



Make Every  
Bite Count With  
the *Dietary  
Guidelines*



**Dietary  
Guidelines  
for Americans**

# 2020 - 2025



# Key Dietary Principles

- Meet nutritional needs primarily from foods and beverages
- Choose a variety of options from each food group
- Pay attention to portion size



# Healthy Eating Can Promote Health and Reduce Risk of Chronic Disease



## Children and Adolescents

- Lower adiposity
- Lower total and low-density lipoprotein (LDL) cholesterol

## Women Who Are Pregnant or Lactating

- Favorable cognitive development in the child
- Favorable folate status in women during pregnancy and lactation

## Adults, Including Older Adults

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease
- Lower risk of cardiovascular disease mortality
- Lower total and LDL cholesterol
- Lower blood pressure
- Lower risk of obesity
- Lower body mass index, waist circumference, and body fat
- Lower risk of type 2 diabetes
- Lower risk of cancers of the breast, colon, and rectum
- Favorable bone health, including lower risk of hip fracture

## Birth Through 23 Months

- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma



# The Guidelines

Follow a healthy dietary pattern at every life stage.



Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.



2



3



Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.



4

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



# Guideline 1: Follow a healthy dietary pattern at every life stage.



- At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.
- **For about the first 6 months of life**, exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable. Provide infants with supplemental vitamin D beginning soon after birth.
- **At about 6 months**, introduce infants to nutrient-dense complementary foods. Introduce infants to potentially allergenic foods along with other complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk.
- **From 12 months through older adulthood**, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.

## Guideline 2: Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.



- A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.



# Guideline 3: Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.



An underlying premise of the *Dietary Guidelines* is that nutritional needs should be met primarily from foods and beverages—specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

The core elements that make up a healthy dietary pattern include:

- Vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food, such as seafood and nuts

# Guideline 4: Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person’s daily calorie needs and sodium limits. A healthy dietary pattern doesn’t have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited.

## Limits are:

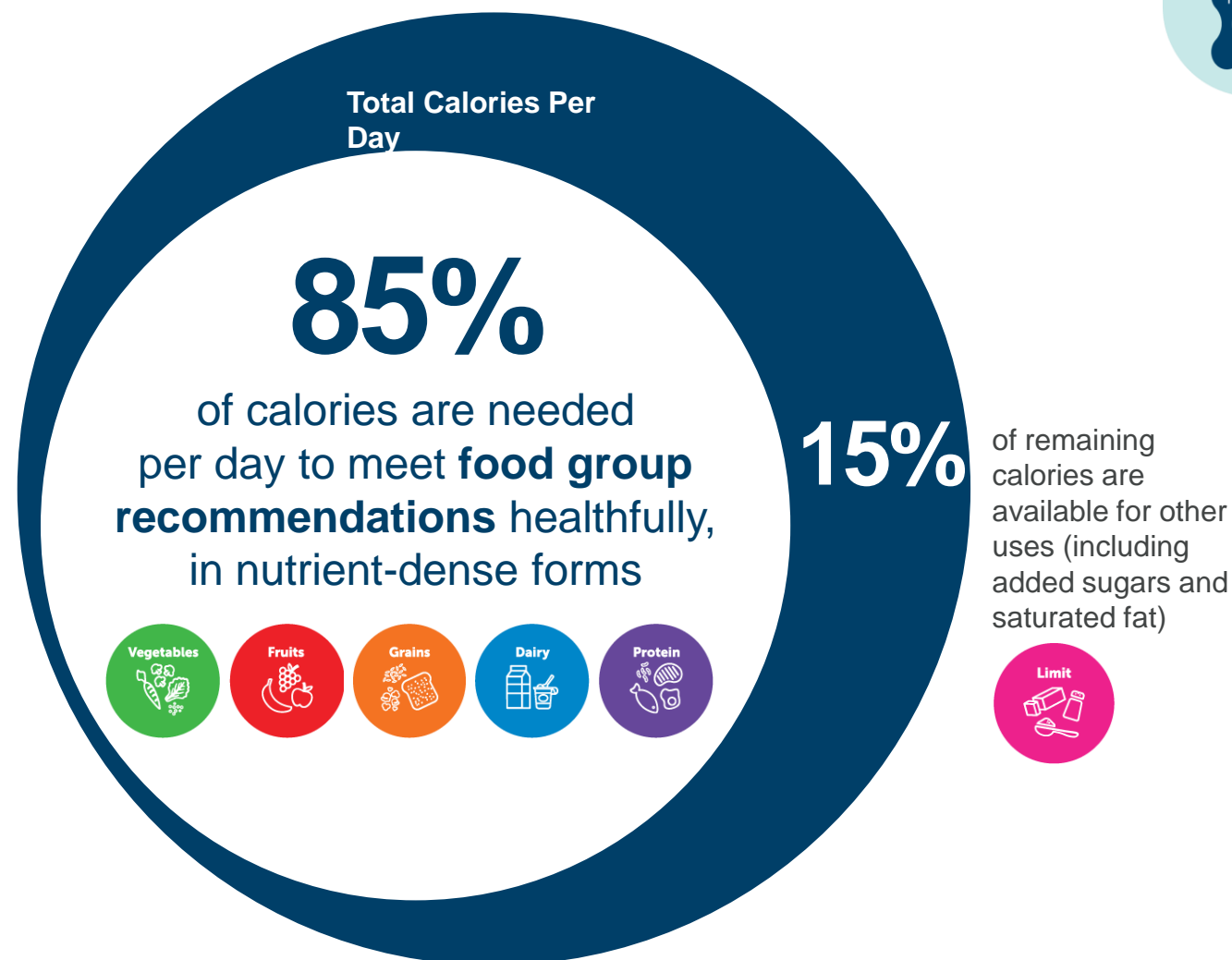
- **Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- **Saturated fat**—Less than 10 percent of calories per day starting at age 2.
- **Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- **Alcoholic beverages**—Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.



# The 85-15 Guide:

Percentage of Calories Needed To Meet Food Group Needs With Nutrient-Dense Choices and Percentage Left for Other Uses

Most of the calories a person needs to eat each day—around 85 percent—are needed to meet food group recommendations healthfully, in nutrient-dense forms. The remaining calories—around 15 percent—are calories available for other uses, including for added sugars or saturated fat beyond the small amounts found in nutrient-dense forms of foods and beverages within the pattern, to consume more than the recommended amount of a food group, or for alcoholic beverages. This equates to 250 to 350 remaining calories for calorie patterns appropriate for most Americans.





# Dietary Intakes Compared to Recommendations



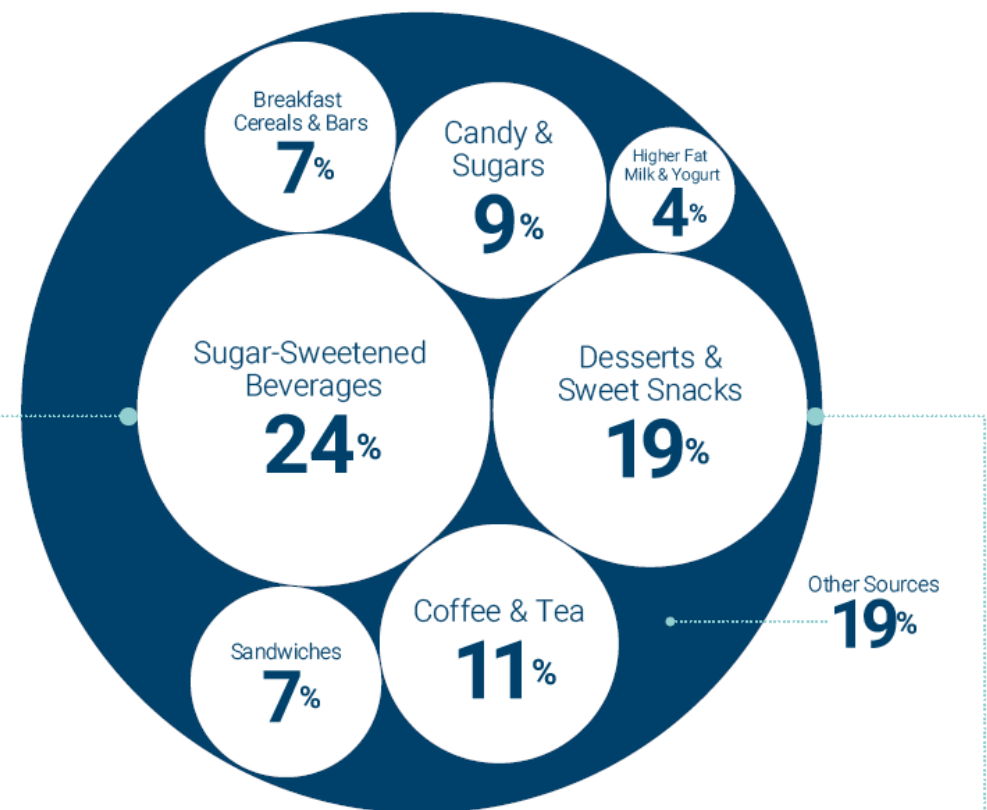
**NOTE:** Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

**Data Source:** Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.  
Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns

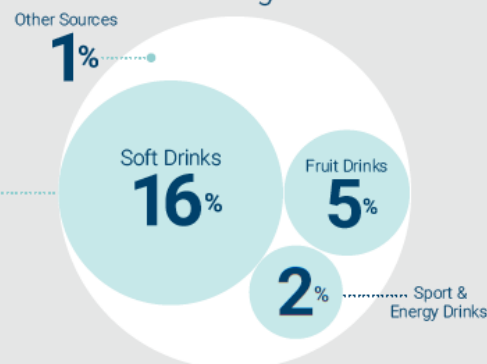


# Top Sources and Average Intakes of Added Sugars

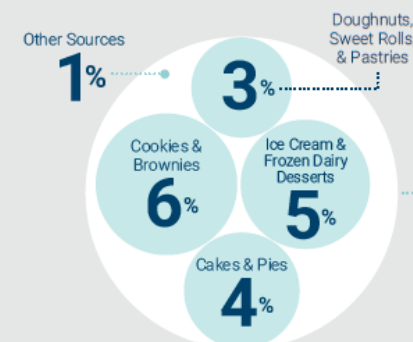
**Added Sugars**  
Average Intake:  
266 kcal/day



**Within Sugar-Sweetened Beverages:**



**Within Desserts & Sweet Snacks:**



**Data Source:** Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.

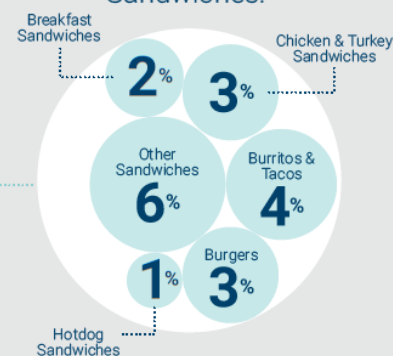


# Top Sources and Average Intakes of Saturated Fat

**Saturated Fat**  
Average Intake:  
239 calories/day



## Within Sandwiches:



## Within Desserts & Sweet Snacks:



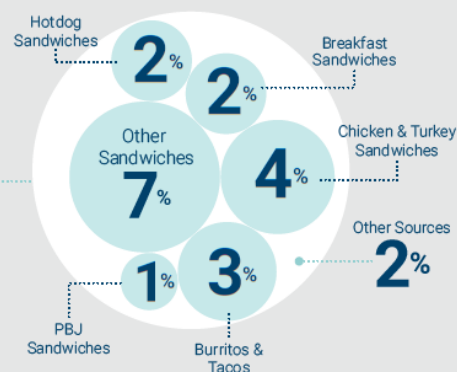


# Top Sources and Average Intakes of Sodium

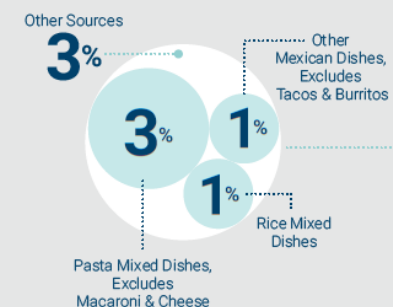
**Sodium**  
Average Intake:  
3,393 mg/day



## Within Sandwiches:













## Within Rice, Pasta & Other Grain-Based Mixed Dishes:



**Data Source:** Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.



# Making Nutrient-Dense Choices: One Food or Beverage At a Time

	Plain Shredded Wheat	Plain, Low-Fat Yogurt With Fruit	Low-Sodium Black Beans	Vegetable Oil	Sparkling Water
NUTRIENT-DENSE					
TYPICAL					
	Frosted Shredded Wheat	Full-Fat Yogurt With Added Sugars	Regular Canned Black Beans	Butter	Soda



# Making Nutrient-Dense Choices: One Meal At a Time

Slight changes to individual parts of a meal can make a big difference. This meal shows examples of small shifts to more nutrient-dense choices that significantly improve the nutritional profile of the meal overall while delivering on taste and satisfaction.



**Typical Burrito Bowl**  
Total Calories = 1,120



**Nutrient-Dense Burrito Bowl**  
Total Calories = 715

White rice (1½ cups)	Brown rice (1 cup) + Romaine lettuce (½ cup)
Black beans (⅓ cup)	Black beans, reduced sodium (⅓ cup)
Chicken cooked with sauce (2 ounces)	Grilled chicken with spice rub (2 ounces)
No grilled vegetables	Added grilled vegetables (⅓ cup)
Guacamole (½ cup)	Sliced avocado (5 slices)
Jarred salsa (¼ cup)	Fresh salsa/pico de gallo (¼ cup)
Sour cream (¼ cup)	No sour cream
Cheese (⅓ cup)	Reduced-fat cheese (⅓ cup)
Jalapeño (5 slices)	Jalapeño (5 slices)
Iced tea with sugar (16 ounces)	Iced tea, no sugar (16 ounces)



# Infants & Toddlers

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# Birth to 24 Months

- Birth until child's second birthday - critical period for proper growth and development.
  - » Nutrients critical for brain development and growth must be provided in adequate amounts.
- Key for establishing healthy dietary patterns, influence trajectory of eating behaviors and health throughout life.
  - » Children in this age group consume small quantities of foods, important to make every bite count!
- Human milk feeding alone is the ideal form of nutrition from birth through about age 6 months.
- Developmental Readiness for Beginning To Eat Solid Foods
  - » Signs that an infant is ready for complementary foods
  - » Infants and young children should be given age- and developmentally appropriate foods to help prevent choking.



# Special Considerations

- Supplementing Infants:
  - » Iron
  - » Vitamin D
  - » Vitamin B12
- Avoid:
  - » Added Sugars,
  - » High Sodium Foods,
  - » Honey, Other Unpasteurized Foods
  - » 100% Fruit Juice
  - » Cow's Milk, Soy Beverages,
  - » Plant Milks
  - » Toddler Milks,
  - » Caffeine





# Women Who Are Pregnant or Lactating

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# Pregnancy & Lactation

- Dietary pattern consistent just different calorie levels
- Nausea, vomiting, food aversions and food cravings
- Women do not need to restrict dietary choices to prevent allergies in their children
- Vegetarian and vegan women – may need to supplement with Iron, B12, choline, zinc, iodine, EPA/DHA
- Weight
  - » Importance of achieving maintaining healthy weight before pregnancy
  - » Gain during pregnancy within guidelines
  - » Returning to a healthy weight during postpartum period
  - » Start pregnancy overweight or having obesity - weight gain recommendations reduced
- Food safety

# Special Considerations

- Meeting Nutrient Needs
- Folate/Folic Acid
- Iron
- Iodine
- Choline
- Seafood
- Alcoholic Beverages
- Caffeine





# Older Adults

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# Older Adults

- Older adults is 60+
- More susceptible to chronic diseases, osteoporosis, and sarcopenia
- Difficulty chewing and swallowing can impact intake
- Food safety – more important in this population – decline in immune system



# Special Considerations

- Protein
- Vitamin B<sub>12</sub>
- Beverages
- Alcoholic Beverages



# Special Focus: Cholesterol

- DGA Dietary and Blood Cholesterol recs. changed significantly over time.
  - » Avoid too much Fat, Sat Fat, and Cholesterol – 1980, 1985
  - » Choose diet low in Fat, Sat Fat and Cholesterol - 1990, 1995
  - » Choose diet low in Sat Fat, Cholesterol, moderate in Total Fat – 2000
  - » Consume a variety of nutrient-dense foods and beverages ...choosing foods that limit Sat and Trans Fats, Cholesterol ... – 2005
  - » Consume <10% calories from Sat Fat by replacing them with Mono- and Poly-unsaturated Fat. Consume less than 300 mg/day of Dietary Cholesterol – 2010
  - » A healthy eating pattern limits: Sat and *trans* fats, added sugars, and sodium – 2015
- Current recommendation:
  - » Limit foods and beverages higher in added sugars, sat fat, and sodium, ... - 2020
- What does this mean for your focus on Cholesterol?

# Support Healthy Dietary Patterns for All Americans



- Everyone has a role to play to support access to healthy foods and beverages where people live, learn, work, play, and gather
- Having access to healthy, safe, and affordable food is crucial for an individual to achieve a healthy dietary pattern





# Customizing the *Dietary Guidelines* Framework

Figure 1-5

## Customizing the *Dietary Guidelines* Framework

The *Dietary Guidelines* approach of providing a framework—not prescriptive details—ensures that its recommendations can “meet people where they are,” from personal preferences to cultural foodways, and including budgetary considerations. The examples below are a sample of the range of options in each food group—to be eaten in nutrient-dense forms. Additional examples are listed under **Table A3-2** in **Appendix 3**.

**Vegetables**

- Dark-Green Vegetables:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, amaranth leaves, bok choy, broccoli, chammamul, chard, collards, kale, mustard greens, poke greens, romaine lettuce, spinach, taro leaves, turnip greens, and watercress.
- Red and Orange Vegetables:** All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, calabaza, carrots, red or orange bell peppers, sweet potatoes, tomatoes, 100% tomato juice, and winter squash.
- Beans, Peas, Lentils:** All cooked from dry or canned beans, peas, chickpeas, and lentils: for example, black beans, black-eyed peas, bayo beans, chickpeas (garbanzo beans), edamame, kidney beans, lentils, lima beans, mung beans, pigeon peas, pinto beans, and split peas. Does not include green beans or green peas.
- Starchy Vegetables:** All fresh, frozen, and canned starchy vegetables: for example, breadfruit, burdock root, cassava, corn, jicama, lotus root, lima beans, plantains, white potatoes, salsify, taro root (dasheen or yautia), water chestnuts, yam, and yucca.
- Other Vegetables:** All other fresh, frozen, and canned vegetables, cooked or raw: for example, asparagus, avocado, bamboo shoots, beets, bitter melon, Brussels sprouts, cabbage (green, red, napa, savoy), cactus pads (nopales), cauliflower, celery, chayote (mirliton), cucumber, eggplant, green beans, kohlrabi, luffa, mushrooms, okra, onions, radish, rutabaga, seaweed, snow peas, summer squash, tomatillos, and turnips.

**Fruits**

- All fresh, frozen, canned, and dried fruits and 100% fruit juices: for example, apples, Asian pears, bananas, berries (e.g., blackberries, blueberries, currants, huckleberries, kiwifruit, mulberries, raspberries, and strawberries); citrus fruit (e.g., calamondin, grapefruit, lemons, limes, oranges, and pomelos); cherries, dates, figs, grapes, guava, jackfruit, lychee, mangoes, melons (e.g., cantaloupe, casaba, honeydew, and watermelon); nectarines, papaya, peaches, pears, persimmons, pineapple, plums, pomegranates, raisins, rhubarb, sapote, and sourp.

Figure 1-5 Customizing the *Dietary Guidelines* Framework (continued)

**Grains**

- Whole grains:** All whole-grain products and whole grains used as ingredients: for example, amaranth, barley (not pearled), brown rice, buckwheat, bulgur, millet, oats, popcorn, quinoa, dark rye, whole-grain cornmeal, whole-wheat bread, whole-wheat chapati, whole-grain cereals and crackers, and wild rice.
- Refined grains:** All refined-grain products and refined grains used as ingredients: for example, white breads, refined-grain cereals and crackers, corn grits, cream of rice, cream of wheat, barley (pearled), masa, pasta, and white rice. Refined-grain choices should be enriched.

**Dairy and Fortified Soy Alternatives**

- All fluid, dry, or evaporated milk, including lactose-free and lactose-reduced products and fortified soy beverages (soy milk), buttermilk, yogurt, kefir, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream, and cream cheese are not included due to their low calcium content.

**Protein Foods**

- Meats, Poultry, Eggs:** Meats include beef, goat, lamb, pork, and game meat (e.g., bison, moose, elk, deer). Poultry includes chicken, Cornish hens, duck, game birds (e.g., ostrich, pheasant, and quail), goose, and turkey. Organ meats include chitterlings, gizzards, liver, sweetbreads, tongue, and tripe. Eggs include chicken eggs and other birds' eggs. Meats and poultry should be lean or low-fat.
- Seafood:** Seafood examples that are lower in methylmercury include: anchovy, black sea bass, catfish, clams, cod, crab, crawfish, flounder, haddock, hake, herring, lobster, mullet, oyster, perch, pollock, salmon, sardine, scallop, shrimp, sole, squid, tilapia, freshwater trout, light tuna, and whiting.
- Nuts, Seeds, Soy Products:** Nuts and seeds include all nuts (tree nuts and peanuts), nut butters, seeds (e.g., chia, flax, pumpkin, sesame, and sunflower), and seed butters (e.g., sesame or tahini and sunflower). Soy includes tofu, tempeh, and products made from soy flour, soy protein isolate, and soy concentrate. Nuts should be unsalted.



Questions?