



Dietary
Guidelines
for Americans

2020 - 2025

Make Every
Bite Count With
the *Dietary
Guidelines*





Using the *Dietary Guidelines for Americans* to Promote Healthy Aging

- Background
- Guidance Across the Lifespan
- Guidance and Opportunities to Improve Intake for Older Adults
- Resources for Older Adults



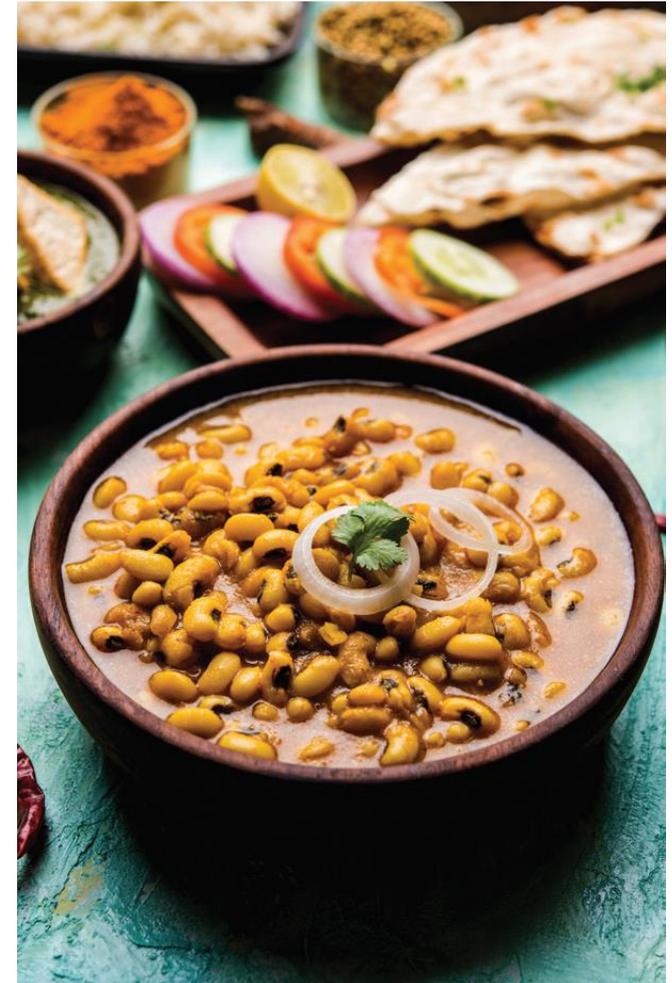
Background



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Guidelines
for Americans

About the *Dietary Guidelines for Americans*

- Provides science-based advice on what to eat and drink to promote health, help reduce risk of chronic disease, and meet nutrient needs
- Serves as the cornerstone of federal nutrition programs and policies
- Mandated to reflect the preponderance of scientific evidence, and published jointly by USDA and HHS every five years
- Written for a professional audience, including policymakers, healthcare professionals, nutrition educators, and federal nutrition program operators

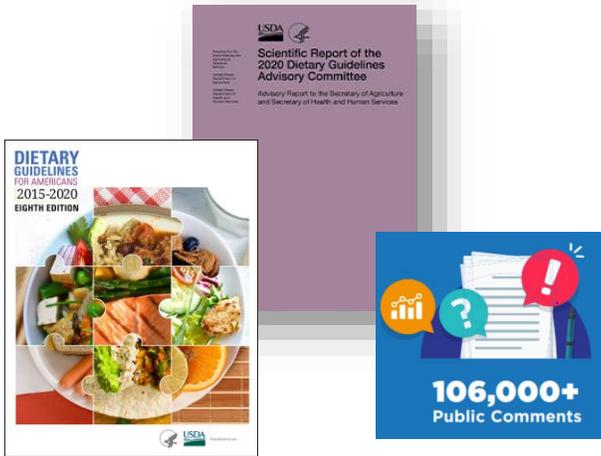


The Dietary Guidelines for Americans, 2020-2025

- First edition to provide national nutrition guidance by life stage, including focused guidance for older adults
- Guidance for older adults includes ages 60 and older to align with federal nutrition programs
- Older adulthood includes a broad range of ages; however, developing targeted age-based guidance within older adulthood is challenging due to lack of research and data.
 - Lack of scientific studies and data
 - » Based on available data, intake patterns are similar for ages 60 through 70 and ages 71 and older



Developing the *Dietary Guidelines for Americans*



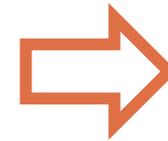
Federal nutrition scientists draft the *Dietary Guidelines* based on the preponderance of scientific evidence, considering:

- Previous edition of the Dietary Guidelines
- Scientific Report of the Dietary Guidelines Advisory Committee
- Agency and public comments



The draft goes through several rounds of review and revision, including:

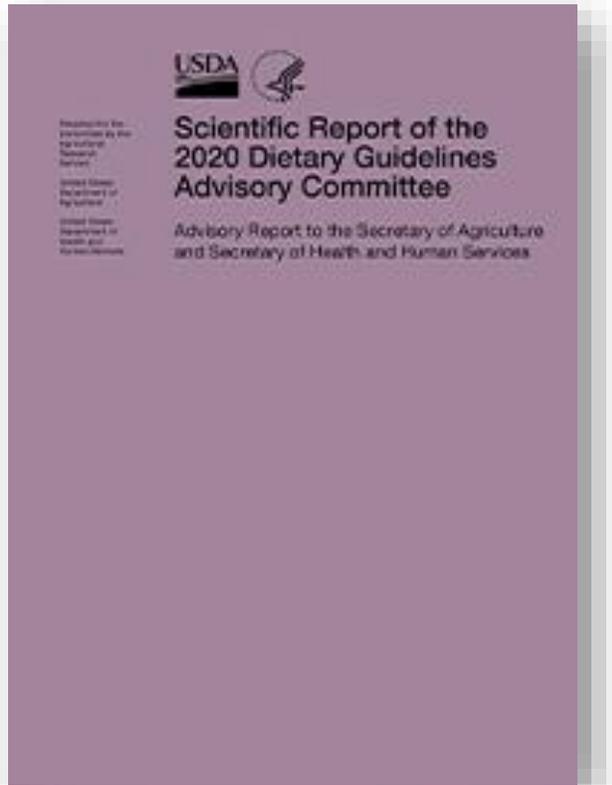
- Federal expert technical review
- External peer review
- Departmental clearance



The *Dietary Guidelines* is implemented by federal nutrition programs. Examples include:

- Older Americans Act Nutrition programs
- Child and Adult Care Food Program

Focus on the Scientific Report



dietaryguidelines.gov/2020-advisory-committee-report

- HHS and USDA appoint experts in nutrition and medicine to the independent Dietary Guidelines Advisory Committee
- The Committee conducts a rigorous evidence review and summarizes its results in a scientific report
- The scientific review includes:
 - » Analysis of current intakes compared to recommendations
 - » Systematic reviews on diet and health outcomes
 - » Food pattern modeling to identify patterns amounts to consume to meet needs and promote health



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Guidance Across the Lifespan

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A Roadmap to the *Dietary Guidelines for Americans, 2020-2025*

- 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



4

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



3



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





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.
- **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.



Guidance for Older Adults

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Older Adults: Life Stage-Specific Challenges



- Greater risk of chronic diseases, osteoporosis, and sarcopenia
- Increasing prevalence of excess body weight
 - 41% of adults ages 60 and older are obese
 - Weight management approaches should be individualized
- Increased risk of malnutrition

Factors Affecting Nutrient Needs or Absorption

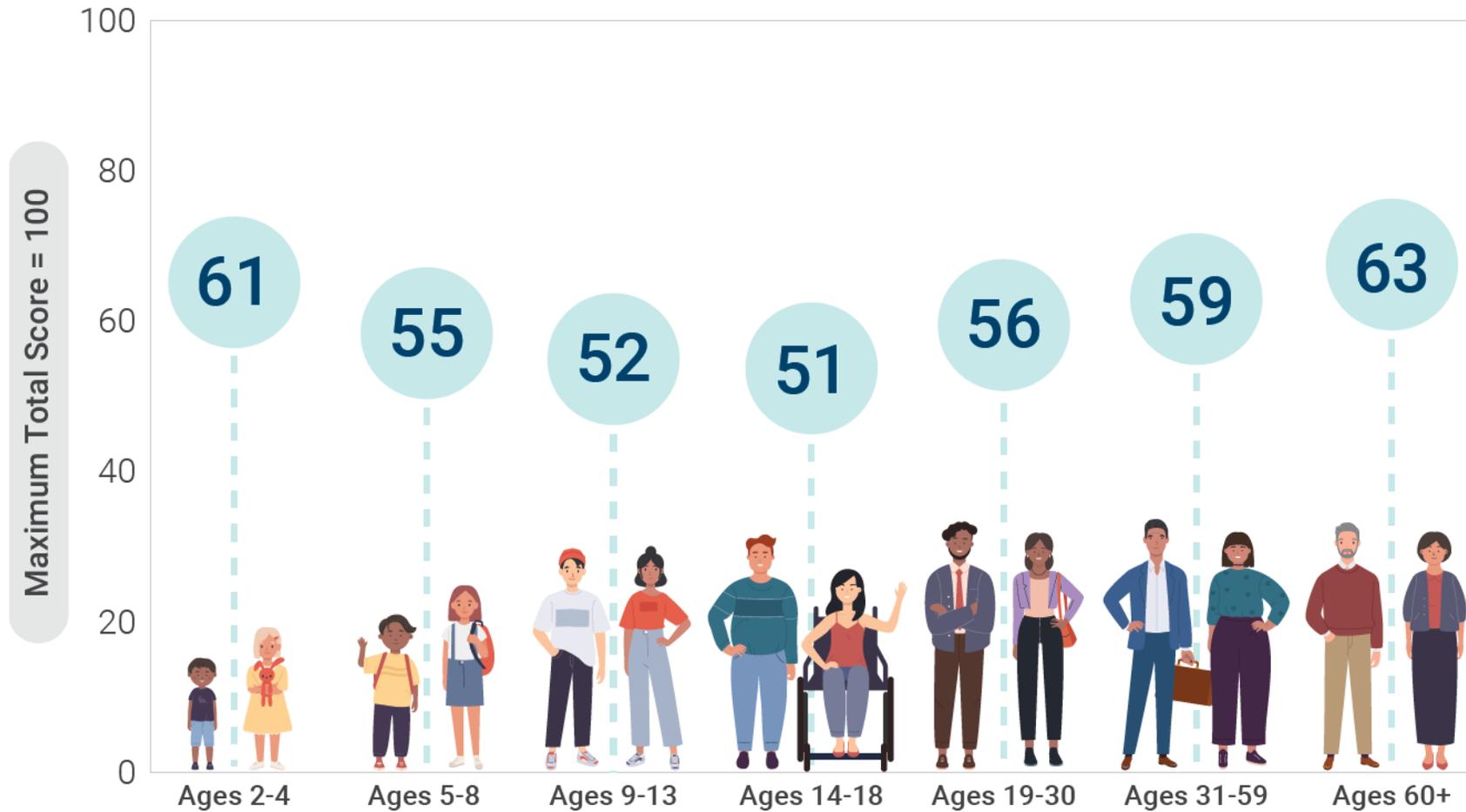


- Lower energy needs, but similar or increased nutrient needs
 - Less physical activity
 - Changes in metabolism
 - Age-related changes in body composition
- Chronic diseases
- Medication use

Healthy U.S. Style Dietary Pattern: Older Adults Ages 60 and Older

CALORIE LEVEL OF PATTERN ^a	1,600	1,800	2,000	2,200	2,400	2,600
FOOD GROUP OR SUBGROUP ^b	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)					
Vegetables (cup eq/day)	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
Fruits (cup eq/day)	1 ½	1 ½	2	2	2	2
Grains (ounce eq/day)	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
Dairy (cup eq/day)	3	3	3	3	3	3
Protein Foods (ounce eq/day)	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
Oils (grams/day)	22	24	27	29	31	34
Limit on Calories for Other Uses (kcal/day)^c	100	140	240	250	320	350
Limit on Calories for Other Uses (%/day)	7%	8%	12%	12%	13%	5

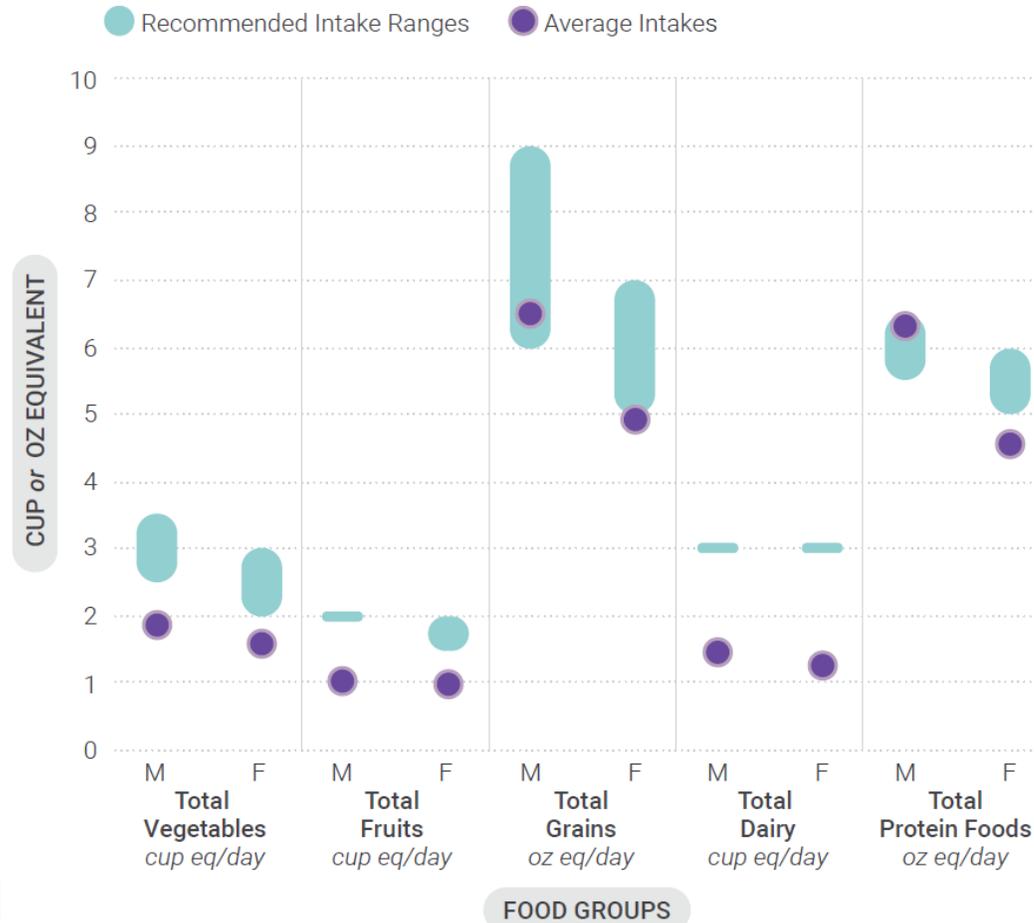
Adherence to the Dietary Guidelines



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.

Food Group Intakes: Ages 60 and Older

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

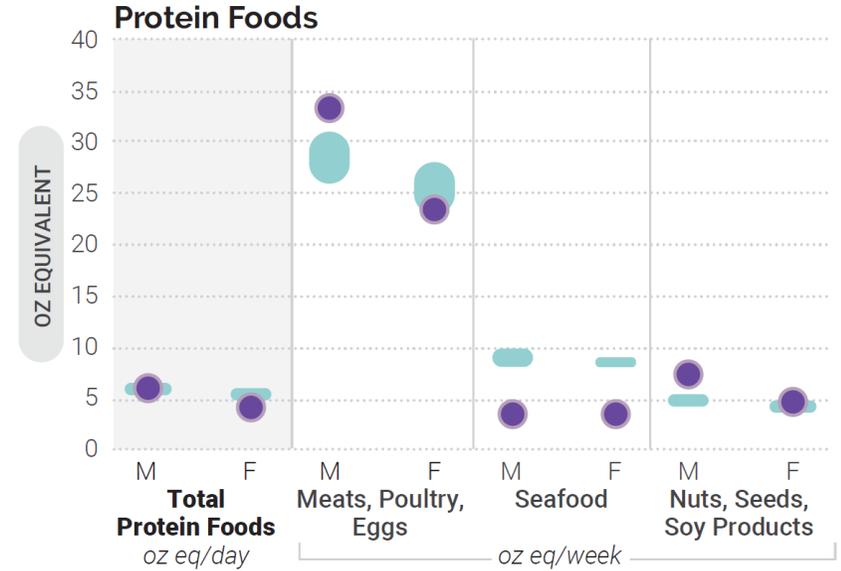
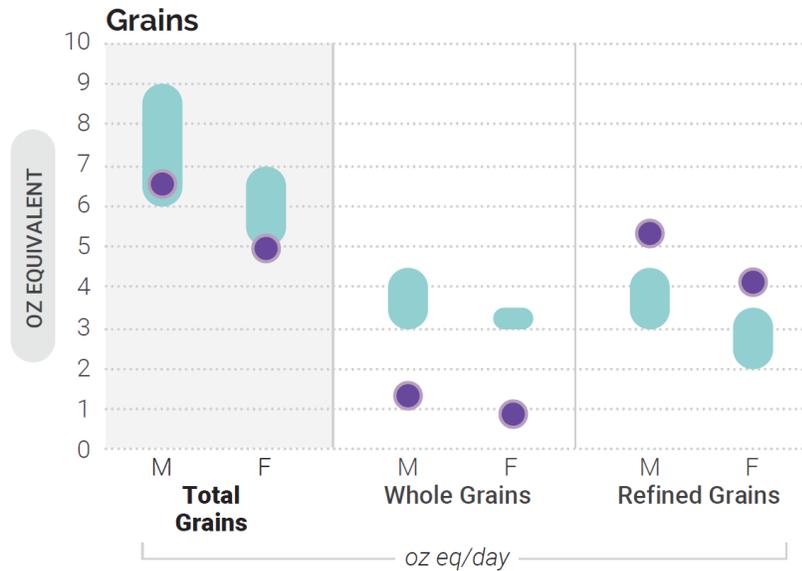
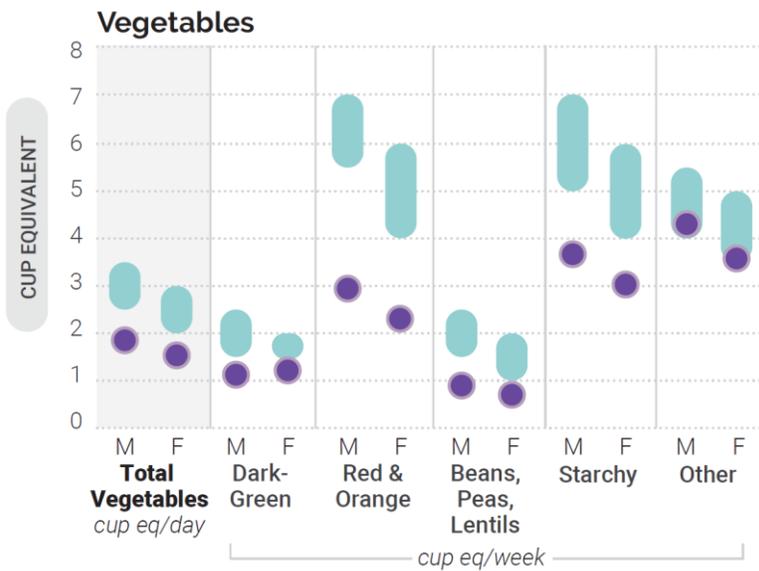


Difference in Average Protein Foods Intakes by Age Group

- Average intakes are lower for ages 71+ vs. ages 60-70
- About half of women and one third of men ages 71 and older fall short of protein foods recommendations

Subgroup Intakes: Ages 60 and Older

● Recommended Intake Ranges ● Average Intakes

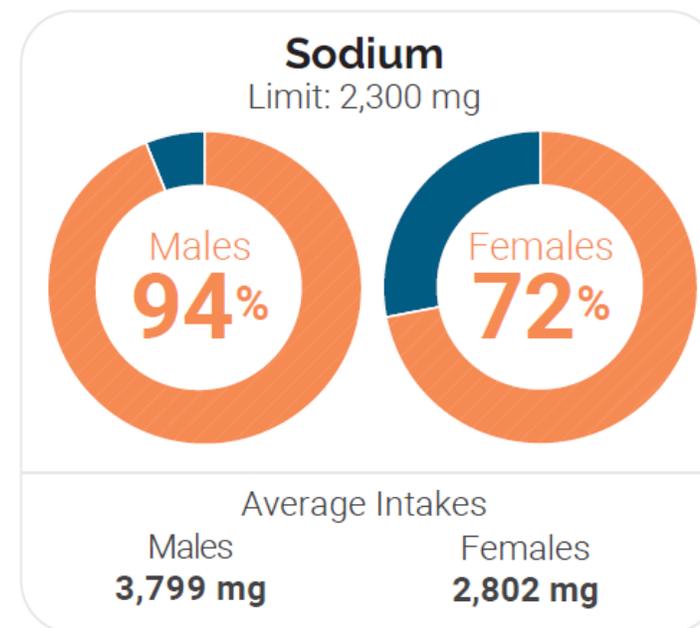
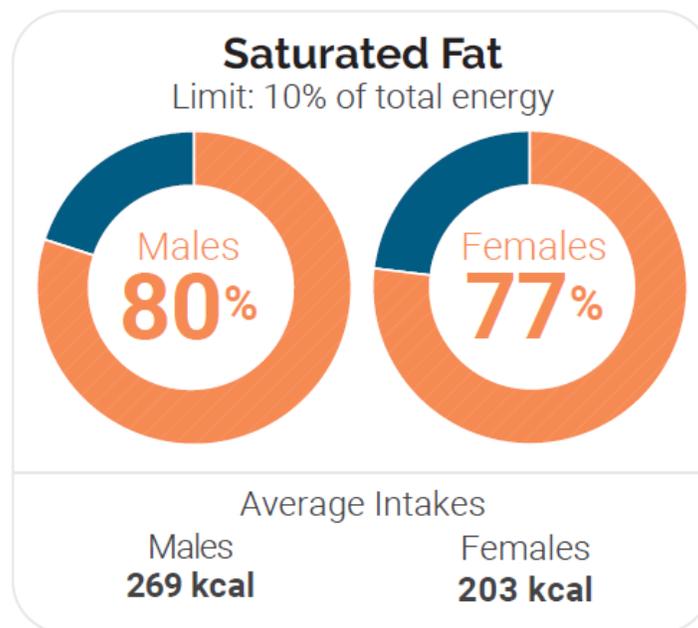
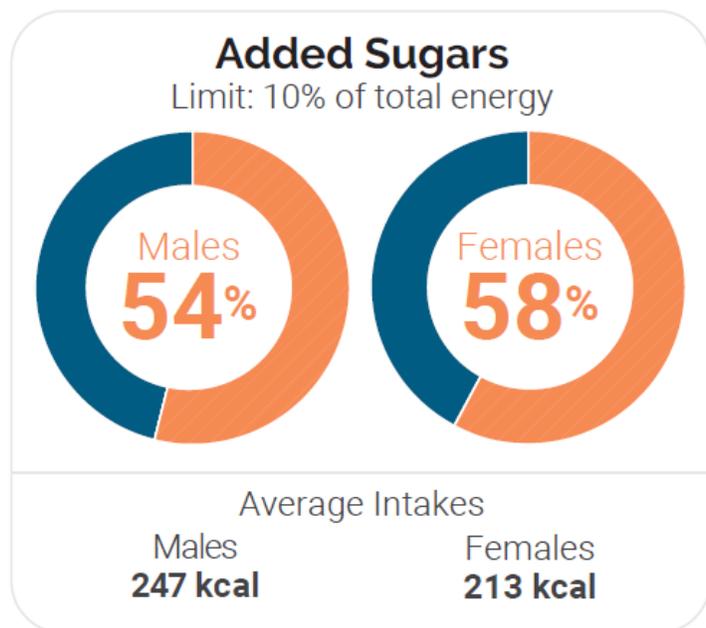


Data Source: Average Intakes: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted.
 Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns.

Percent Exceeding Limits: Ages 60 and Older

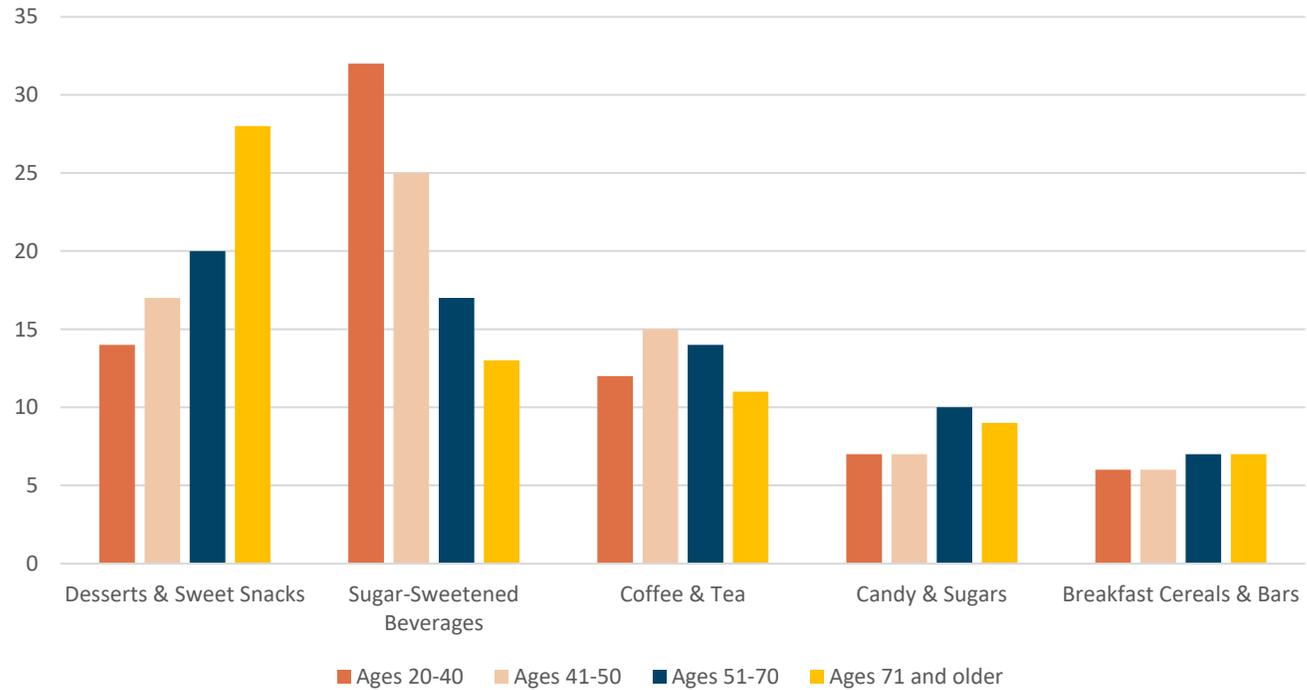
Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

● Exceeding Limit ● Within Recommended Limit



Top Sources of Added Sugars in Older Adulthood

Percentage of Total Added Sugars Intake from Top Food Sources
Across Adulthood



Alcohol Consumption in Older Adulthood

- 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
- 25% of males and 15% of females age 65 and older report alcohol consumption on a day
 - Males 65 and older who consume beer report an average of 26 ounces (~2.2 drink equivalents) on a day
 - Females 65 and older who consume wine report an average of 7 ounces (~1.4 drink equivalents) on a day

Special Nutrition Considerations

- Nutrition considerations for general U.S. population apply
 - » Calcium, vitamin D, potassium, and dietary fiber are nutrients of public health concern

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 Potassium

Standard Portions

Smaller Portions

Food Sources of Dietary Fiber

Standard Portions

Smaller Portions

Food Sources of Vitamin D

Standard Portions

Smaller Portions

Food Sources of Calcium

Standard Portions

Calcium: Nutrient-dense Energy per Standard Portion

FOOD¹⁰

Dairy and Fortified Soy Alternatives

Yogurt, plain, nonfat
Yogurt, plain, low fat
Kefir, plain, low fat
Milk, low fat (1%)
Soy beverage (soy milk), unsweetened
Yogurt, soy, plain
Milk, fat free (skim)
Buttermilk, low fat
Yogurt, Greek, plain, low fat
Yogurt, Greek, plain, nonfat
Cheese, reduced, low, or fat free

Vegetables

Lambquarters, cooked
Nettles, cooked
Mustard spinach, cooked
Amaranth leaves, cooked
Collard greens, cooked
Spinach, cooked
Nopales, cooked
Taro root (dasheen or yautia), cooked

Food Sources of Potassium

Standard Portions

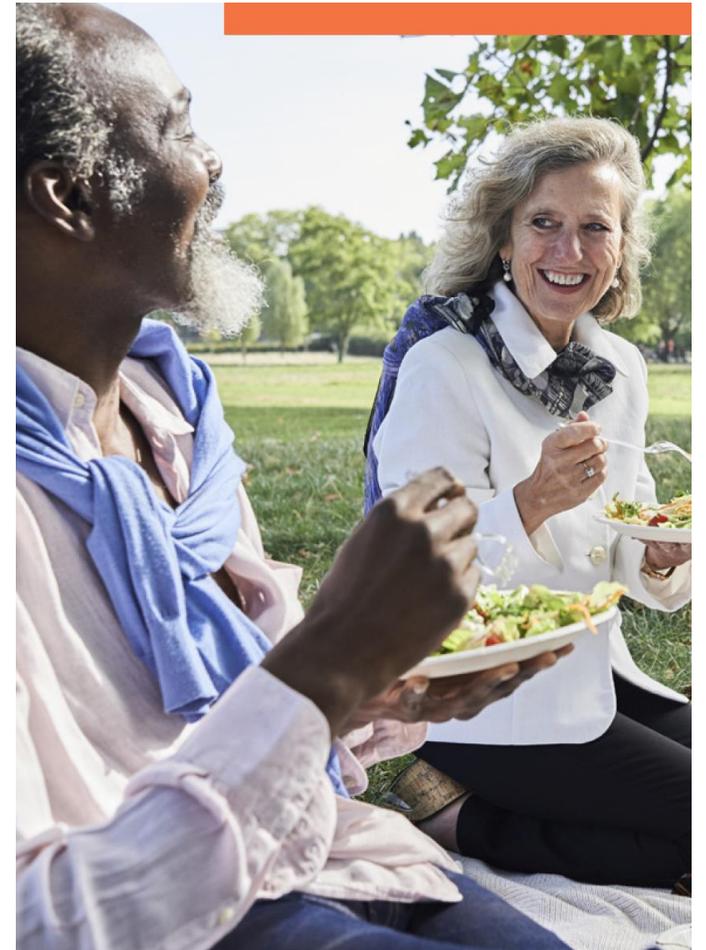
Smaller Portions

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

FOOD ¹⁰	SMALLER PORTION ¹¹	CALORIES	POTASSIUM (mg)
Vegetables			
Beet greens, cooked	1/2 cup	20	655
Fufu, cooked	1/2 cup	199	540
Lima beans, cooked	1/2 cup	105	485
Swiss chard, cooked	1/2 cup	18	481
Potato, baked, with skin	1/2 medium	81	463
Yam, cooked	1/2 cup	79	456
Acorn squash, cooked	1/2 cup	58	448
Amaranth leaves, cooked	1/2 cup	14	423
Spinach, cooked	1/2 cup	21	420
Breadfruit, cooked	1/2 cup	85	404
Bamboo shoots, raw	1/2 cup	21	403
Water chestnuts	1/2 cup	60	362
Carrot juice	1/2 cup	47	345
Taro leaves, cooked	1/2 cup	18	334
Plantains, cooked	1/2 cup	108	332
Taro root (dasheen or yautia), cooked	1/2 cup	94	320
Adzuki beans, cooked	1/4 cup	74	306
Cress, raw	1 cup	16	303
Butternut squash, cooked	1/2 cup	41	291

Special Nutrition Considerations

- Consuming enough protein is important to prevent the loss of lean muscle mass with age
- Vitamin B12 absorption may decrease with age and medication use
 - » Consume adequate protein sources and vitamin B12 fortified foods
 - » Discuss supplementation with healthcare provider
- Importance of hydration and healthy beverage choices
- Increased risks associated with alcohol consumption
- Dietary supplement use can be tracked with My Dietary Supplement and Medicine Record available from NIH Office of Dietary Supplements



Physical Activity for Older Adults

MOVE YOUR WAY
Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2** days a week

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

- Physical activity has many healthy benefits for older adults and is essential for healthy aging
- The Physical Activity Guidelines for Americans provides recommendations for older adults
 - » Moderate-intensity aerobic activity
 - » Muscle-strengthening activity
 - » Multicomponent physical activity that includes balance training with aerobic and muscle-strengthening activities

Supporting Healthy Eating

- Enjoyment of food
- Ability to chew or swallow foods
- Food safety



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, chick-peas, 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 (mitilón), 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, mangos, melons (e.g., cantaloupe, casaba, honeydew, and watermelon), nectarines, peaches, pears, persimmons, pineapple, plums, pomegranates, raisins, rhubarb, sapote, and sourlop.

FoodSafety.gov



FOOD SAFETY

For Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Autoimmune Diseases



Government Resources

- Congregate Nutrition Services
- Home-Delivered Nutrition Services
- SNAP
- Commodity Supplemental Food Program
- CACFP
- Senior Farmers Market Nutrition Program



Resources for Older Adults

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Dietary Guidelines Toolkit for Professionals

Cut Down on Sodium

Bring in fresh fruits and vegetables to cut down on sodium. Sodium is a mineral that helps your body work properly. But too much sodium can lead to high blood pressure, heart disease, and stroke. When you eat too much sodium, your body has to work harder to get rid of it. This can lead to high blood pressure and other health problems. It's important to eat a healthy diet that is low in sodium. You can do this by eating more fruits and vegetables and less salty foods. You can also use herbs and spices to add flavor to your food instead of salt.

What is sodium?
Sodium is a mineral that helps your body work properly. But too much sodium can lead to high blood pressure, heart disease, and stroke. When you eat too much sodium, your body has to work harder to get rid of it. This can lead to high blood pressure and other health problems. It's important to eat a healthy diet that is low in sodium. You can do this by eating more fruits and vegetables and less salty foods. You can also use herbs and spices to add flavor to your food instead of salt.

What are some sources of sodium?
Sodium is found in many foods, including:
• Processed foods like canned soups, frozen pizzas, and fast-food meals.
• Restaurant meals.
• Snacks like chips and pretzels.
• Table salt.

What are some ways to cut down on sodium?
• Choose fresh fruits and vegetables.
• Use herbs and spices to add flavor to your food.
• Read food labels and choose products with less sodium.
• Limit the amount of salt you add to your food.

Talk to Your Patients and Clients About Healthy Eating Routines

Your healthy eating routine is one of the most important things you can do for your health. It can help you lose weight, feel better, and live longer. But it's not always easy to know what to eat and how to eat it. That's why it's so important to talk to your doctor or a registered dietitian about your eating routine. They can help you understand what you should eat and how to eat it. They can also help you find ways to make your eating routine more enjoyable. You can talk to your doctor or dietitian about your eating routine at your next appointment. You can also find more information about healthy eating routines on the website www.dietaryguidelines.gov.

Start the conversation
When you talk to your doctor or dietitian about your eating routine, it's important to be honest. Let them know what you're eating and how often you're eating. They can help you understand what you should eat and how to eat it. They can also help you find ways to make your eating routine more enjoyable. You can talk to your doctor or dietitian about your eating routine at your next appointment. You can also find more information about healthy eating routines on the website www.dietaryguidelines.gov.

What does a typical dietitian look for in your diet?
A dietitian will look for a variety of healthy foods in your diet, including fruits, vegetables, whole grains, lean proteins, and healthy fats. They will also look for a variety of beverages, including water, milk, and unsweetened tea. They will also look for a variety of physical activity, including walking, jogging, and swimming.

What are the benefits of eating a healthy diet?
Eating a healthy diet can help you lose weight, feel better, and live longer. It can also help you reduce your risk of heart disease, diabetes, and other chronic diseases. Eating a healthy diet can also help you feel more energized and happy. You can find more information about the benefits of eating a healthy diet on the website www.dietaryguidelines.gov.

Build a Healthy Eating Routine

Follow these tips to build a healthy eating routine that works for you. Eating healthy is one of the most important things you can do for your health. It can help you lose weight, feel better, and live longer. But it's not always easy to know what to eat and how to eat it. That's why it's so important to follow these tips to build a healthy eating routine that works for you. You can find more information about building a healthy eating routine on the website www.dietaryguidelines.gov.

Choose a mix of healthy foods
There are lots of healthy choices in each food group. Choose a variety of foods to enjoy, including:
• **Whole fruits** – like apples, berries, oranges, mangoes, and bananas.
• **Vegetables** – like broccoli, sweet potatoes, beans, lentils, spinach, peppers, black beans, edamame, and pinto.
• **Whole grains** – like brown rice, millet, oatmeal, barley, whole wheat bread, and pasta.
• **Protein foods** – like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu.
• **Low-fat or fat-free dairy** – like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt.
• **Oil** – like vegetable oil, olive oil, and oils in foods like seafood, nuts, and avocados.

Cut Down on Added Sugars

Follow these tips to cut down on added sugars. Added sugars are extra sugars that are added to foods and beverages. They can lead to weight gain, heart disease, and other health problems. It's important to cut down on added sugars. You can do this by eating more whole fruits and vegetables and less sugary foods and beverages. You can also use natural sweeteners like honey and maple syrup instead of added sugars. You can find more information about cutting down on added sugars on the website www.dietaryguidelines.gov.

What are added sugars?
Added sugars are extra sugars that are added to foods and beverages. They can lead to weight gain, heart disease, and other health problems. It's important to cut down on added sugars. You can do this by eating more whole fruits and vegetables and less sugary foods and beverages. You can also use natural sweeteners like honey and maple syrup instead of added sugars. You can find more information about cutting down on added sugars on the website www.dietaryguidelines.gov.

What are some sources of added sugars?
Added sugars are found in many foods and beverages, including:
• Sugary drinks like sodas, sports drinks, and sweetened teas.
• Desserts like cakes, cookies, and pastries.
• Breakfast cereals.
• Packaged snacks like candy and chips.

Cut Down on Saturated Fat

Follow these tips to cut down on saturated fat. Saturated fat is a type of fat that is found in animal products like meat, dairy, and eggs. It can lead to heart disease and other health problems. It's important to cut down on saturated fat. You can do this by eating more fruits, vegetables, and whole grains. You can also choose lean meats and low-fat dairy products. You can find more information about cutting down on saturated fat on the website www.dietaryguidelines.gov.

What is saturated fat?
Saturated fat is a type of fat that is found in animal products like meat, dairy, and eggs. It can lead to heart disease and other health problems. It's important to cut down on saturated fat. You can do this by eating more fruits, vegetables, and whole grains. You can also choose lean meats and low-fat dairy products. You can find more information about cutting down on saturated fat on the website www.dietaryguidelines.gov.

What are some sources of saturated fat?
Saturated fat is found in many foods, including:
• Meat and poultry.
• Dairy products like butter, cheese, and cream.
• Eggs.
• Some oils like coconut oil and palm oil.

Build a Healthy Eating Routine When You're Pregnant or Breastfeeding

When you're pregnant or breastfeeding, it's important to give yourself and your baby the nutrition needed to grow and thrive. Follow these tips to eat healthy during pregnancy and breastfeeding. Eating a healthy diet during pregnancy and breastfeeding can help you and your baby stay healthy and happy. You can find more information about building a healthy eating routine when you're pregnant or breastfeeding on the website www.dietaryguidelines.gov.

Choose a mix of healthy foods
There are lots of healthy choices in each food group. Choose a variety of foods to enjoy, including:
• **Whole fruits** – like apples, berries, oranges, mangoes, and bananas.
• **Vegetables** – like broccoli, sweet potatoes, beans, lentils, spinach, peppers, black beans, edamame, and pinto.
• **Whole grains** – like brown rice, millet, oatmeal, barley, whole wheat bread, and pasta.
• **Protein foods** – like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu.
• **Low-fat or fat-free dairy** – like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt.
• **Oil** – like vegetable oil, olive oil, and oils in foods like seafood, nuts, and avocados.

Build a Healthy Eating Routine for Your Baby (Birth to Age 2)

The first 2 years of your child's life are a very important time for their growth and development. It's important to give your baby the nutrition they need to help them grow and thrive. Follow these tips to build a healthy eating routine for your baby. Eating a healthy diet for your baby can help them grow and thrive. You can find more information about building a healthy eating routine for your baby on the website www.dietaryguidelines.gov.

Give your baby a healthy start with breast milk
Breast milk is the best source of nutrition for your child's first months of life. For about the first 6 months, give your baby only breast milk. If you're not breastfeeding, give them **Infant Milk Formula** (formula with added iron). Make sure to only use store-bought infant formula. Don't give your baby homemade formula or toddler formula. Learn more about choosing infant formula at www.dietaryguidelines.gov/infant-formula.html. At 6 months, you may need to eat every 1 to 3 hours. Learn more about breastfeeding, including how much and how often to breastfeed your baby over time at www.dietaryguidelines.gov/breastfeeding.html.

What about supplements?
If you're giving your baby only breast milk or a mix of breast milk and infant formula, your baby may need a daily vitamin D supplement. After 6 months, choose a supplement with 10 mcg (400 IU) of vitamin D. Some breastfed babies may also need an iron supplement before age 1 month. Ask your baby's doctor what supplements they need. If you're giving your baby only formula, they don't need extra vitamin D or iron because these are added to infant formula.

Help Your Child Build a Healthy Eating Routine

Eating habits start early – help your child build a healthy eating routine to last a lifetime. Follow these tips to help kids and teens get the nutrition they need. Eating a healthy diet for your child can help them grow and thrive. You can find more information about helping your child build a healthy eating routine on the website www.dietaryguidelines.gov.

Offer your child a mix of healthy foods
There are lots of healthy choices in each food group. Choose a variety of foods to enjoy, including:
• **Whole fruits** – like apples, berries, oranges, mangoes, and bananas.
• **Vegetables** – like broccoli, sweet potatoes, beans, lentils, spinach, peppers, black beans, edamame, and pinto.
• **Whole grains** – like brown rice, millet, oatmeal, barley, whole wheat bread, and pasta.
• **Protein foods** – like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu.
• **Low-fat or fat-free dairy** – like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt.
• **Oil** – like vegetable oil, olive oil, and oils in foods like seafood, nuts, and avocados.

Build a Healthy Eating Routine as You Get Older

Good nutrition is key to staying healthy, active, and independent as you get older. And it never too late to make healthy changes. Follow these tips to build a healthy eating routine that works for you. Eating a healthy diet as you get older can help you stay healthy and active. You can find more information about building a healthy eating routine as you get older on the website www.dietaryguidelines.gov.

Choose a mix of healthy foods
There are lots of healthy choices in each food group. Choose a variety of foods to enjoy, including:
• **Whole fruits** – like apples, berries, oranges, mangoes, and bananas.
• **Vegetables** – like broccoli, sweet potatoes, beans, lentils, spinach, peppers, black beans, edamame, and pinto.
• **Whole grains** – like brown rice, millet, oatmeal, barley, whole wheat bread, and pasta.
• **Protein foods** – like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu.
• **Low-fat or fat-free dairy** – like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt.
• **Oil** – like vegetable oil, olive oil, and oils in foods like seafood, nuts, and avocados.

Make Healthy Drink Choices

Building a healthy eating routine isn't just about the foods you eat – it's important to pay attention to your drink choices, too. Too many calories from drinks can make it hard to stay at a healthy weight. Follow these tips to make healthy drink choices. Making healthy drink choices can help you stay healthy and active. You can find more information about making healthy drink choices on the website www.dietaryguidelines.gov.

Drink more water
When you're thirsty, reach for water first. Water helps you stay hydrated without adding calories. Try these tips to drink more water:
• Carry a reusable water bottle to take during the day.
• Keep a cool pitcher of water in the front of your fridge.
• Try unsweetened sparkling water if you like bubbles.
• Add half a lemon to your water for a fresh flavor.

Choose low-fat or fat-free milk or dairy alternatives
Milk is a good way to get calcium and other important nutrients. Choose low-fat (1%) or fat-free (skim) milk instead of whole (3.25%), whole and 2% milk. Milk has more saturated fat – and too much saturated fat can raise your risk of heart disease. If you're lactose intolerant, you can try **lactose-free milk** or just make sure to choose low-fat or fat-free versions. And if you avoid dairy altogether, **unsweetened fortified soy beverages** are a great alternative. Look for soy milk fortified with calcium, vitamin A, and vitamin D.

Build a Healthy Eating Routine as You Get Older

Build a Healthy Eating Routine as You Get Older

Good nutrition is key to staying healthy, active, and independent as you get older. And it's never too late to make healthy changes!

Follow these tips to build a healthy eating routine that works for you.

Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:

 <p>Whole fruits — like apples, berries, oranges, mangos, and bananas</p>		 <p>Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama</p>	
 <p>Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta</p>		 <p>Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu</p>	
 <p>Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt</p>		 <p>Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts</p>	

Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you at [DietaryGuidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf)

Get enough protein and vitamin B12

Protein can help prevent muscle loss as you age, and many older adults don't get enough. Lean meats, poultry, and eggs are good sources of protein — but most older adults already eat the recommended amount of these.

So branch out and try these tips to include a variety of healthy protein choices in your eating routine:



Seafood — eat fish or shellfish instead of meat a couple times a week



Soy — drink unsweetened fortified soy beverages (soy milk) and add tofu to your stir-fry, soups, and steams



Dairy — drink low-fat (1%, fat-free (skim), or lactose-free milk with meals and add low-fat yogurt and cheeses to your eating routine



Beans, peas, and lentils — use black beans, red lentils, or chickpeas in place of meat in your favorite recipes

Many older adults have trouble getting enough **vitamin B12**. You can get B12 from:

- * Foods from animal sources — like meat, seafood, dairy products, and eggs
- * Fortified plant foods with added vitamin B12 — like fortified soy milk and some whole-grain breakfast cereals

What about taking supplements?

It's best to get most of the nutrients you need from foods and drinks. But some older adults may need supplements to get enough of certain nutrients, like vitamin B12 and vitamin D.

Talk with your doctor **before** you start taking any supplements.

Drink more water

Staying hydrated is important for your health, but you may start to feel less thirsty as you age. Water helps you stay hydrated without adding calories, and many older adults don't drink enough. Try having a glass of water with every meal!

Low-fat or fat-free milk, including lactose-free versions, and fortified soy beverages (soy milk) are also healthy drink choices. But skip drinks with added sugars, like sweet tea, lemonade, and soda — sugary drinks make it hard to get all the nutrients you need without getting too many calories.

What about alcohol?

If you choose to drink alcohol, drink in moderation — 1 drink or less in a day for women and 2 drinks or less in a day for men.

Some people shouldn't drink alcohol at all, such as people with certain medical conditions or who take certain medications. Alcohol may also affect you more as you get older, so be careful about how much you drink — and remember that drinking less is always better for your health.

What about fruit juice?

Most of the time, **choose whole fruits** instead of juice. Whole fruits have fiber you need to stay healthy. If you do drink juice:

- * Choose 100% fruit juice — which doesn't have any added sugars
- * Have a small serving — aim for 4 ounces or less
- * Try mixing 100% fruit juice with water or sparkling water to reduce calories



Cut down on added sugars, saturated fat, and sodium

Check the Nutrition Facts label to choose foods with less of these 3 things:

 <p>Added sugars include sugars that are added to foods and drinks, foods packaged as sweeteners (like table sugar), and sugars from syrups and honey. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, and candy.</p>	
 <p>Saturated fat is higher in foods from animal sources like butter, cheese, whole milk, and fatty meats like ribs and sausage. It's also in some plant foods like coconut oil and palm oil. Choose foods with unsaturated fats instead — like seafood, avocados, nuts and seeds, and olive oil.</p>	
 <p>Sodium comes from salt — and most of the sodium we eat comes from packaged foods and restaurant meals. Try cooking more at home and flavoring foods with herbs and spices instead of salt.</p>	

Find out how many calories you need

The number of calories you need each day depends on your age, weight, height, sex, and how much physical activity you get. In general, you need fewer daily calories as you get older. Paying attention to how many calories you get — along with getting regular physical activity — can help prevent weight gain.

Go to [MyPlate.gov/MyPlate-Plan](https://www.MyPlate.gov/MyPlate-Plan) to find out how many calories you need — and the amount of food you need from each food group.



Nutrition Facts

8 servings per container	
Serving size 2/3 cup (85g)	
Amount per serving	
Calories	230
Total Fat 4g	8% Daily Value*
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugar 12g	24%
Includes 10g Added Sugars	
Protein 3g	
Vitamin D 20mcg	10%
Calcium 200mg	20%
Iron 20mg	40%
Potassium 200mg	40%

Check the label

The Nutrition Facts label can help you make healthier choices. Look for this key info:

- * Serving size — if you eat more than 1 serving, you'll get more of everything on the label.
- * Calories — keep in mind how many calories you need each day, and how many are in 1 serving.

Then look at the % Daily Values:

- * 5% or less is **low** — try to choose foods low in added sugars, sodium, and saturated fat
- * 20% or more is **high** — try to choose foods high in fiber, calcium, potassium, iron, and vitamin D

Make healthy eating work for you

* Eating healthy can be more fun with other people! Try sharing healthy meals with friends and family — or look for group meals for older adults at local senior centers or community senior meal sites. Get tips for eating healthy together at [MyPlate.gov/Life-Stages/Older-Adults](https://www.MyPlate.gov/Life-Stages/Older-Adults).

* Food safety is especially important for older adults. That's because the risk of getting sick from germs in food increases with age. Find tips to cook and store food safely at [FoodSafety.gov](https://www.FoodSafety.gov).

* If you have trouble chewing or swallowing food, try cooking or preparing foods to give them a softer texture. Eat slowly and take small bites to reduce the risk of choking. You can also talk with your doctor, dentist, or registered dietitian/nutritionist about ways to make eating more comfortable.

* If you can't afford enough healthy food, there are lots of programs that can help. Ask about discounts for older adults at grocery stores and farmers markets — and visit [USA.gov/Food-Help](https://www.USA.gov/Food-Help) to learn about free food programs for low-income seniors. You can also go to [eldercare.acl.gov](https://www.eldercare.acl.gov) to find your local Area Agency on Aging — they can help you find donation-based meals for older adults.

Not sure where to start? **Try cooking a healthy dinner just once a week.** Cooking more at home is a great way to start making healthy choices. Find recipes, recipe videos, and other resources at [MyPlate.gov/MyPlate-Kitchen](https://www.MyPlate.gov/MyPlate-Kitchen).

Remember, it's never too late to start eating healthy

Healthy eating can lower your risk of health problems like:

- * Overweight and obesity
- * Heart disease
- * Type 2 diabetes
- * Some cancers

And if you currently have a health condition, healthy eating may help you manage it. Talk with your doctor about a healthy eating routine that's best for you.

So **start simple** — it's never too late to make a healthy change.

* Learn about the Dietary Guidelines for Americans

and get more resources to help you eat healthy at [DietaryGuidelines.gov](https://www.DietaryGuidelines.gov)

* Find more healthy eating tips and recipes at [MyPlate.gov/Life-Stages/Older-Adults](https://www.MyPlate.gov/Life-Stages/Older-Adults)



Professional Resources



Presentation Slides



Print Materials



Figures

Consumer Resources

MyPlate.gov Older Adults Page

[Healthy Eating for Older Adults Tip Sheet](#)

[Take the MyPlate Quiz](#)

[Start Simple with MyPlate App](#)

[Healthy Eating on a Budget](#)

[Get Your MyPlate Plan](#)
[English](#) [Spanish](#)

[Move Your Way Older Adult Fact Sheet](#)
[English](#) [Spanish](#)

[MyPlate.gov/life-stages/older-adults](https://www.myplate.gov/life-stages/older-adults)



Move Your Way® Community Resources

MOVE YOUR WAY OLDER ADULTS
 How can I stay active as I get older?

These 3 types of physical activity can help you stay healthy and independent:

- Aerobic activity**
- Muscle-strengthening activity**

Get your heart beating faster.

Aerobic activity can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather is bad
- Play a sport with friends — consider pickleball or tennis

Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

Just getting started?
 No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

Build your muscle strength.

Muscle-strengthening activity can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead

Aim for at least **2 days a week** of muscle-strengthening activity.

“Bringing my blood pressure down — one step at a time.”

Physical activity is just what the doctor ordered. Being active can help you manage conditions like:

- ✓ Diabetes
- ✓ Arthritis
- ✓ Heart disease

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity
 Anything that gets your heart beating faster counts.

Muscle-strengthening activity
 Do activities that make your muscles work harder than usual.

at least **150 minutes a week** AND at least **2 days a week**

Walk. Run. Dance. Play. **What's your move?**
health.gov/MoveYourWay

[Health.gov/PAguidelines](https://health.gov/PAguidelines)

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



Thank you!