

# Nutrition and Your Health

## Dietary Guidelines for Americans



**Eat a Variety of Foods**

page 4



**Maintain Ideal Weight**

page 7



**Avoid Too Much Fat, Saturated Fat, and Cholesterol**

page 11



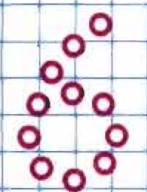
**Eat Foods with Adequate Starch and Fiber**

page 13



**Avoid Too Much Sugar**

page 15



**Avoid Too Much Sodium**

page 17



**If You Drink Alcohol, Do So in Moderation**

page 19

Nutrition and Your Health

# **Dietary Guidelines for Americans**



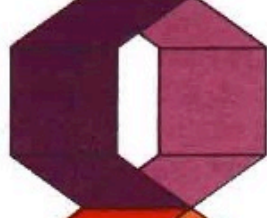
**Eat a Variety  
of Foods** page 6



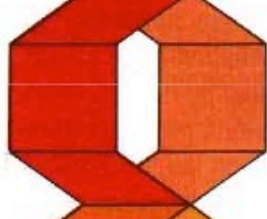
**Maintain Desirable  
Weight** page 9



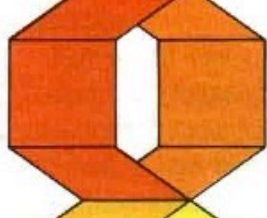
**Avoid Too Much Fat,  
Saturated Fat, and  
Cholesterol** page 15



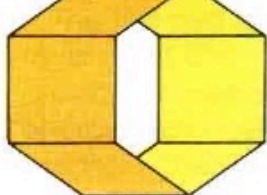
**Eat Foods with  
Adequate Starch  
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**Avoid Too Much  
Sugar** page 19



**Avoid Too Much  
Sodium** page 21



**If You Drink  
Alcoholic  
Beverages, Do So  
in Moderation** page 23

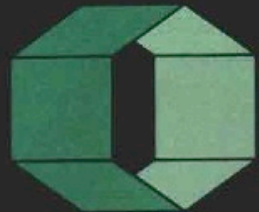
Second Edition, 1985

U.S. Department of Agriculture

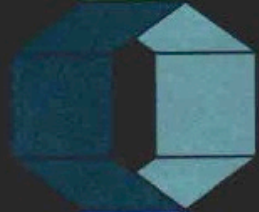
U.S. Department of Health and Human Services

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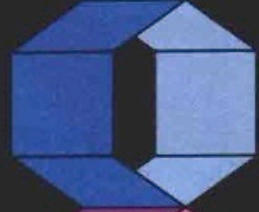
# Dietary Guidelines for Americans



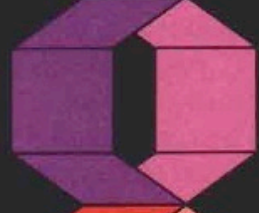
**Eat a variety  
of foods** page 5



**Maintain healthy  
weight** page 8



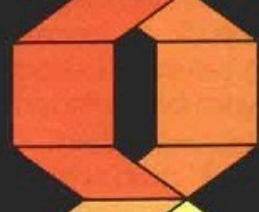
**Choose a diet  
low in fat, saturated  
fat, and cholesterol**  
page 13



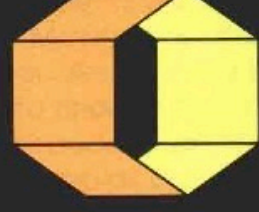
**Choose a diet  
with plenty of  
vegetables, fruits,  
and grain products**  
page 18



**Use sugars only  
in moderation**  
page 21



**Use salt and sodium  
only in moderation**  
page 23



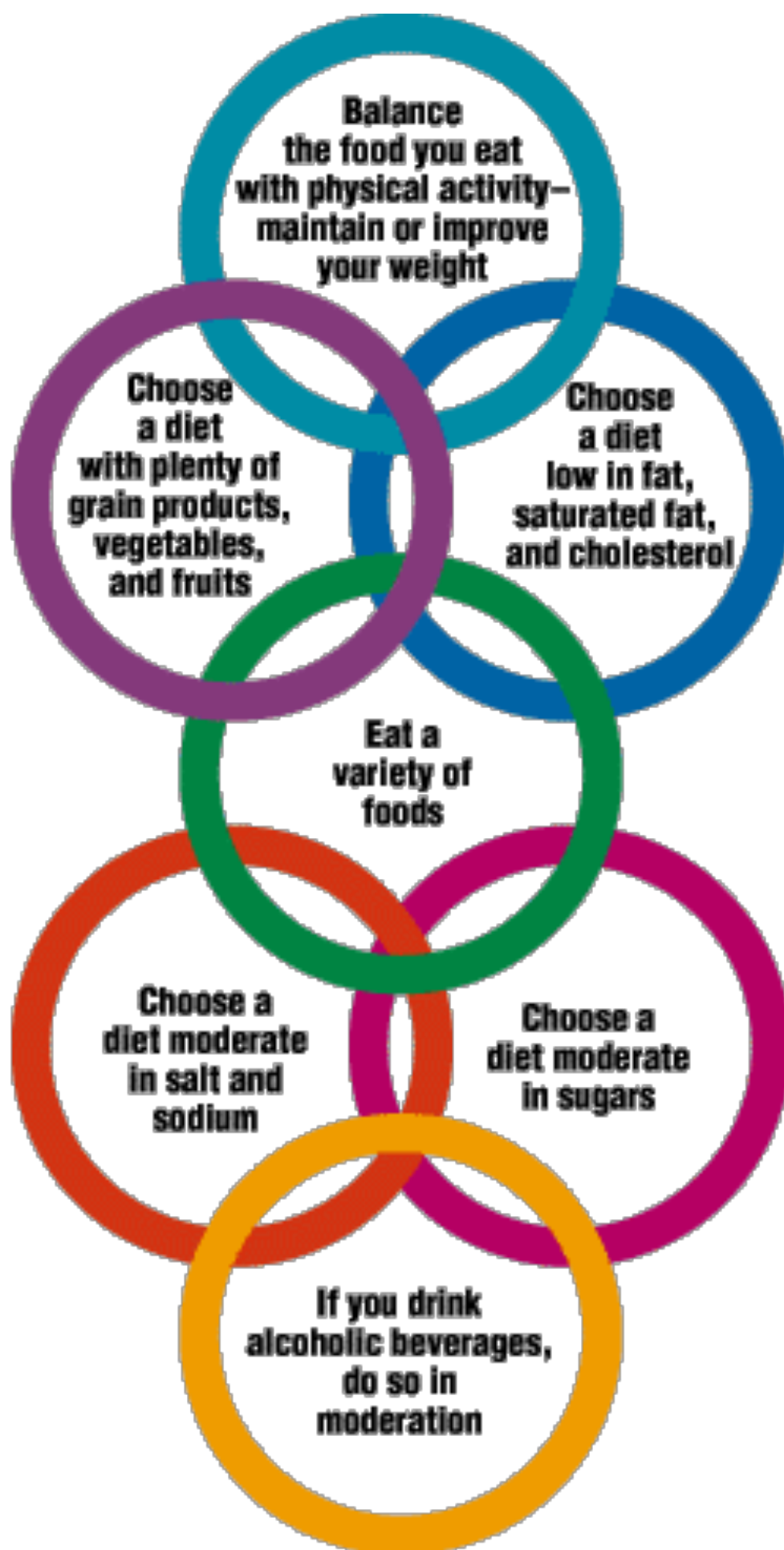
**If you drink alcoholic  
beverages, do so in  
moderation** page 25

Third Edition, 1990

U.S. Department of Agriculture

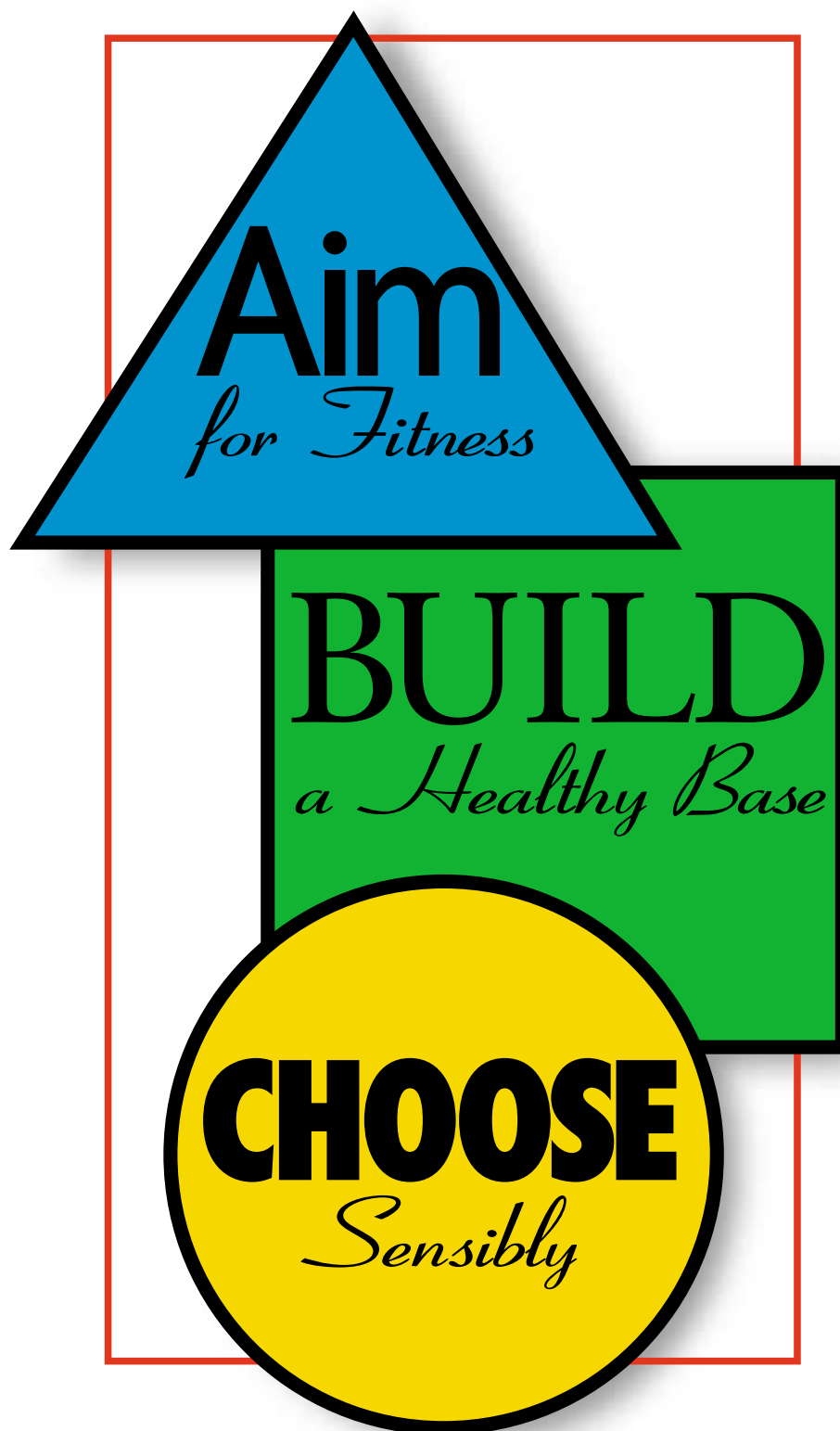
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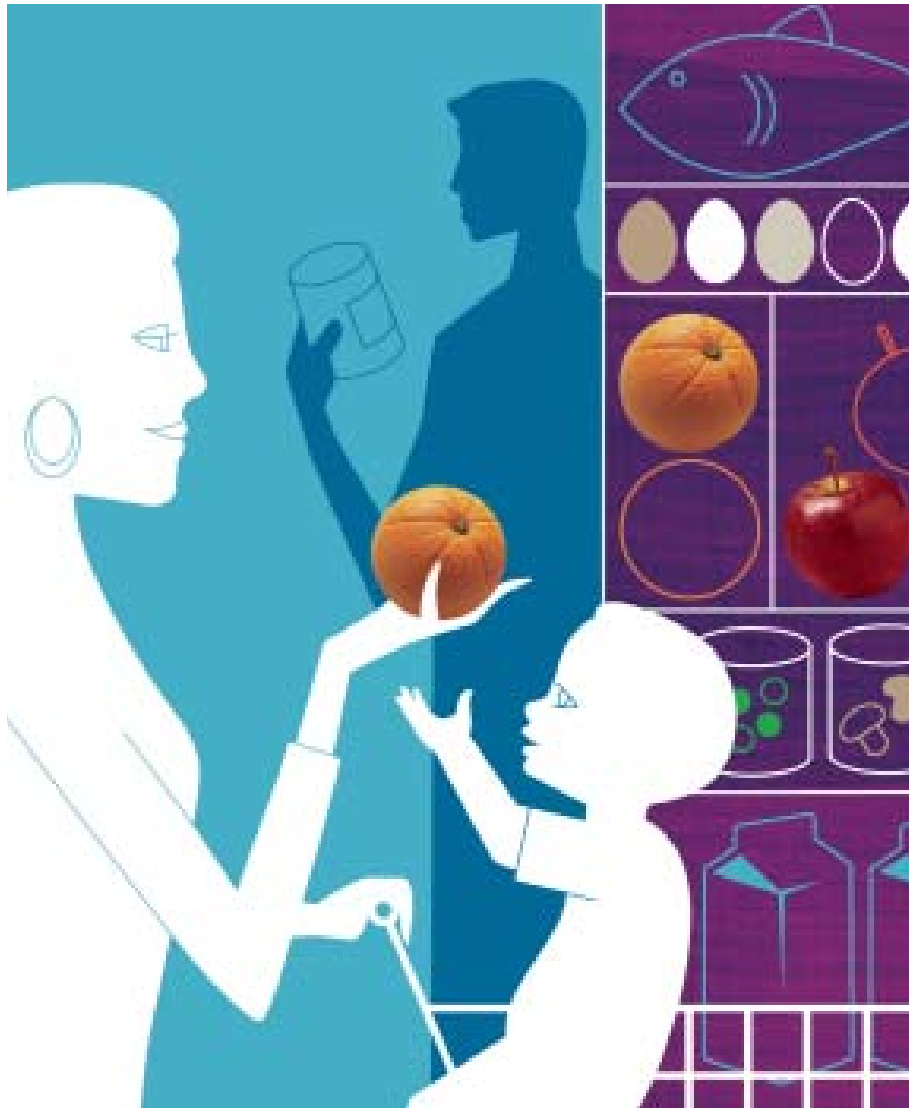


Nutrition and Your Health:

# DIETARY GUIDELINES FOR AMERICANS



*...for good health*



# Finding Your Way to a Healthier You:

Based on the  
*Dietary Guidelines  
for Americans*

U.S. Department of Health and Human Services  
U.S. Department of Agriculture  
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)



# 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.

- 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.



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:



## A healthy eating pattern limits:







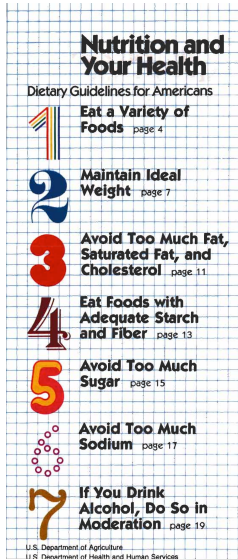
**Make Every  
Bite Count With  
the *Dietary  
Guidelines***



[DietaryGuidelines.gov](https://www.DietaryGuidelines.gov)

# Dietary Guideline Timeline Key

1980



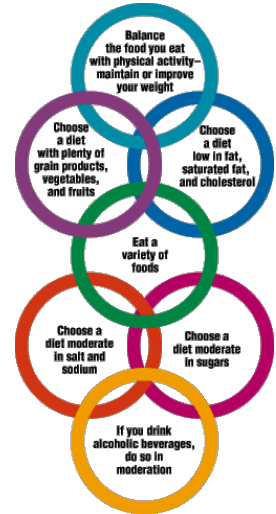
1985



1990



1995

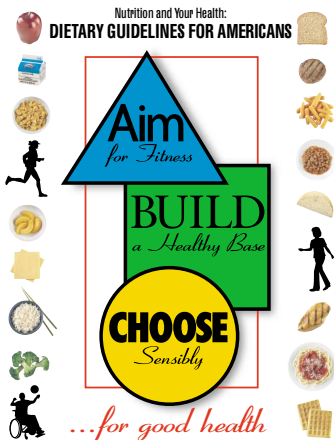


2000

2005

2010

2015



2020

