



2015-2020 Dietary Guidelines for Americans

One of the governments most important jobs is to protect the health of Americans. Today, about 1/2 of all Americans have one or more preventable, chronic diseases, many of which are related to poor eating habits and physical inactivity. Every 5 years, the U.S. Department of Health and Human Services and of Agriculture jointly publish a report containing nutritional and dietary information and guidelines for the general public. These guidelines are designed to help all individuals ages 2 years and older and their families consume a healthy, nutritionally adequate diet. The following is a list of the 5 dietary guidelines:

1. Follow a healthy eating pattern throughout life
2. Focus on variety, nutrient density, and amount
3. Limit calories from added sugars and saturated fats and reduce sodium
4. Shift to healthier food and beverage choices
5. Support healthy eating patterns for all

The key recommendations to meeting these guidelines are as follow:

- Consume a variety of vegetables from all of the subgroups - dark green, red and orange, legumes (beans and peas), starchy and other
- Consume fruits, especially whole fruits
- Consume grains, at least half of which are whole grains
- Consume fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- Consume a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Consume oil
- Limit saturated fats and trans fats, added sugars, and sodium