



Dietary  
Guidelines  
for Americans

2020 - 2025

Make Every  
Bite Count With  
the *Dietary  
Guidelines*

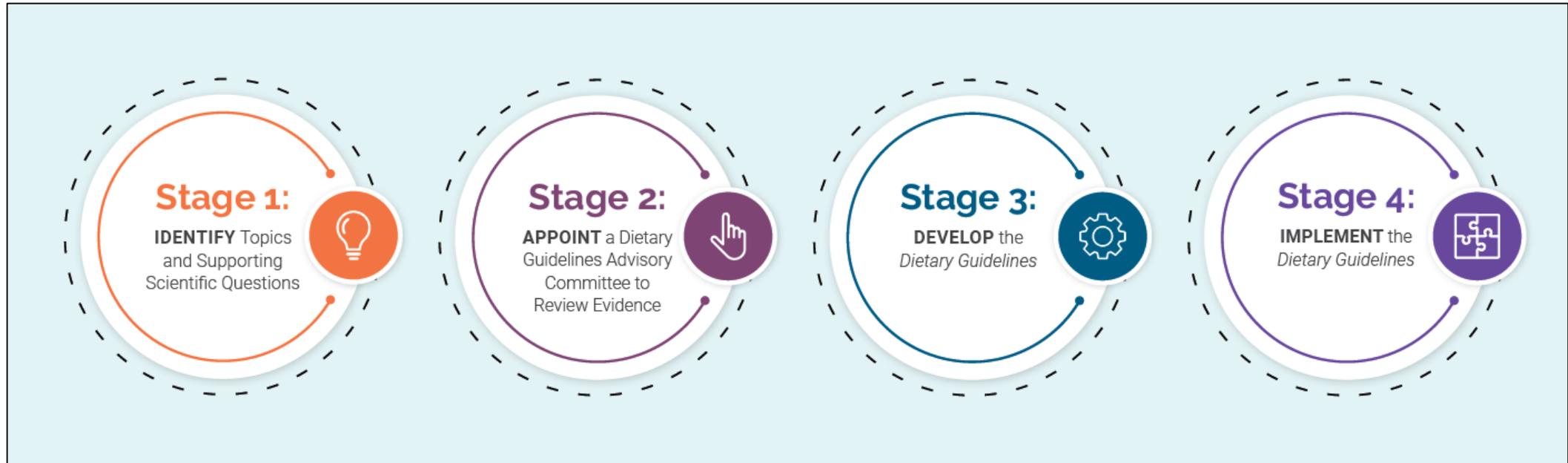


# Today

- What's new in the *Dietary Guidelines for Americans, 2020-2025*
- Overview of the *Dietary Guidelines for Americans, 2020-2025*
- Key Resources



# USDA and HHS update and release the *Dietary Guidelines for Americans* every 5 years to reflect the preponderance of scientific evidence



# The *Dietary Guidelines* is developed for all Americans

- The Dietary Guidelines is based on science that examines how diet promotes health and prevents disease in:
  - » People who are healthy
  - » People at risk for diet-related chronic diseases
  - » Some people who live with diet-related chronic diseases
- And the evidence base reflects the diversity of Americans, including:
  - » All ages and life stages
  - » Different racial and ethnic backgrounds
  - » A range of socioeconomic statuses



# Most Americans do not follow the *Dietary Guidelines* and our health is suffering

Adherence of the U.S. Population to the Dietary Guidelines Over Time, as Measured by Average Total Healthy Eating Index-2015 Scores



**NOTE:** HEI-2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

**Data Source:** Analysis of What We Eat in America, NHANES survey data from 2005-2006 through 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.

# For lifelong good health, make every bite count with the *Dietary Guidelines for Americans*



# The *Dietary Guidelines for Americans, 2020 -2025* take a life course approach

- Executive Summary
- Introduction
- Chapter 1. Nutrition and Health Across the Lifespan: The Guidelines and Key Recommendations
- Chapter 2. Infants and Toddlers
- Chapter 3. Children and Adolescents
- Chapter 4. Adults
- Chapter 5. Women Who Are Pregnant or Lactating
- Chapter 6. Older Adults
- Appendixes



# The Guidelines

Follow a healthy dietary pattern at every life stage.



1

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.





# 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



# 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





# 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 fatfree 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:

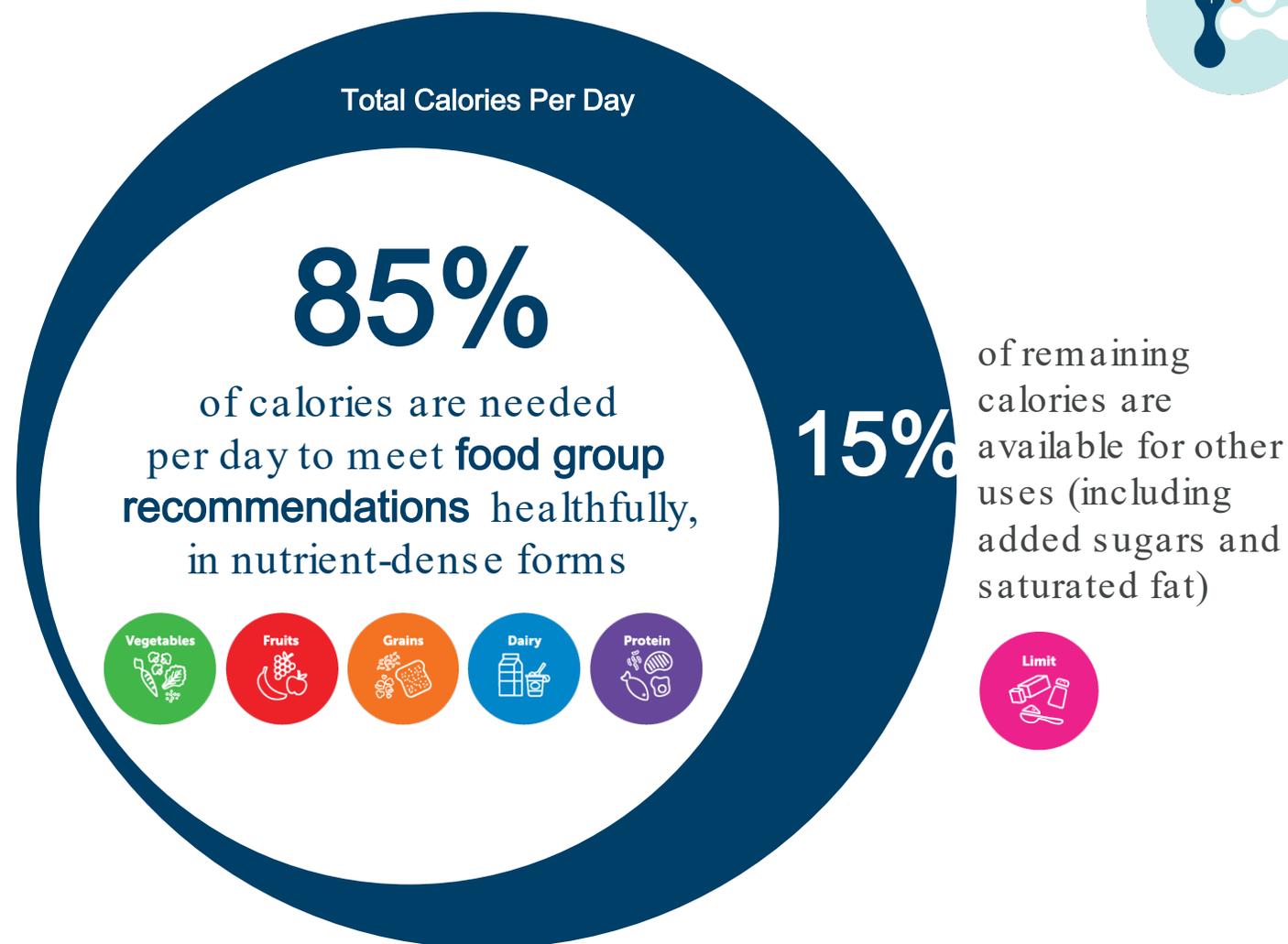
- **Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- **Saturated fat**—Less than 10 percent of calories per day starting at age 2.
- **Sodium**—Less than 2,300 milligrams per day—and even less for children 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

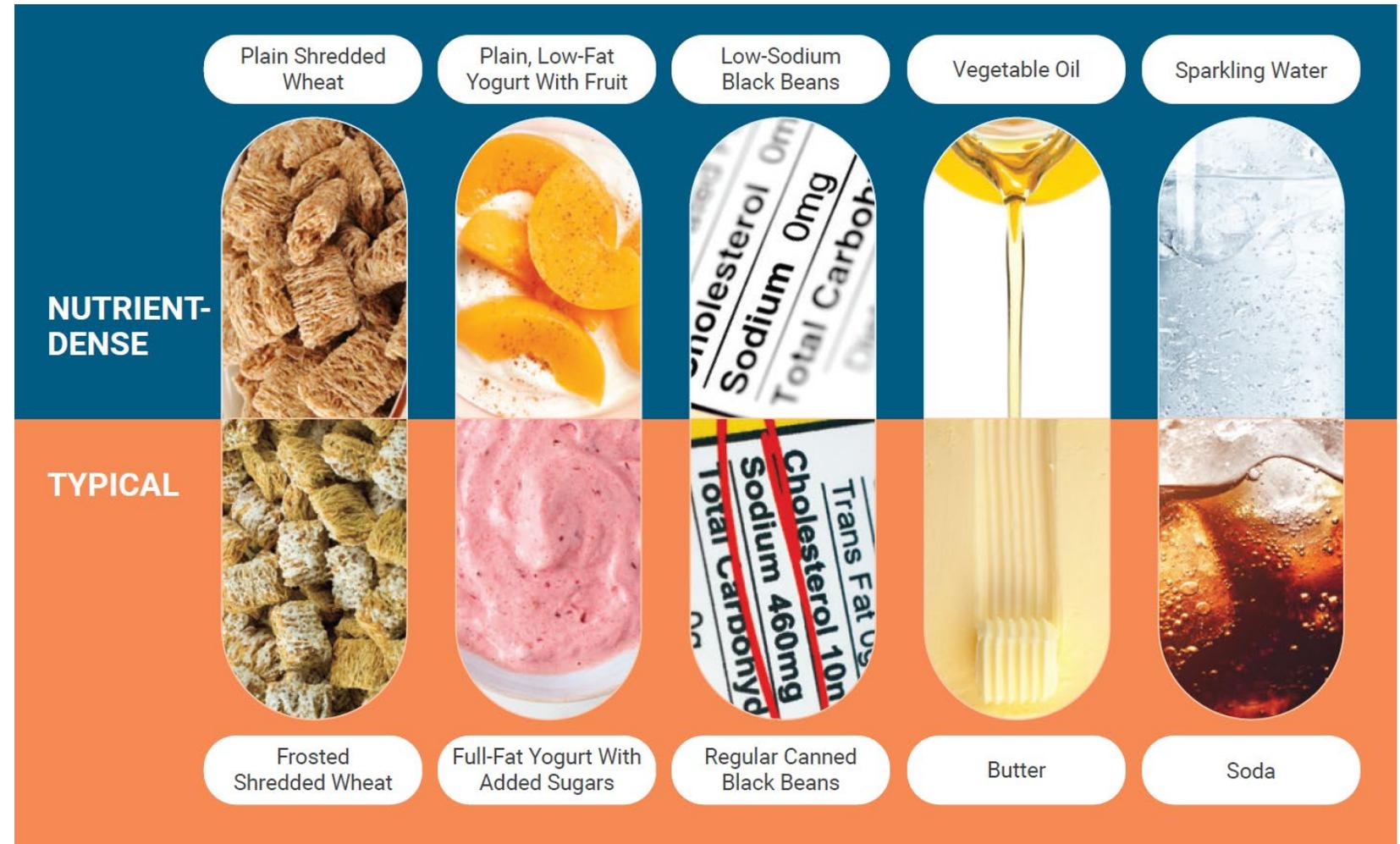
Most of the calories a person needs to eat each day—around 85 percent—are needed to meet food group recommendations healthfully, in nutrient-dense forms. The remaining calories—around 15 percent—are calories available for other uses, including for added sugars or saturated fat beyond the small amounts 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.





# Making nutrient -dense choices : One food or beverage at a time

Every food and beverage choice is an opportunity to move toward a healthy dietary pattern. Small changes in single choices add up and can make a big difference. These are a few examples of realistic, small changes to nutrient-dense choices that can help people adopt healthy dietary patterns.





## 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 (½ cup)	Black beans, reduced sodium (½ cup)
Chicken cooked with sauce (2 ounces)	Grilled chicken with spice rub (2 ounces)
No grilled vegetables	Added grilled vegetables (½ 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 (½ cup)	Reduced-fat cheese (½ cup)
Jalapeño (5 slices)	Jalapeño (5 slices)
Iced tea with sugar (16 ounces)	Iced tea, no sugar (16 ounces)

# 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



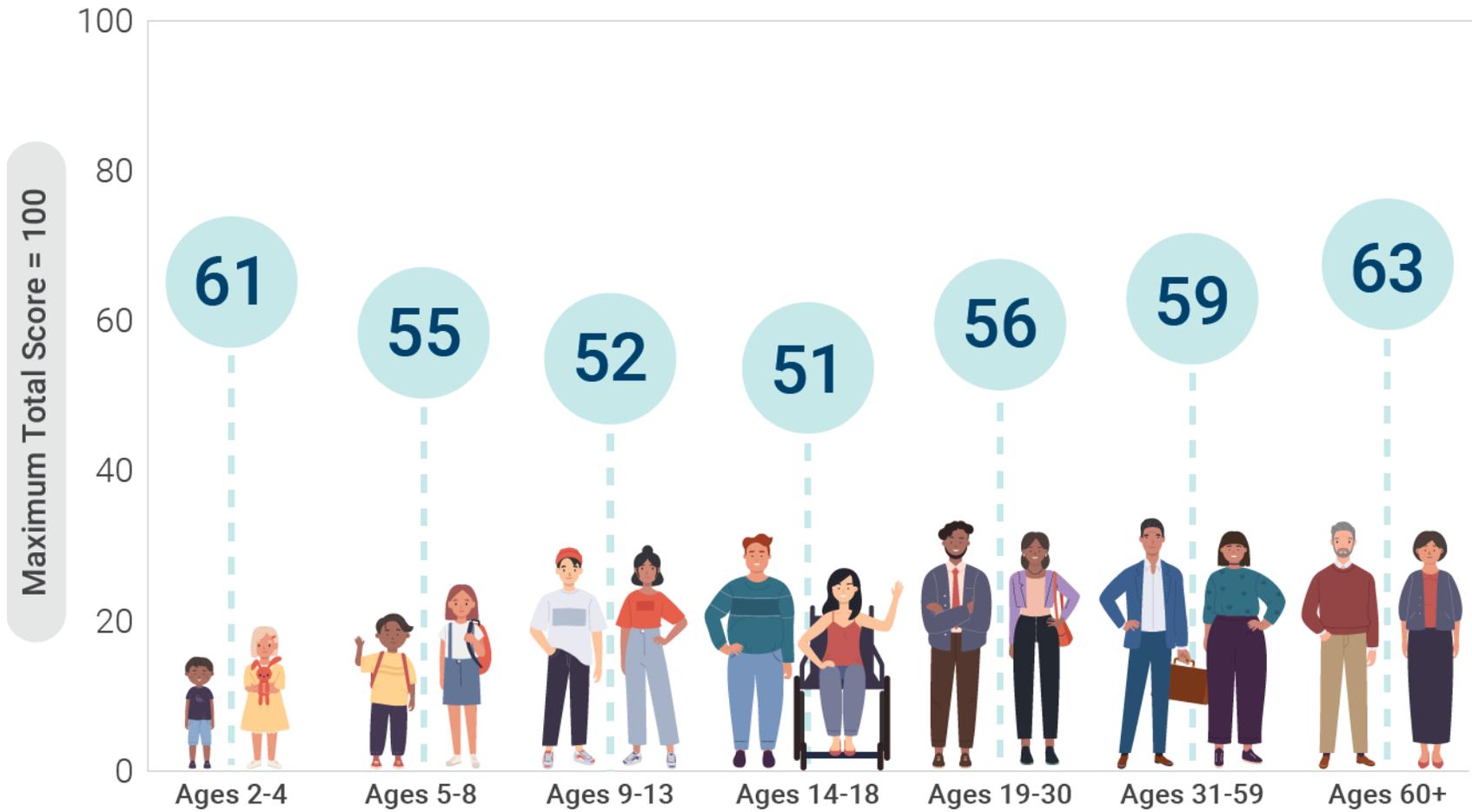


# Make Every Bite Count at Each Life Stage

Elizabeth Rahavi, RD

# Adherence of the U.S. population to the *Dietary Guidelines* across life stages, as measured by average total Healthy Eating Index -2015 scores

The Healthy Eating Index (HEI) measures how closely food and beverage choices align with the *Dietary Guidelines*. A higher total score indicates a higher quality diet.



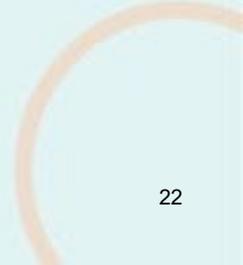
# Content in each life stage chapter

- Introduction
- Healthy Dietary Patterns
- Current Intakes
- Special Considerations
- Supporting Healthy Eating



# Children & Adolescents

**DGA** | Dietary Guidelines for Americans



# Healthy U.S. Style Dietary Pattern: Ages 2 Through 8

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,000	1,200	1,400	1,600	1,800	2,000
FOOD GROUP OR SUBGROUP <sup>b</sup>	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)					
<b>Vegetables (cup eq/day)</b>	1	1 ½	1 ½	2	2 ½	2 ½
	Vegetable Subgroups in Weekly Amounts					
Dark-Green Vegetables (cup eq/wk)	½	1	1	1 ½	1 ½	1 ½
Red and Orange Vegetables (cup eq/wk)	2 ½	3	3	4	5 ½	5 ½
Beans, Peas, Lentils (cup eq/wk)	½	½	½	1	1 ½	1 ½
Starchy Vegetables (cup eq/wk)	2	3 ½	3 ½	4	5	5
Other Vegetables (cup eq/wk)	1 ½	2 ½	2 ½	3 ½	4	4
<b>Fruits (cup eq/day)</b>	1	1	1 ½	1 ½	1 ½	2
<b>Grains (ounce eq/day)</b>	3	4	5	5	6	6
Whole Grains (ounce eq/day)	1 ½	2	2 ½	3	3	3
Refined Grains (ounce eq/day)	1 ½	2	2 ½	2	3	3
<b>Dairy (cup eq/day)</b>	2	2 ½	2 ½	2 ½	2 ½	2 ½
<b>Protein Foods (ounce eq/day)</b>	2	3	4	5	5	5 ½
	Protein Foods Subgroups in Weekly Amounts					
Meats, Poultry, Eggs (ounce eq/wk)	10	14	19	23	23	26
Seafood (ounce eq/wk) <sup>c</sup>	2-3 <sup>d</sup>	4	6	8	8	8
Nuts, Seeds, Soy Products (ounce eq/wk)	2	2	3	4	4	5
<b>Oils (grams/day)</b>	15	17	17	22	22	24
<b>Limit on Calories for Other Uses (kcal/day)<sup>e</sup></b>	130	80	90	150	190	280
Limit on Calories for Other Uses (%/day)	13%	7%	6%	9%	10%	14%

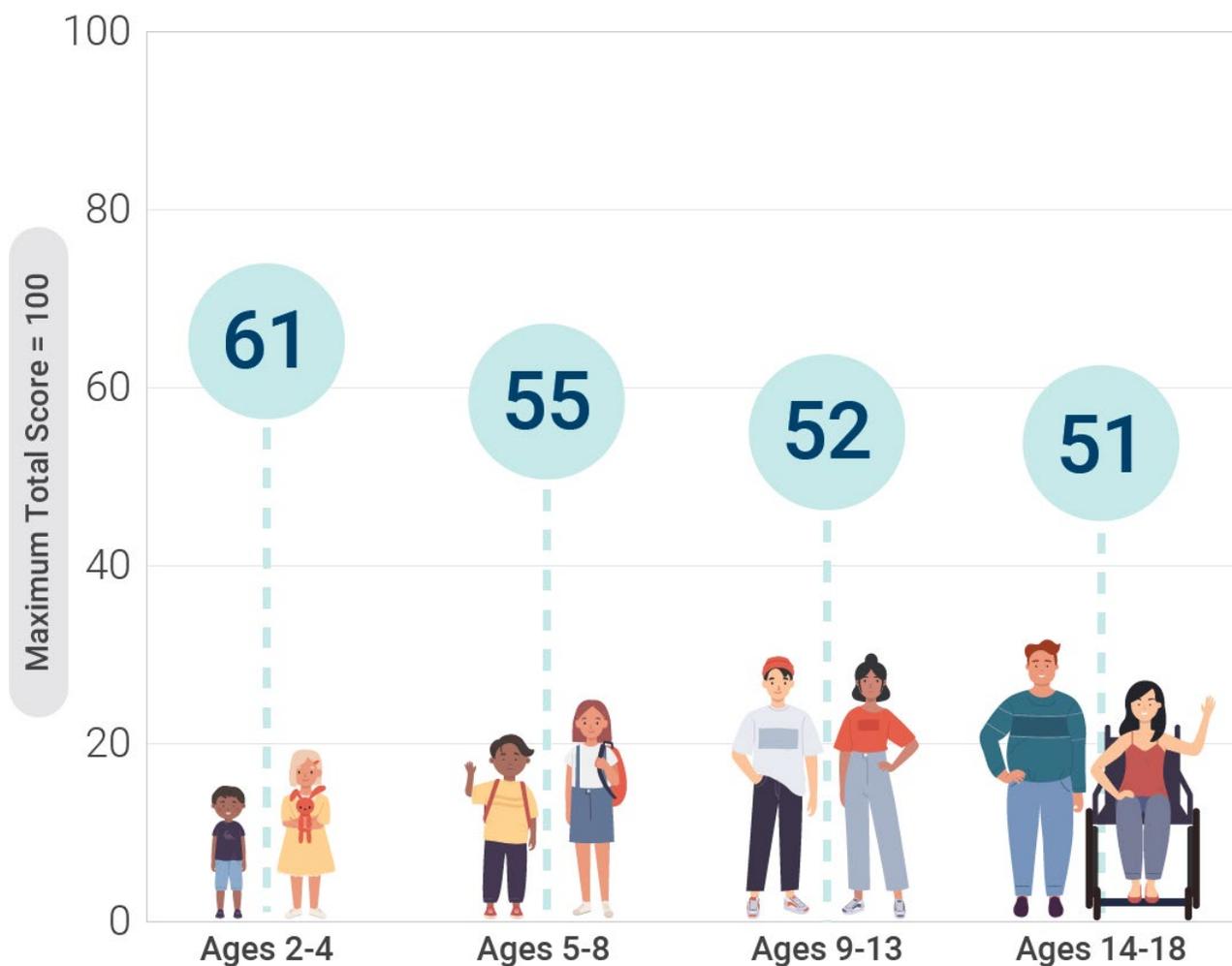
# Healthy U.S. Style Dietary Pattern: Ages 9 Through 13

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,400	1,600	1,800	2,000	2,200	2,400	2,600
FOOD GROUP OR SUBGROUP <sup>b</sup>	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)						
<b>Vegetables (cup eq/day)</b>	1 ½	2	2 ½	2 ½	3	3	3 ½
	Vegetable Subgroups in Weekly Amounts						
Dark-Green Vegetables (cup eq/wk)	1	1 ½	1 ½	1 ½	2	2	2 ½
Red & Orange Vegetables (cup eq/wk)	3	4	5 ½	5 ½	6	6	7
Beans, Peas, Lentils (cup eq/wk)	½	1	1 ½	1 ½	2	2	2 ½
Starchy Vegetables (cup eq/wk)	3 ½	4	5	5	6	6	7
Other Vegetables (cup eq/wk)	2 ½	3 ½	4	4	5	5	5 ½
<b>Fruits (cup eq/day)</b>	1 ½	1 ½	1 ½	2	2	2	2
<b>Grains (ounce eq/day)</b>	5	5	6	6	7	8	9
Whole Grains (ounce eq/day)	2 ½	3	3	3	3 ½	4	4 ½
Refined Grains (ounce eq/day)	2 ½	2	3	3	3 ½	4	4 ½
<b>Dairy (cup eq/day)</b>	3	3	3	3	3	3	3
<b>Protein Foods (ounce eq/day)</b>	4	5	5	5 ½	6	6 ½	6 ½
	Protein Foods Subgroups in Weekly Amounts						
Meats, Poultry, Eggs (ounce eq/wk)	19	23	23	26	28	31	31
Seafood (ounce eq/wk) <sup>c</sup>	6	8	8	8	9	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	3	4	4	5	5	5	5
<b>Oils (grams/day)</b>	17	22	24	27	29	31	34
<b>Limit on Calories for Other Uses (kcal/day)<sup>d</sup></b>	50	100	140	240	250	320	350
Limit on Calories for Other Uses (%/day)	4%	6%	8%	12%	11%	13%	13%

# Healthy U.S. Style Dietary Pattern: Ages 14 Through 18

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
FOOD GROUP OR SUBGROUP <sup>b</sup>	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)							
<b>Vegetables (cup eq/day)</b>	2 ½	2 ½	3	3	3 ½	3 ½	4	4
	Vegetable Subgroups in Weekly Amounts							
Dark-Green Vegetables (cup eq/wk)	1 ½	1 ½	2	2	2 ½	2 ½	2 ½	2 ½
Red and Orange Vegetables (cup eq/wk)	5 ½	5 ½	6	6	7	7	7 ½	7 ½
Beans, Peas, Lentils (cup eq/wk)	1 ½	1 ½	2	2	2 ½	2 ½	3	3
Starchy Vegetables (cup eq/wk)	5	5	6	6	7	7	8	8
Other Vegetables (cup eq/wk)	4	4	5	5	5 ½	5 ½	7	7
<b>Fruits (cup eq/day)</b>	1 ½	2	2	2	2	2 ½	2 ½	2 ½
<b>Grains (ounce eq/day)</b>	6	6	7	8	9	10	10	10
Whole Grains (ounce eq/day)	3	3	3 ½	4	4 ½	5	5	5
Refined Grains (ounce eq/day)	3	3	3 ½	4	4 ½	5	5	5
<b>Dairy (cup eq/day)</b>	3	3	3	3	3	3	3	3
<b>Protein Foods (ounce eq/day)</b>	5	5 ½	6	6 ½	6 ½	7	7	7
	Protein Foods Subgroups in Weekly Amounts							
Meats, Poultry, Eggs (ounce eq/wk)	23	26	28	31	31	33	33	33
Seafood (ounce eq/wk)	8	8	9	10	10	10	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	4	5	5	5	5	6	6	6
<b>Oils (grams/day)</b>	24	27	29	31	34	36	44	51
<b>Limit on Calories for Other Uses (kcal/day)<sup>c</sup></b>	140	240	250	320	350	370	440	580
Limit on Calories for Other Uses (%/day)	8%	12%	11%	13%	13%	13%	15%	18%

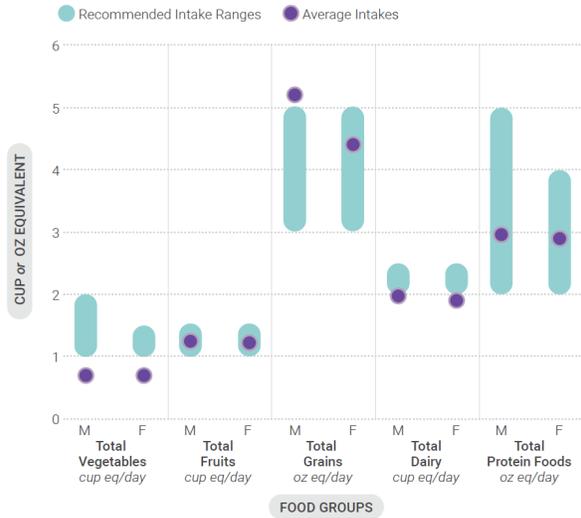
# Healthy Eating Index scores across childhood and adolescence



# Current intakes: Children and adolescents

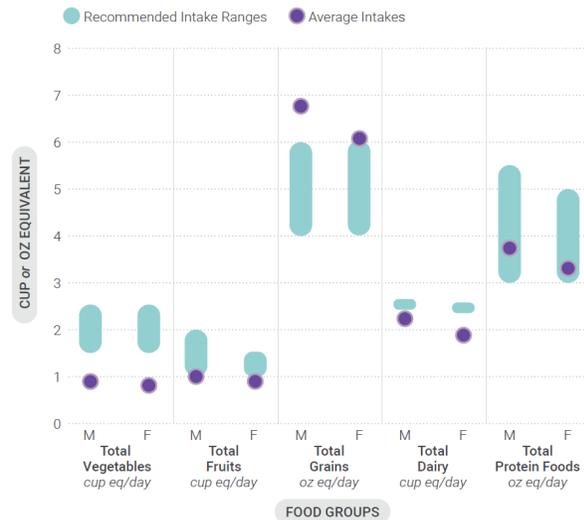
## Ages 2 through 4

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



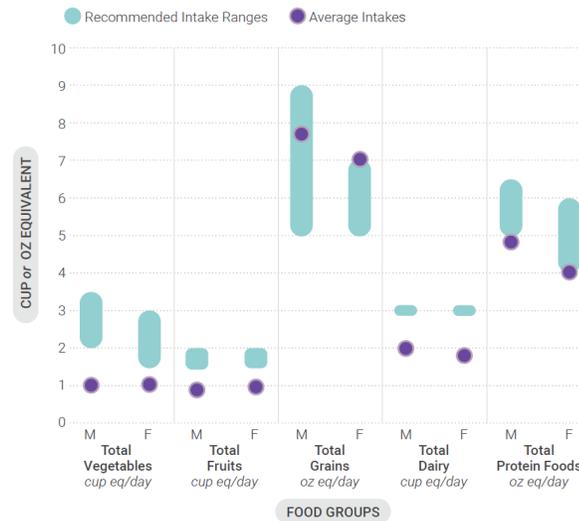
## Ages 5 through 8

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



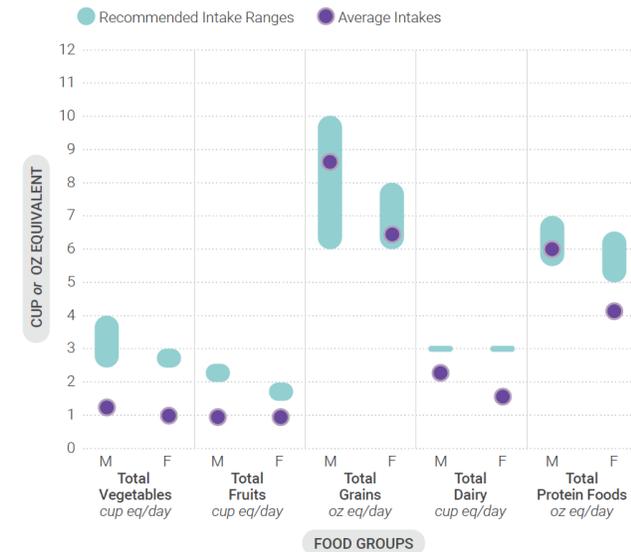
## Ages 9 through 13

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



## Ages 14 through 18

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

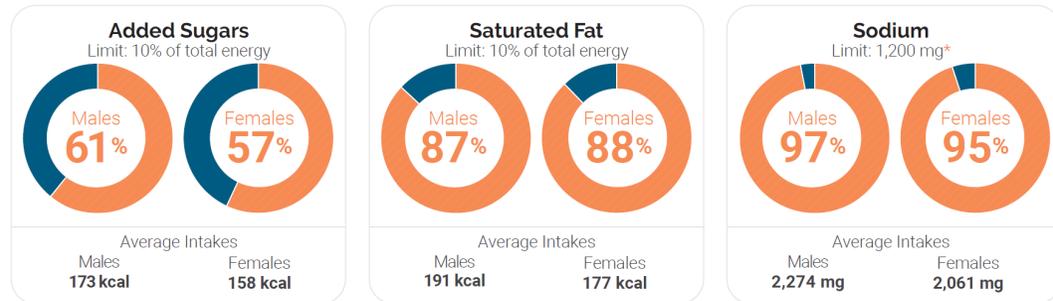


# Added sugars, saturated fat, and sodium

## Ages 2 through 4

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

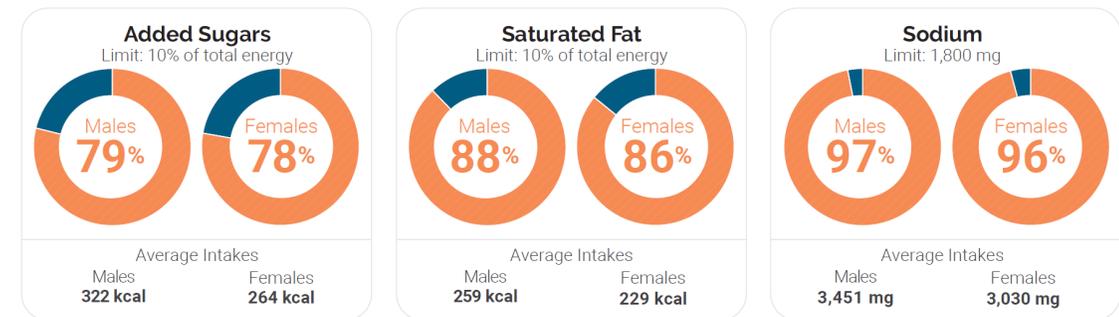
● Exceeding Limit ● Within Recommended Limit



## Ages 9 through 13

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

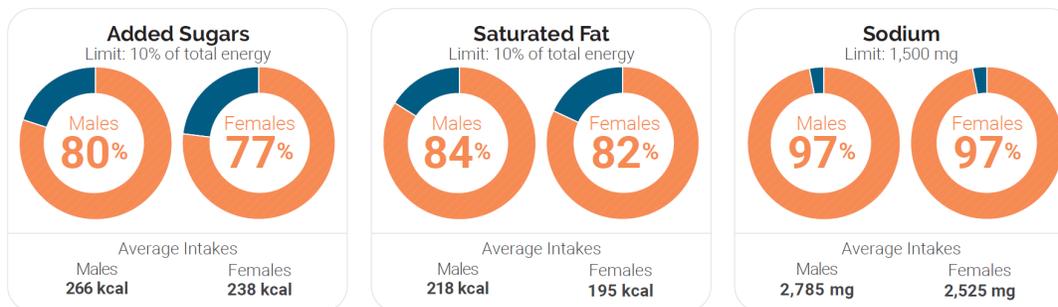
● Exceeding Limit ● Within Recommended Limit



## Ages 5 through 8

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

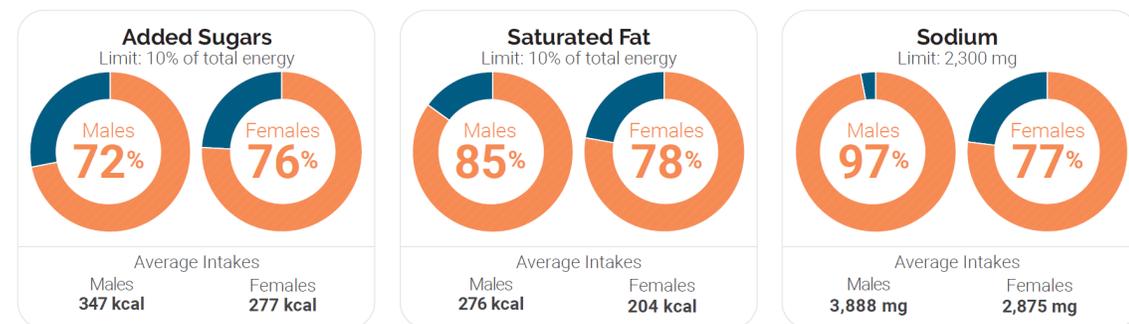
● Exceeding Limit ● Within Recommended Limit



## Ages 14 through 18

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

● Exceeding Limit ● Within Recommended Limit



# Special considerations

- Sugar-Sweetened Beverages
- Dairy and Fortified Soy Alternatives
- Adolescent Nutrition





# Older Adults

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for Americans

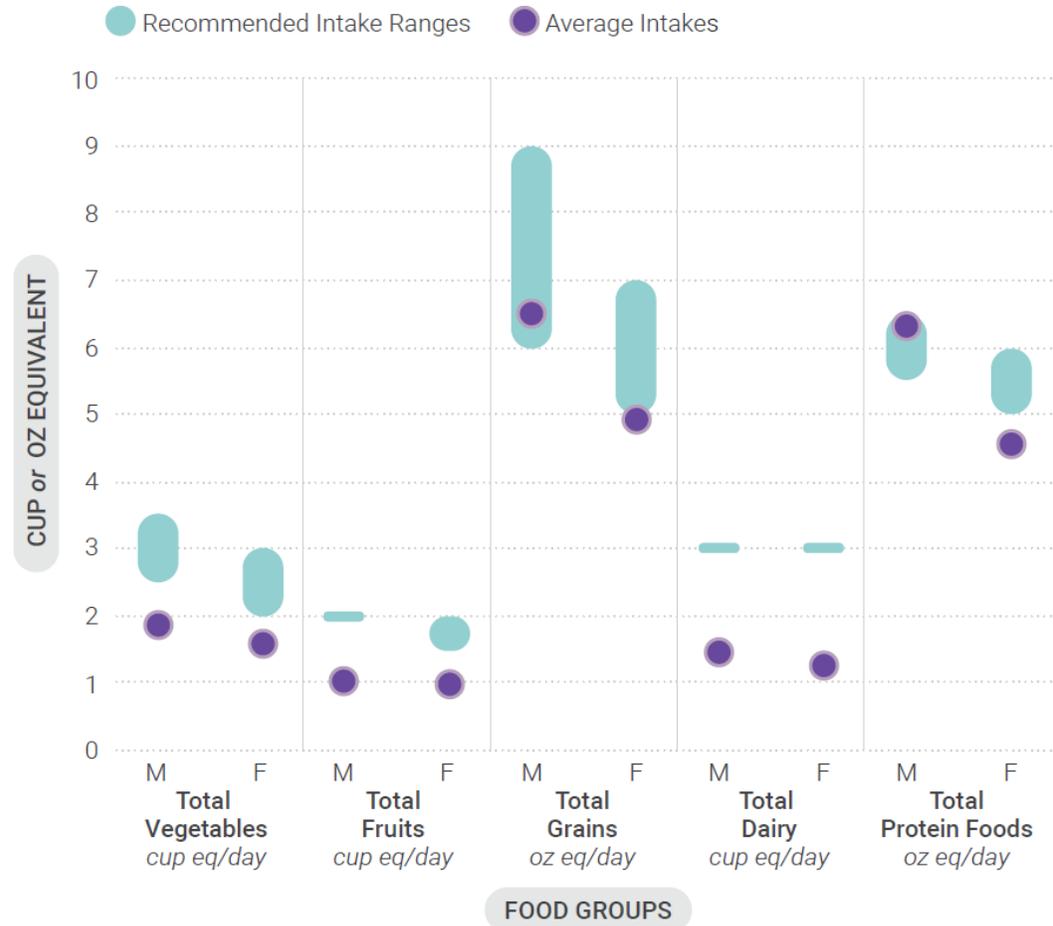


# Healthy U.S. Style Dietary Pattern: Older adults ages 60 and older

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,600	1,800	2,000	2,200	2,400	2,600
FOOD GROUP OR SUBGROUP <sup>b</sup>	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)					
<b>Vegetables (cup eq/day)</b>	2	2 ½	2 ½	3	3	3 ½
	Vegetable Subgroups in Weekly Amounts					
Dark-Green Vegetables (cup eq/wk)	1 ½	1 ½	1 ½	2	2	2 ½
Red & Orange Vegetables (cup eq/wk)	4	5 ½	5 ½	6	6	7
Beans, Peas, Lentils (cup eq/wk)	1	1 ½	1 ½	2	2	2 ½
Starchy Vegetables (cup eq/wk)	4	5	5	6	6	7
Other Vegetables (cup eq/wk)	3 ½	4	4	5	5	5 ½
<b>Fruits (cup eq/day)</b>	1 ½	1 ½	2	2	2	2
<b>Grains (ounce eq/day)</b>	5	6	6	7	8	9
Whole Grains (ounce eq/day)	3	3	3	3 ½	4	4 ½
Refined Grains (ounce eq/day)	2	3	3	3 ½	4	4 ½
<b>Dairy (cup eq/day)</b>	3	3	3	3	3	3
<b>Protein Foods (ounce eq/day)</b>	5	5	5 ½	6	6 ½	6 ½
	Protein Foods Subgroups in Weekly Amounts					
Meats, Poultry, Eggs (ounce eq/wk)	23	23	26	28	31	31
Seafood (ounce eq/wk)	8	8	9	9	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	4	4	5	5	5	5
<b>Oils (grams/day)</b>	22	24	27	29	31	34
<b>Limit on Calories for Other Uses (kcal/day)<sup>c</sup></b>	100	140	240	250	320	350
Limit on Calories for Other Uses (%/day)	7%	8%	12%	12%	13%	5

# Current intakes : Ages 60 and older

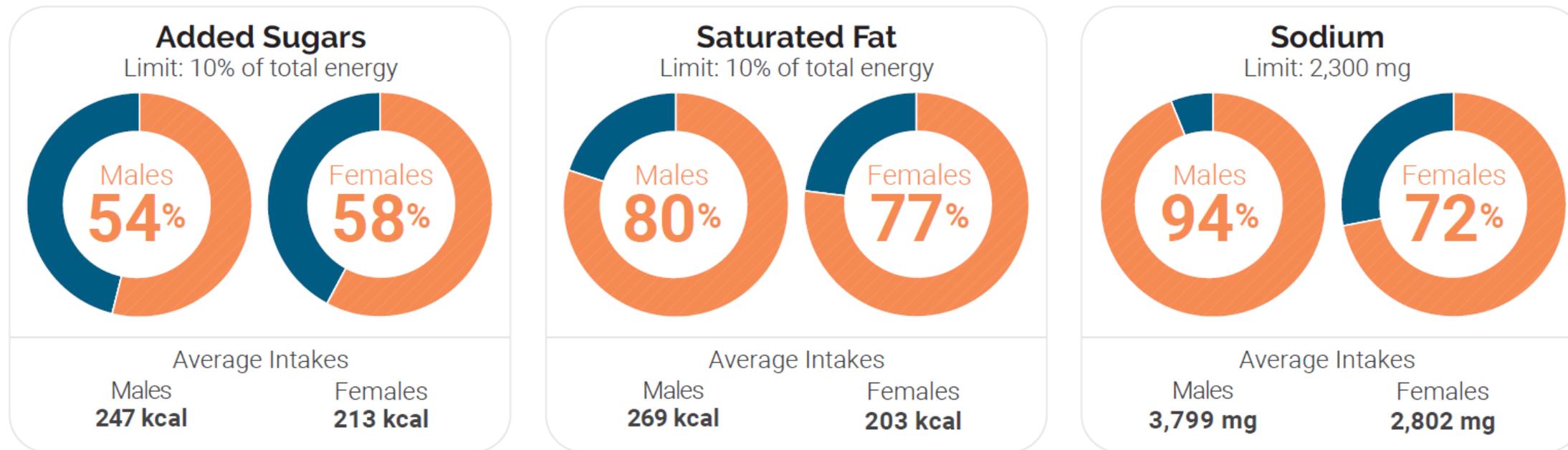
Average Daily Food Group Intakes Compared to Recommended Intake Ranges



# Current intakes : Ages 60 and older

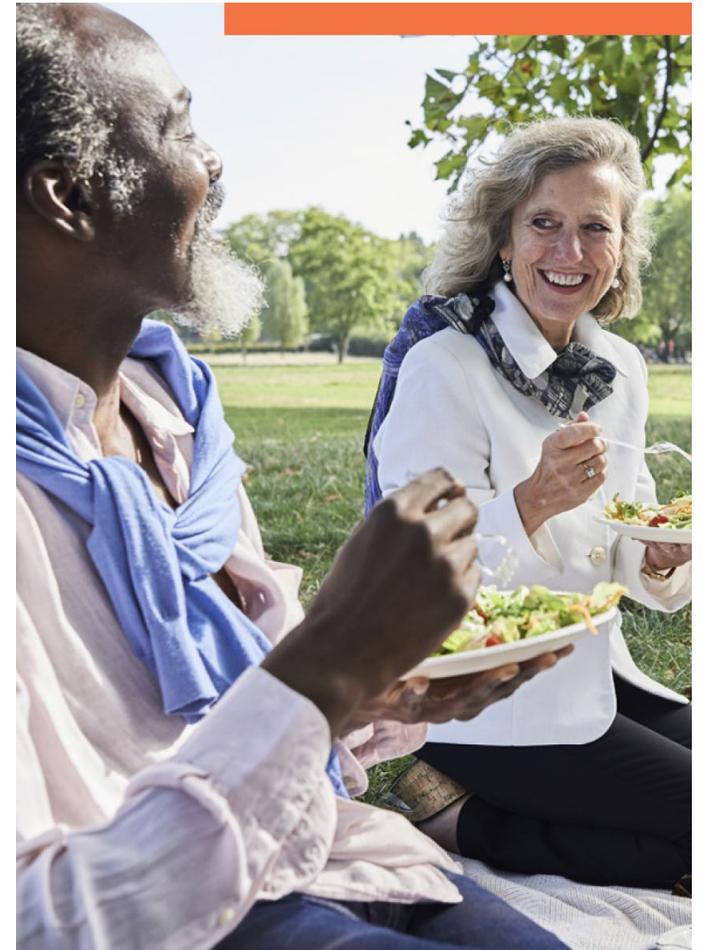
## Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

● Exceeding Limit ● Within Recommended Limit



# Special considerations

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



# The *Dietary Guidelines for Americans, 2020 -2025* take a life course approach

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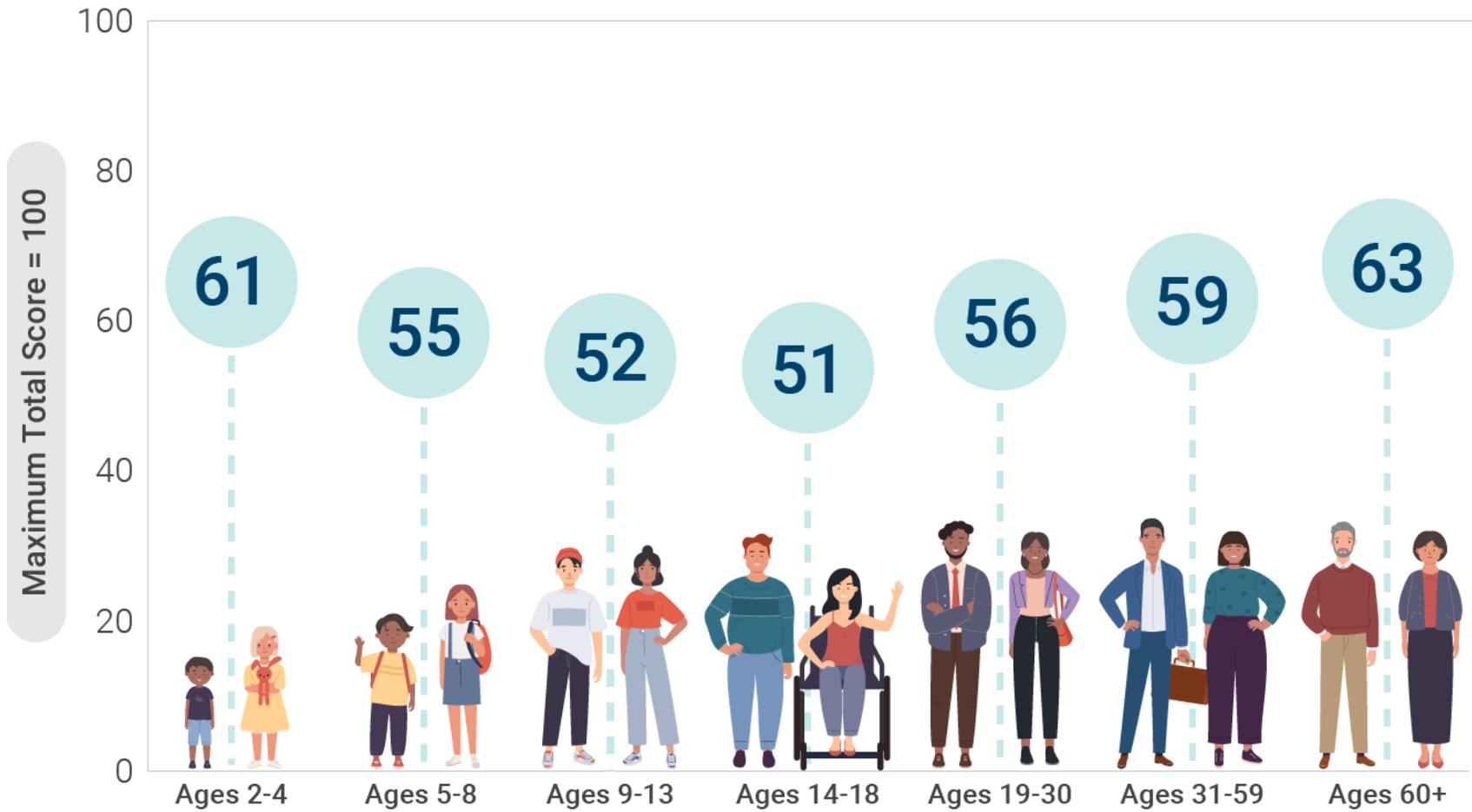


# Tables and figures



# Adherence of the U.S. population to the *Dietary Guidelines* across life stages, as measured by average total Healthy Eating Index -2015 scores

The Healthy Eating Index (HEI) measures how closely food and beverage choices align with the *Dietary Guidelines*. A higher total score indicates a higher quality diet.





# Dietary intakes compared to recommendations



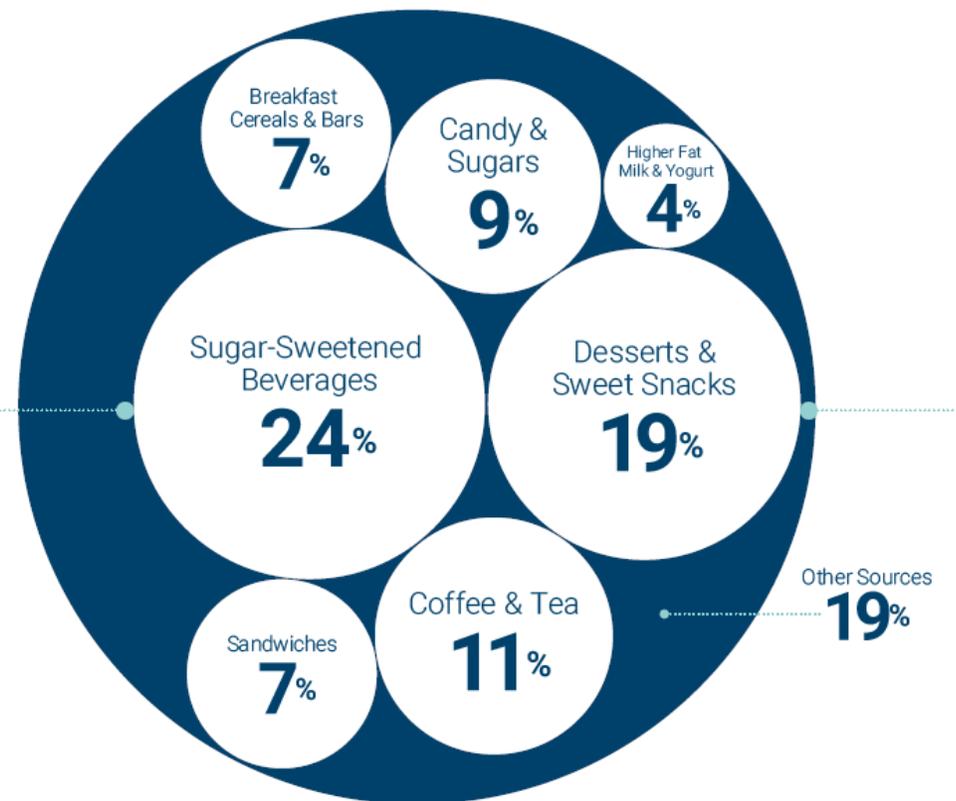
**NOTE:** Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains to be no more than half of total grain consumption.

**Data Source:** Analysis of What We Eat in America, NHANES 2011-2016, ages 1 and older, 2 days dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S. Style Dietary Patterns

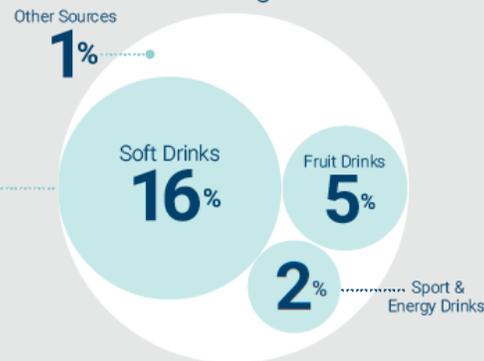


# Top sources and average intakes of added sugars

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



## Within Sugar-Sweetened Beverages:

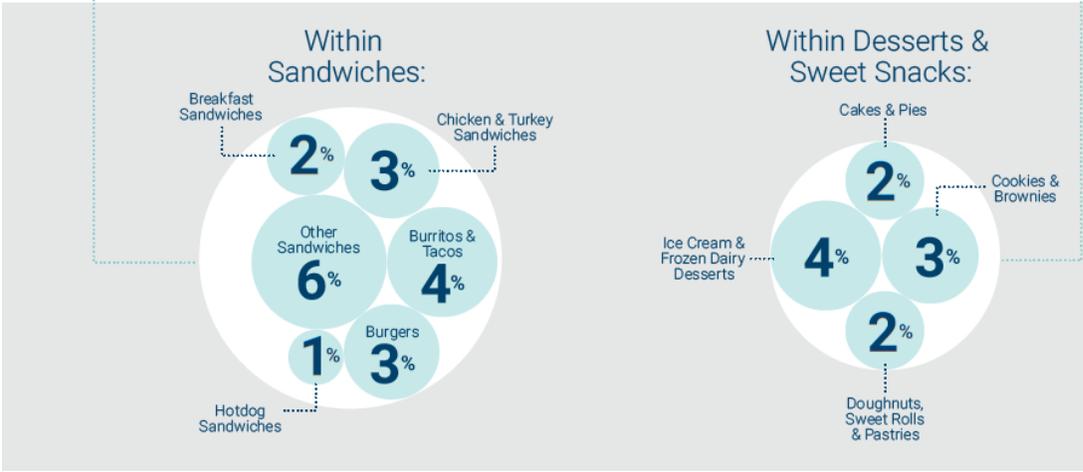
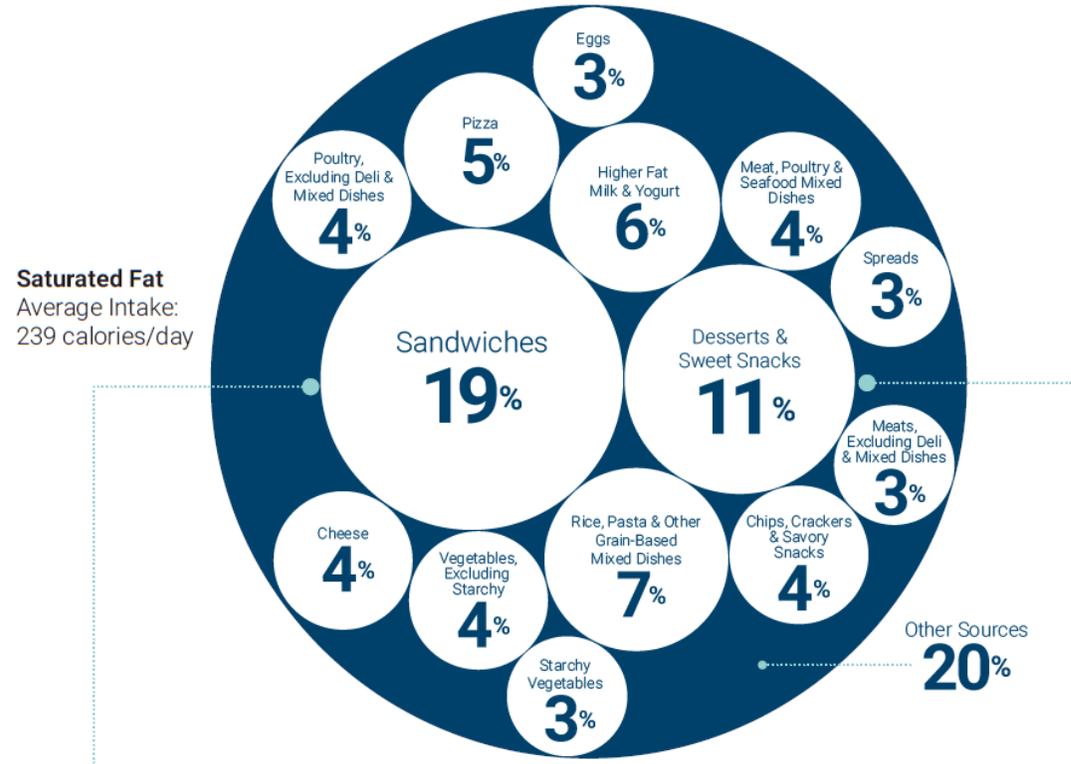


## Within Desserts & Sweet Snacks:





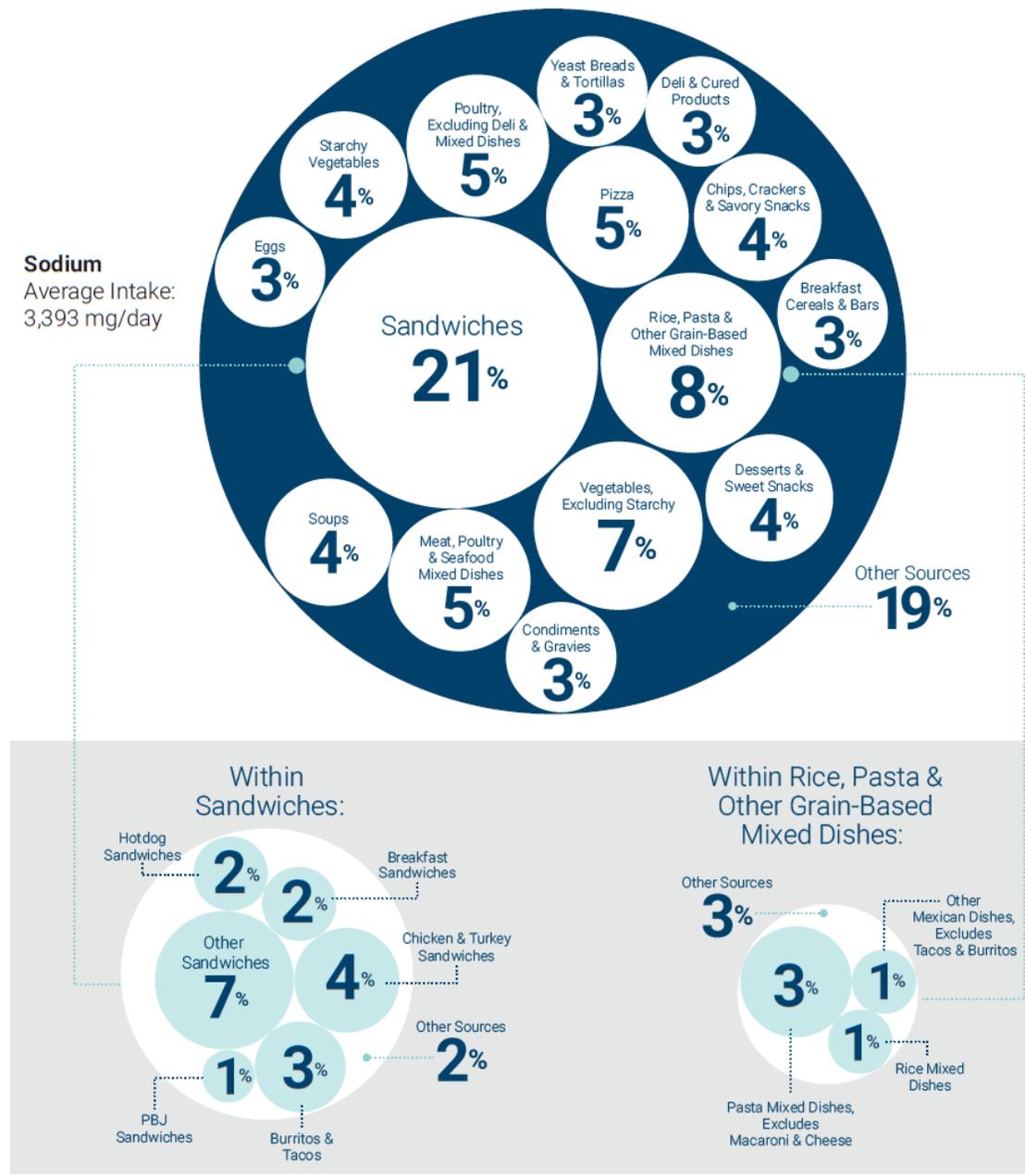
# Top sources and average intakes of saturated fat



**Data Source:** Analysis of What We Eat in America, NHANES 2011-2016, ages 1 and older, 2 days dietary intake data, weighted.



# Top sources and average intakes of sodium



**Data Source:** Analysis of What We Eat in America, NHANES 2011-2016, ages 1 and older, 2 days dietary intake data, weighted.

# Appendices





## Appendices

1. Nutritional Goals for Each Age -Sex Group
2. Estimated Calorie Needs for Each Age -Sex Group
3. USDA Dietary Patterns

Healthy U.S.-Style Dietary Pattern\*

*footnotes include useful information!*

Healthy Vegetarian Dietary Pattern\*

Healthy Mediterranean-Style Dietary Pattern

\*Ages 12 through 23 months and ages 2 and older



# Online resources





# Food sources of select nutrients

## Food Sources of Select Nutrients

Current low intakes of nutrient-dense foods and beverages across food groups has resulted in underconsumption of some nutrients and dietary components. Calcium, potassium, dietary fiber, and vitamin D are considered dietary components of public health concern for the general U.S. population. In addition, iron is a nutrient of public health concern for infants, particularly those receiving mostly human milk, and women of childbearing age.

Make Every Bite Count With the Dietary Guidelines

The following lists provide examples of a variety of nutrient-dense foods and beverages that are some of the highest sources of these dietary components. Health professionals are encouraged to use these lists to help Americans identify foods and beverages they enjoy—those that reflect their personal preferences and cultural traditions—and that also help meet their food group and nutrient needs.

### A few notes about these lists:

- Portions listed are not recommended serving sizes.
- Two lists—in 'standard' and 'smaller' portions—are provided for each dietary component. Standard portions provide at least 130 mg of calcium; 280 mg of potassium; 2.8 g of dietary fiber; 80 IU of vitamin D; and 1.8 mg of iron. Smaller portions are generally one half of a standard portion.
- Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense. For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.
- Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods (e.g., nuts, popcorn) could be a choking hazard.

### Food Sources of Calcium

Standard Portions

Smaller Portions

### Food Sources of Dietary Fiber

Standard Portions

Smaller Portions

### Food Sources of Iron

Standard Portions

Smaller Portions

### Food Sources of Potassium

Standard Portions

Smaller Portions

### Food Sources of Vitamin D

Standard Portions

Smaller Portions

### Resources

[2020-2025 Dietary Guidelines and Online Materials](#)

[Food Sources of Select Nutrients](#)

[Food Sources of Calcium](#)

[Food Sources of Potassium](#)

[Food Sources of Dietary Fiber](#)

[Food Sources of Vitamin D](#)

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## Food Sources of Calcium

Standard Portions

### Calcium: Nutrient-dense Food and Beverage Sources, Amounts of Calcium and Energy per Standard Portion

FOOD <sup>1,2</sup>	STANDARD PORTION <sup>3</sup>	CALORIES	CALCIUM (mg)
<b>Dairy and Fortified Soy Alternatives</b>			
Yogurt, plain, nonfat	8 ounces	137	488
Yogurt, plain, low fat	8 ounces	154	448
Kefir, plain, low fat	1 cup	104	317
Milk, low fat (1 %)	1 cup	102	305
Soy beverage (soy milk), unsweetened	1 cup	80	301
Yogurt, soy, plain	8 ounces	150	300
Milk, fat free (skim)	1 cup	83	298

Buttermilk, low fat			
Yogurt, Greek, plain, low fat			
Yogurt, Greek, plain, nonfat			
Cheese, reduced, low, or fat free			
<b>Vegetables</b>			
Lambquarters, cooked			
Nettles, cooked			
Mustard spinach, cooked			
Amaranth leaves, cooked			

### Resources

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## Food Sources of Calcium

Standard Portions

Smaller Portions

### Calcium: Nutrient-dense Food and Beverage Sources, Amounts of Calcium and Energy per Smaller Portion

FOOD <sup>1,2</sup>	SMALLER PORTION <sup>3</sup>	CALORIES	CALCIUM (mg)
<b>Dairy and Fortified Soy Alternatives</b>			
Yogurt, plain, nonfat	4 ounces	69	244
Yogurt, plain, low fat	4 ounces	77	224
Kefir, plain, low fat	1/2 cup	52	159
Milk, low fat (1 %)	1/2 cup	51	153
Soy beverage (soy milk), unsweetened	1/2 cup	40	151
Yogurt, soy, plain	4 ounces	75	150
Milk, fat free (skim)	1/2 cup	42	149
Buttermilk, low fat	1/2 cup	49	142
Yogurt, Greek, plain, low fat	4 ounces	83	131
Yogurt, Greek, plain, nonfat	4 ounces	67	125
Cheese, reduced, low, or fat free (various)	1/2 ounce	~20-50	~30-160
<b>Vegetables</b>			
Lambquarters, cooked	1/2 cup	29	232
Nettles, cooked	1/2 cup	19	214
Mustard spinach, cooked	1/2 cup	15	142



# Infographics tell the story



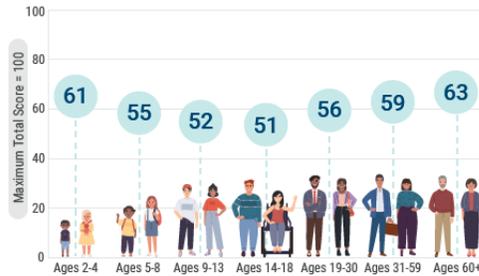
## Make every bite count with the *Dietary Guidelines for Americans*

### 1 Start with the 4 Guidelines:



### 2 The foods and beverages we consume have a profound impact on our health. Yet we're still not following a healthy dietary pattern.

While the science linking food and health has only become stronger, our Healthy Eating Index (HEI) score has remained low. The HEI measures how closely food and beverage choices align with the *Dietary Guidelines*. Our HEI score is higher early in life and in older adulthood, but we all fall far short of following the *Dietary Guidelines*.



Healthy eating is important at every life stage. For the first time, the *Dietary Guidelines for Americans, 2020-2025* provides recommendations for each life stage, from birth through older adulthood.

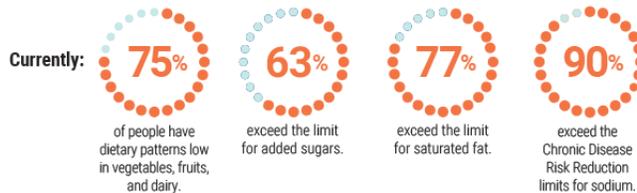
Establishing a healthy dietary pattern early in life may have a beneficial impact over the course of decades. It's never too early or too late to improve food and beverage choices, and to establish a healthy dietary pattern.

Nutrient needs vary over the lifespan and each life stage has unique implications for food and beverage choices and disease risk.

People living with diet-related chronic conditions and diseases are at an increased risk for severe illness from COVID-19.

### 3 How do we "make every bite count"?

Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.



More than half of the U.S. population meets or exceeds total grain and protein foods recommendations, but are not meeting the subgroup recommendations for each food group.

**Daily Goals:** Most of a person's daily calories are needed to meet food group recommendations with nutrient-dense foods and beverages.



And follow these three key dietary principles:

- 1 Meet nutritional needs primarily from nutrient-dense foods and beverages.
- 2 Choose a variety of options from each food group.
- 3 Pay attention to portion size.

# 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

**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 (miriliton), cucumber, eggplant, green beans, kohlrabi, luffa, mushrooms, okra, onions, radish, rutabaga, seaweed, snow peas, summer squash, tomatillos, and turnips.


Fruits

**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

**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

**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

**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, giblets, gizzard, 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.


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This resource is available for download at DG.gov on the “Downloadable Graphics” page as a PDF <https://www.dietaryguidelines.gov/resources/downloadable-graphics>

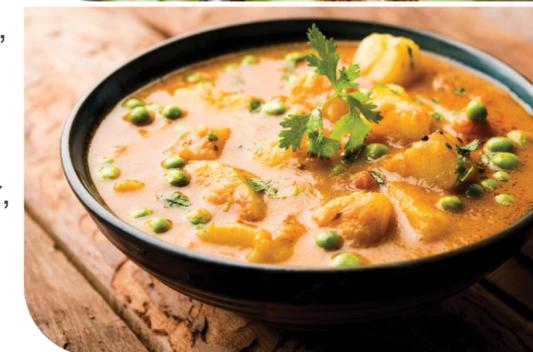
48

# Customizing the *Dietary Guidelines* framework :

## Vegetables



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# Implementing the *Dietary Guidelines* Through MyPlate

- MyPlate is used by professionals to help people become more aware of and informed about making healthy food and beverage choices over time.
- USDA's *Start Simple with MyPlate* campaign offers resources to help Americans put these Guidelines into practice starting today.
- The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.



# Key MyPlate Tools & Resources



## MyPlate.gov

The newly designed website will be more visual and streamlined with easy-to-find information.



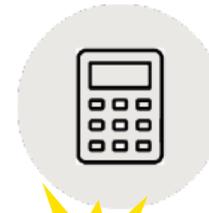
## New MyPlate Quiz

Consumers receive a snapshot of how they're doing on the MyPlate food groups and get personalized resources based on their quiz results.



## Start Simple with MyPlate app – ([www.choosemyplate.gov/startsimpleapp](http://www.choosemyplate.gov/startsimpleapp))

Our app encourages users to set simple daily food group goals, see progress, and earn badges to celebrate success! New...sync results from the MyPlate Quiz to set goals! Available in the App Store and Google Play.



## Personalized MyPlate Plans

Find personal food group targets with the MyPlate Plan.



## New Toolkits for Partners and Professionals

Targeted roadmaps to key assets for dietitians, food industry, public health, educators, and communications partners.

# Questions?



# Access the New Edition

- Visit [DietaryGuidelines.gov](https://DietaryGuidelines.gov) to access the new edition and supporting materials.
- Print version coming soon.
- Sign up to receive email updates about additional materials to be released over the coming year.



## [Stay Updated](#)

New resources coming soon! [Sign up](#) to receive regular updates on implementing the *Dietary Guidelines*.

# For lifelong good health, make every bite count with the *Dietary Guidelines for Americans*

