

Name: _____ Group: _____ Period: _____

DIETARY GUIDELINES

Revised Every _____ Years

1. Follow a _____ eating pattern across the _____.
 - a. _____ food and beverage choices matter. Choose a _____ eating pattern at an appropriate _____ to help achieve and maintain a _____, support nutrient adequacy, and _____ the risk of chronic disease.

2. Focus on _____, nutrient density, and _____.
 - a. To meet nutrient needs within calorie limits, choose a _____ of nutrient-dense foods across and within all food groups in recommended amounts.
 - b. Nutrient dense foods provide _____, _____ and other beneficial substances with relatively few _____.

3. _____ calories from added _____ and saturated _____ and _____ sodium intake.
 - a. Consume an eating pattern _____ in added sugars, saturated _____, trans _____ and sodium. Cut back on foods and _____ higher in these components to amounts that fit within _____ eating patterns.

4. Shift to _____ food and beverage choices.
 - a. Choose _____ foods and beverages across and within all food groups in place of less healthy choices. Consider _____ and _____ preferences to make these shifts easier to _____ and maintain.

5. Support healthy eating patterns for all.
 - a. _____ has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from _____ to _____ to _____ to _____.
 - b. Include _____ as part of healthy eating patterns.
(Children and teens should be physically active for at least _____ every day.)