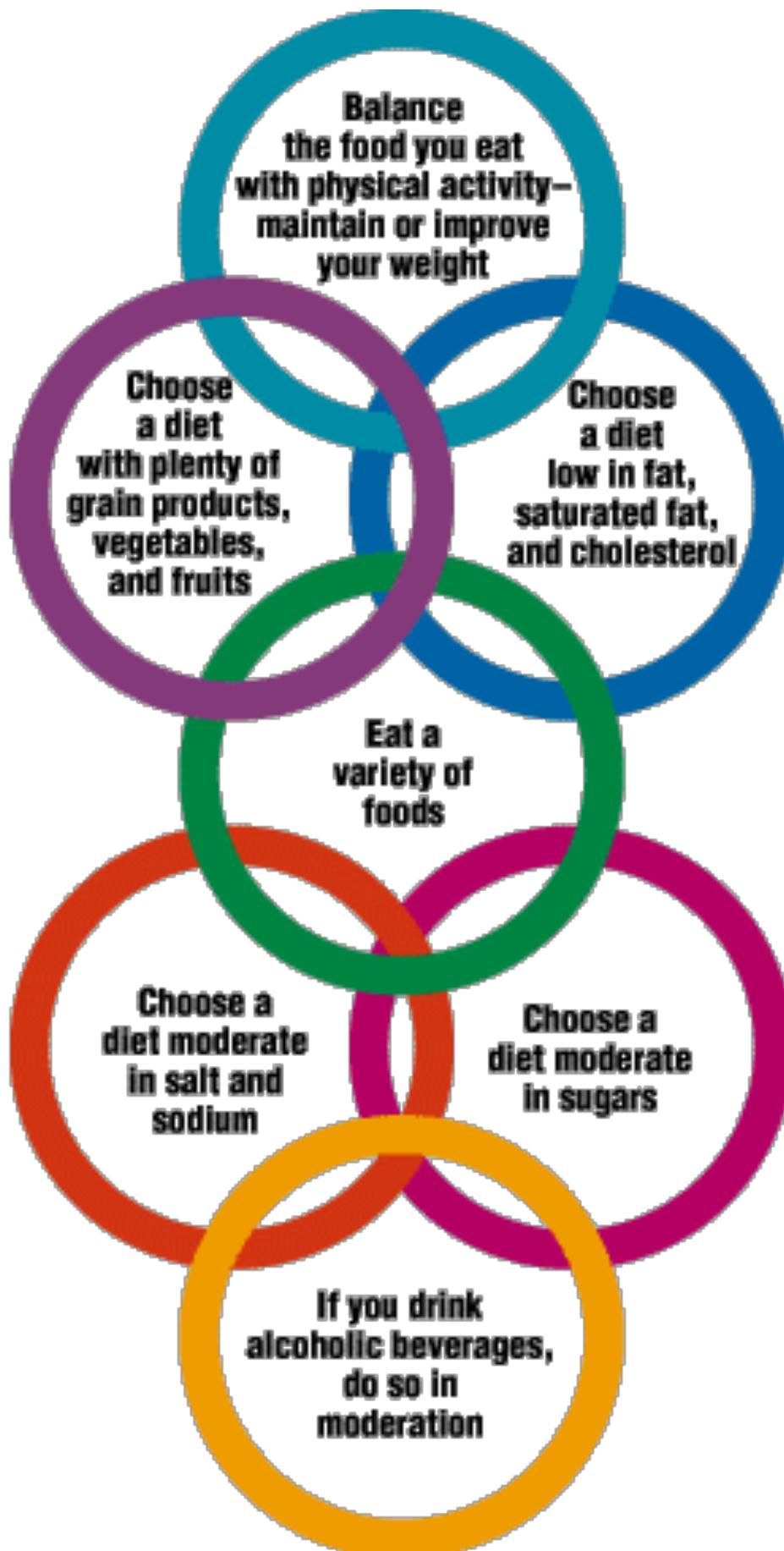


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Third Edition ~~XXXXXX~~

U.S. Department of Agriculture

U.S. Department of Health and Human Services



Nutrition and Your Health:
DIETARY GUIDELINES FOR AMERICANS



Aim
for Fitness

BUILD
a Healthy Base

CHOOSE
Sensibly

...for good health



Finding Your Way to a Healthier You:

Based on the
*Dietary Guidelines
for Americans*



Let's eat for the health of it



Start by choosing one or more tips to help you...



**Build a
healthy plate**



**Cut back on
foods high in solid
fats, added sugars,
and salt**



**Eat the right
amount of
calories for you**



**Be physically
active your way**

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.



Follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease.

A healthy eating pattern includes:



2 Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

3 Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

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.

A healthy eating pattern limits:



Saturated fats and trans fats



Added sugars



Sodium

Dietary Guideline Timeline Key

1980

1985

1990

1995

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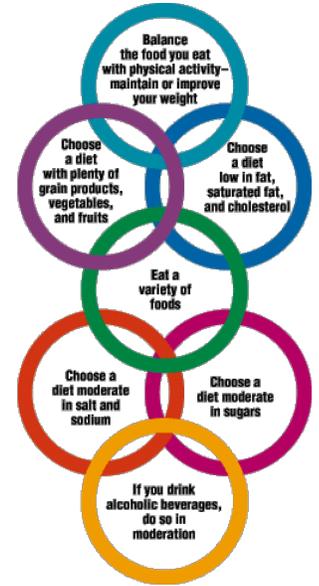
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2000

2005

2010

2015

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Aim for Fitness

BUILD a Healthy Base

CHOOSE Sensibly

...for good health

U.S. Department of Health and Human Services

Finding Your Way to a Healthier You:

Based on the *Dietary Guidelines for Americans*

Let's eat for the health of it

Start by choosing one or more tips to help you...

- Build a healthy plate
- Cut back on foods high in solid fats, added sugars, and salt
- Eat the right amount of calories for you
- Be physically active your way

Choose MyPlate.gov

- 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.
 - A healthy eating pattern includes:**
 - Fruits
 - Vegetables
 - Protein
 - Dairy
 - Grains
 - Oils
 - A healthy eating pattern limits:**
 - Saturated fats and trans fats
 - Added sugars
 - Sodium
- Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 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.
- 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.