

ADEQUATE NUTRITION WITHIN CALORIE NEEDS

- Eat and drink a variety of foods and beverages from the basic food groups.
- Limit saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
- Eat only as many calories as needed, following a balanced eating pattern such as the USDA Food Guide Pyramid.

Recommendations for Specific Population Groups

- People over age 50—Vitamin B12
- Women who may become pregnant—iron
- Women who may become pregnant or who are in the first trimester of pregnancy—folic acid and folate
- Older adults, people with dark skin, and people not exposed to enough sunlight—Vitamin D

WEIGHT MANAGEMENT

- Maintain healthy weight by balancing calories eaten and drunk with calories used in activity.
- To prevent gradual weight gain over time, eat slightly less and increase physical activity.

Recommendations for Specific Population Groups

- Adults who need to lose weight: lose weight slowly and steadily by eating smaller amounts and by eating nutritiously. Be more active.
- Children who need to lose weight: consult a healthcare provider before placing a child on a weight-reduction diet, since the rate of weight gain must be slowed while still allowing growth and development.
- Pregnant women: work with healthcare provider to ensure appropriate weight gain.
- Breastfeeding women: moderate weight reduction is safe and does not affect weight gain of the baby.
- Anyone overweight who also has chronic disease(s) and/or takes medication: consult healthcare provider about weight loss strategies.

PHYSICAL ACTIVITY

- Physical activity promotes health, psychological well-being, and a healthy body weight.
- 30 minutes of moderately intense activity, above usual activity, on most days of the week, reduces risk of chronic disease in adulthood.
- More intense activity, and/or longer duration activity, will produce greater health benefits for most people.
- To prevent unhealthy adult weight gain: 60 minutes of moderate to vigorous activity on most days of the week. Don't overeat.
- To maintain weight loss for adults: 60 - 90 minutes of daily moderate-intensity physical activity while not overeating.
- To be fit, include cardiovascular conditioning, stretching (flexibility), and resistance exercises or calisthenics (strength and endurance).

Recommendations for Specific Population Groups

- Children and adolescents: 60 minutes or more of physical activity on most, preferably all, days of the week.
- Pregnant women: unless otherwise directed by healthcare provider, 30 minutes or more of moderate-intensity physical activity on most, if not all, days of the week. Avoid activities with a high risk of falling or abdominal trauma.
- Breastfeeding women: No negative impact on breastfeeding from regular intense exercise.
- Older adults: Regular physical activity reduces the decline in physical and mental functions associated with aging.

FOOD GROUPS TO ENCOURAGE

- Assuming that a typical adult needs 2000 calories to maintain weight (adjust up/down for different calorie needs):
- Eat 2 cups of fruit/day and 2-1/2 cups of vegetables/day.
- Pick from all five vegetable groups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- 3 or more ounces/day of whole-grain products; any additional grains eaten should be either enriched or whole-grain products. In general, at least half the grains eaten daily should be whole grains.
- 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Recommendations for Specific Population Groups

- Children and adolescents: eat whole-grain products often. At least half of the grains eaten should be whole grains. Children 2 - 8 years: 2 cups/day of fat-free or low-fat milk or equivalents. Children 9 and older: 3 cups/day of fat-free or low-fat milk or equivalents.

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FATS

- Less than 10 percent of calories from saturated fats.
- Less than 300 mg/day of cholesterol.
- Minimize trans fats.
- Total fat intake: 20-35% of calories, mainly from polyunsaturated and monounsaturated fats (i.e., fish, nuts, and vegetable oils).
- Choose and prepare lean, low-fat, or fat-free meat, poultry, dry beans, milk or milk products.

Recommendations for Specific Population Groups

- Total fats should be between 30-35% of calories for children 2 to 3 years of age.
- Total fats should be between 25-35% of calories for children and adolescents 4 to 18 years of age.
- Primarily from polyunsaturated and monounsaturated fats (fish, nuts, and vegetable oils).

CARBOHYDRATES

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Avoid added sugars and sweeteners which contain calories.
- Reduce cavities by brushing and flossing and eating sugar- and starch-containing foods and beverages less frequently.

SODIUM AND POTASSIUM

- Eat less than 2,300 mg (approximately 1 tsp of salt) of sodium daily.
- Choose and prepare foods with little salt.
- Eat potassium-rich foods, such as fruits and vegetables.

Recommendations for Specific Population Groups

- Individuals with hypertension, blacks, and middle-aged and older adults: no more than 1,500 mg of sodium daily. Eat foods which will meet the potassium recommendation (4,700 mg/day).

ALCOHOLIC BEVERAGES

- Sensible and moderate consumption, if at all--up to one drink/day for women and up to two drinks/day for men.
- Some individuals should not drink: those who can't restrict alcohol intake, women of childbearing age who may become pregnant, pregnant and breastfeeding women, children, adolescents, individuals taking certain medications or with specific medical conditions.
- Individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery, should not drink.

FOOD SAFETY

- Clean hands, food contact surfaces, and fruits and vegetables. Do not wash or rinse meat and poultry.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, and storing foods.
- Cook foods to a safe temperature to kill microorganisms.
- Refrigerate perishable food promptly and defrost foods properly.
- Avoid raw (unpasteurized) milk or products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

Recommendations for Specific Population Groups

- Infants and young children, pregnant women, older adults, and those with immune system deficiencies: do not eat or drink raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, raw or undercooked fish or shellfish, unpasteurized juices, and raw sprouts. Only eat certain deli meats and hot dogs that have been reheated to steaming hot.

Disclaimer

**This summary is provided as a convenience.
It does not replace the professional advice of a healthcare provider.
The official Dietary Guidelines For Americans 2005 document can be downloaded at:
<http://www.healthierus.gov/dietaryguidelines/>.**