**Dietary Guidelines**

Follow a healthy eating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_across the lifespan.

\_\_\_\_\_\_\_\_\_\_\_ food and beverage choices matter. Choose a healthy eating pattern at an appropriate \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ to help achieve and maintain a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ body weight, support nutrient adequacy, and reduce the risk of chronic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Focus on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, nutrient density, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

To meet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ needs within \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ limits, choose a variety of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods across and within all food groups in recommended amounts.

Nutrient dense foods provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and other beneficial substances with relatively few \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories from added sugars and saturated fats and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sodium intake.

Consume an eating pattern low in added \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, saturated \_\_\_\_\_\_\_\_\_\_\_\_, trans fats and sodium. Cut back on foods and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ higher in these components to amounts that fit within \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ eating patterns.

Shift to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food and beverage choices.

Choose nutrient-dense foods and beverages across and within all \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in place of less healthy choices. Consider cultural and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ preferences to make these shifts easier to accomplish and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Support healthy eating patterns for all.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has a role in helping to create and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ healthy eating patterns in multiple settings nationwide, from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to work to communities.

Include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as part of healthy eating patterns. (Children and teens should be physically active for at least \_\_\_\_\_\_ minutes every day.)

Revised Every \_\_\_\_ Years

**Dietary Guidelines KEY**

Revised Every \_\_5\_\_ Years

Follow a healthy eating pattern across the lifespan.

ALL food and beverage choices matter. Choose a healthy eating pattern at an appropriate CALORIE LEVEL to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

Focus on VARIETY nutrient density, and AMOUNT

To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

Nutrient dense foods provide VITAMINS, MINERALS and other beneficial substances with relatively few CALORIES.

LIMIT calories from added sugars and saturated fats and reduce sodium intake.

Consume an eating pattern low in added sugars, saturated fats, trans fats and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

Shift to HEALTHIER food and beverage choices.

Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

Support healthy eating patterns for all.

EVERYONE has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Include PHYSICAL EXERCISE as part of healthy eating patterns. (Children and teens should be physically active for at least 60 minutes every day.)