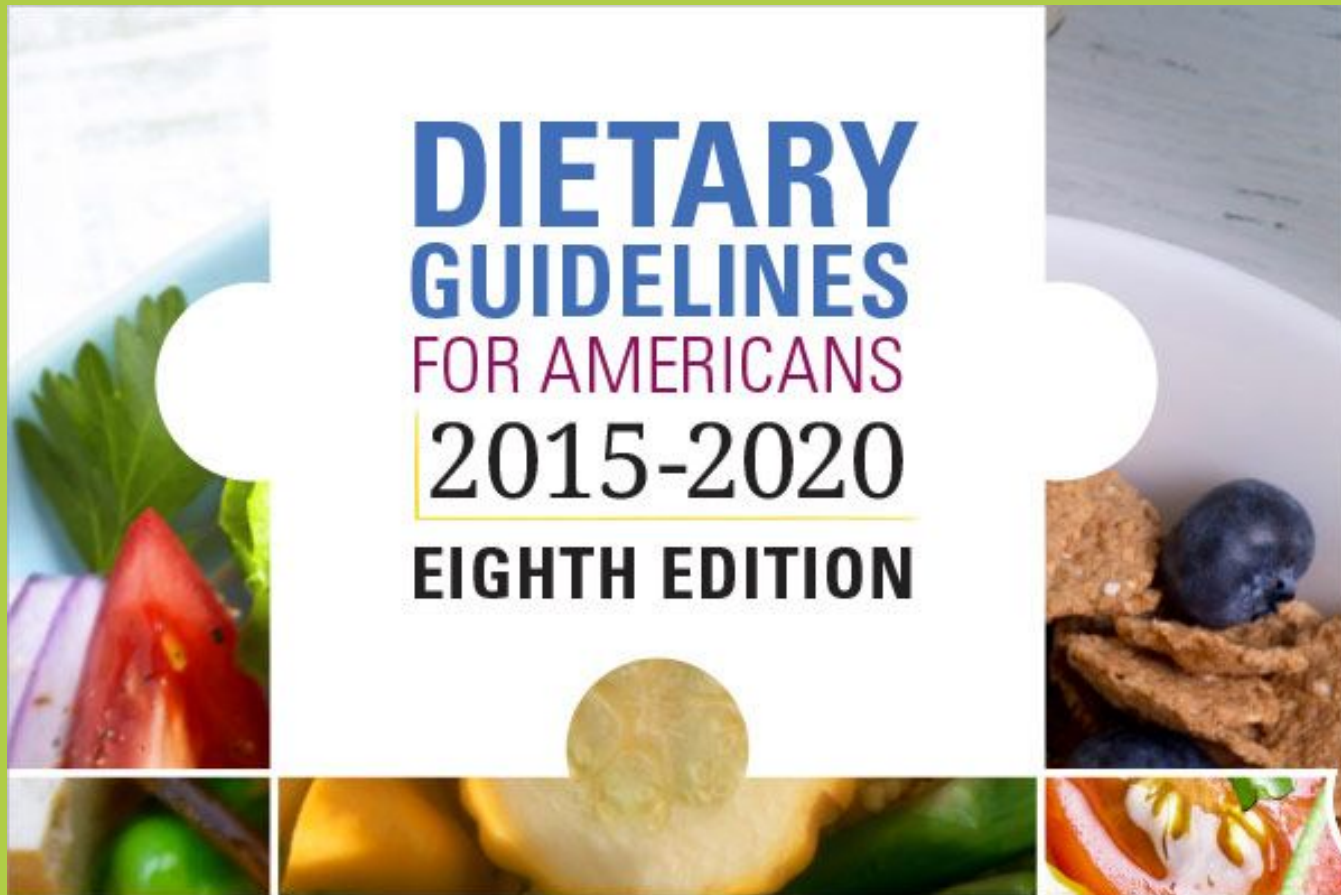


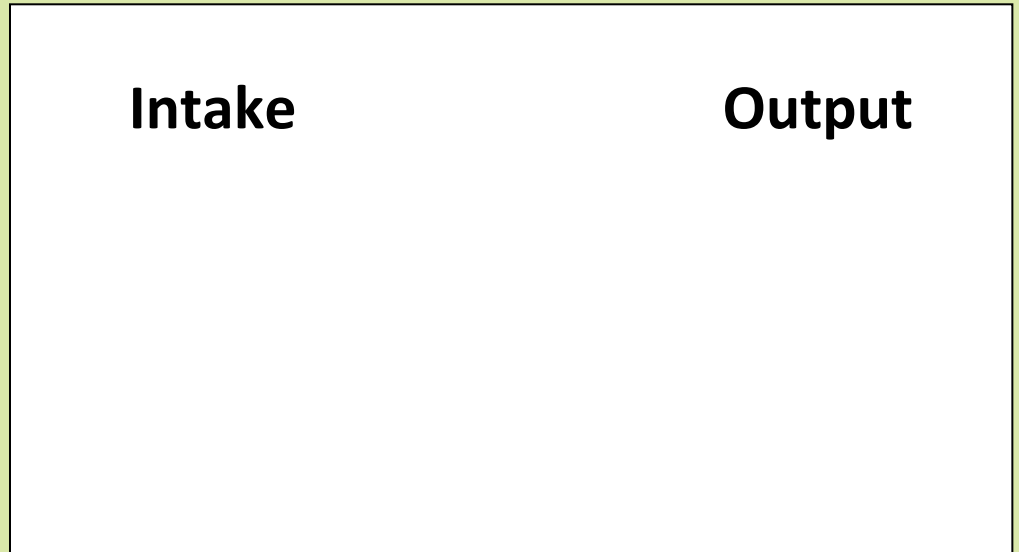
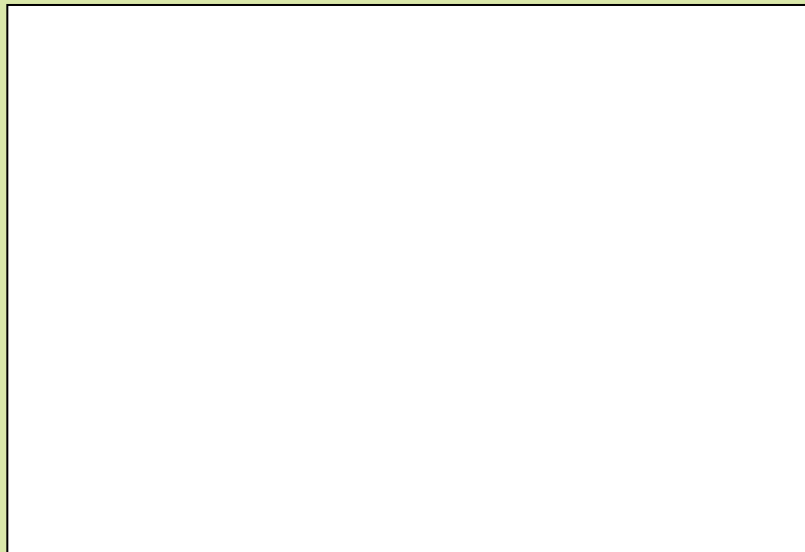
The Dietary Guidelines

Revised Every 5 Years



The 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.



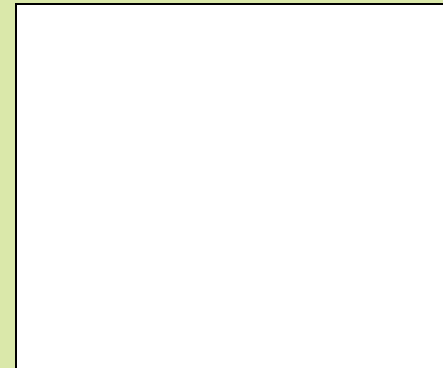
2. Focus on **variety**, nutrient density, and **amount**.
- o To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
 - o Nutrient dense foods provide **vitamins**, **minerals** and other beneficial substances with relatively few **calories**.

Which is more Nutrient Dense?

Spinach



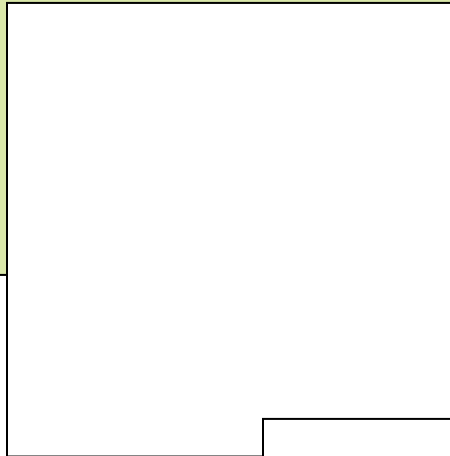
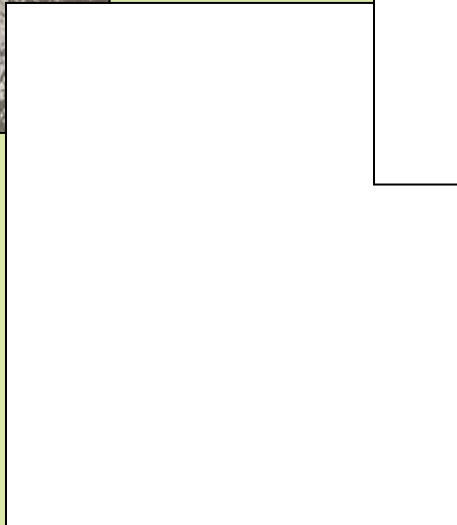
OR



Candy

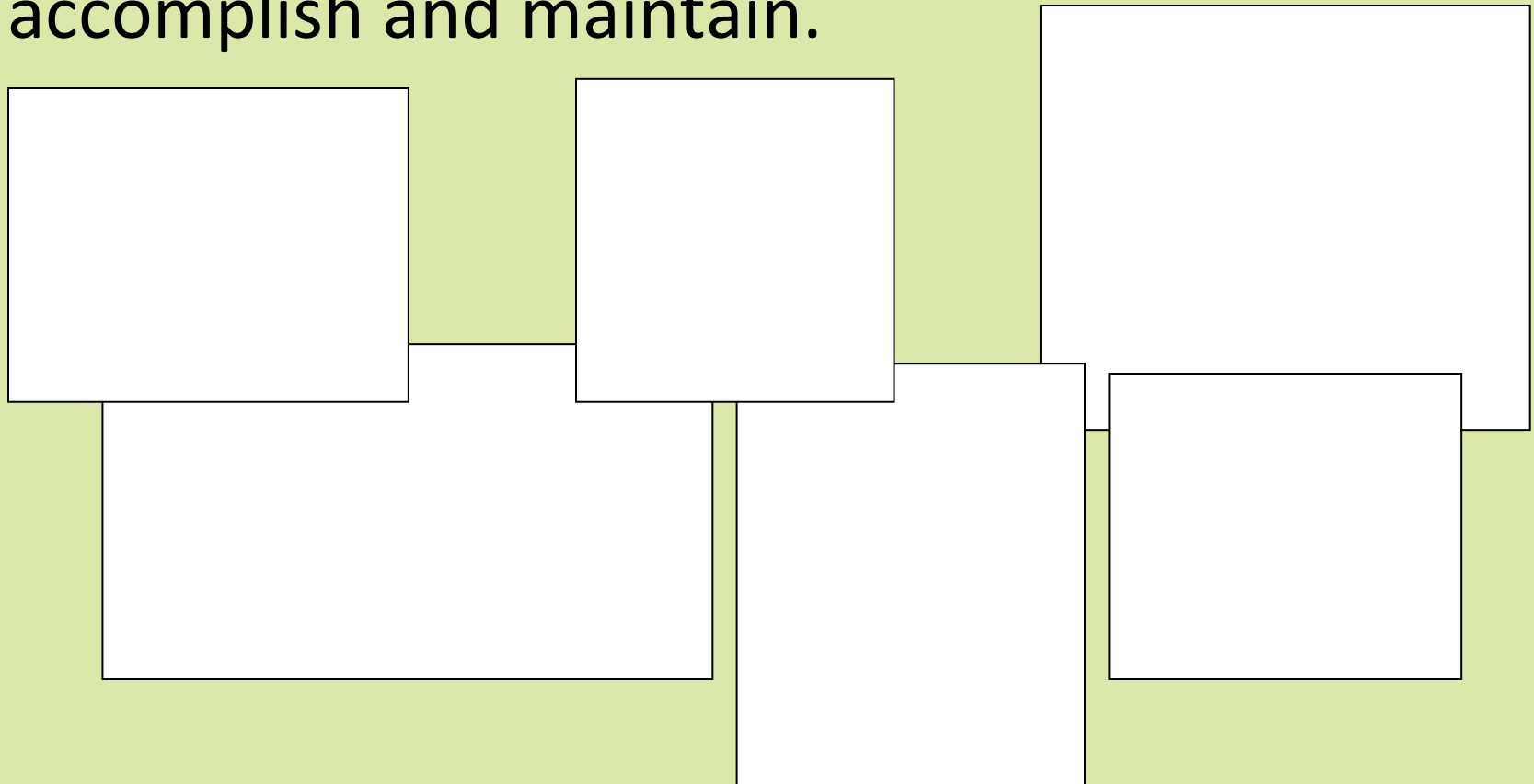
3. Limit calories from added sugars and saturated fats and reduce sodium intake.

- o Consume an eating pattern low in added sugars, saturated fats, trans 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.

- o 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.

o **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.

o Include **physical exercise** as part of healthy eating patterns. (Children and teens should be physically active for at least 60 minutes every day.)

