



Breaking Down the *Dietary* *Guidelines* for Americans 2020-2025

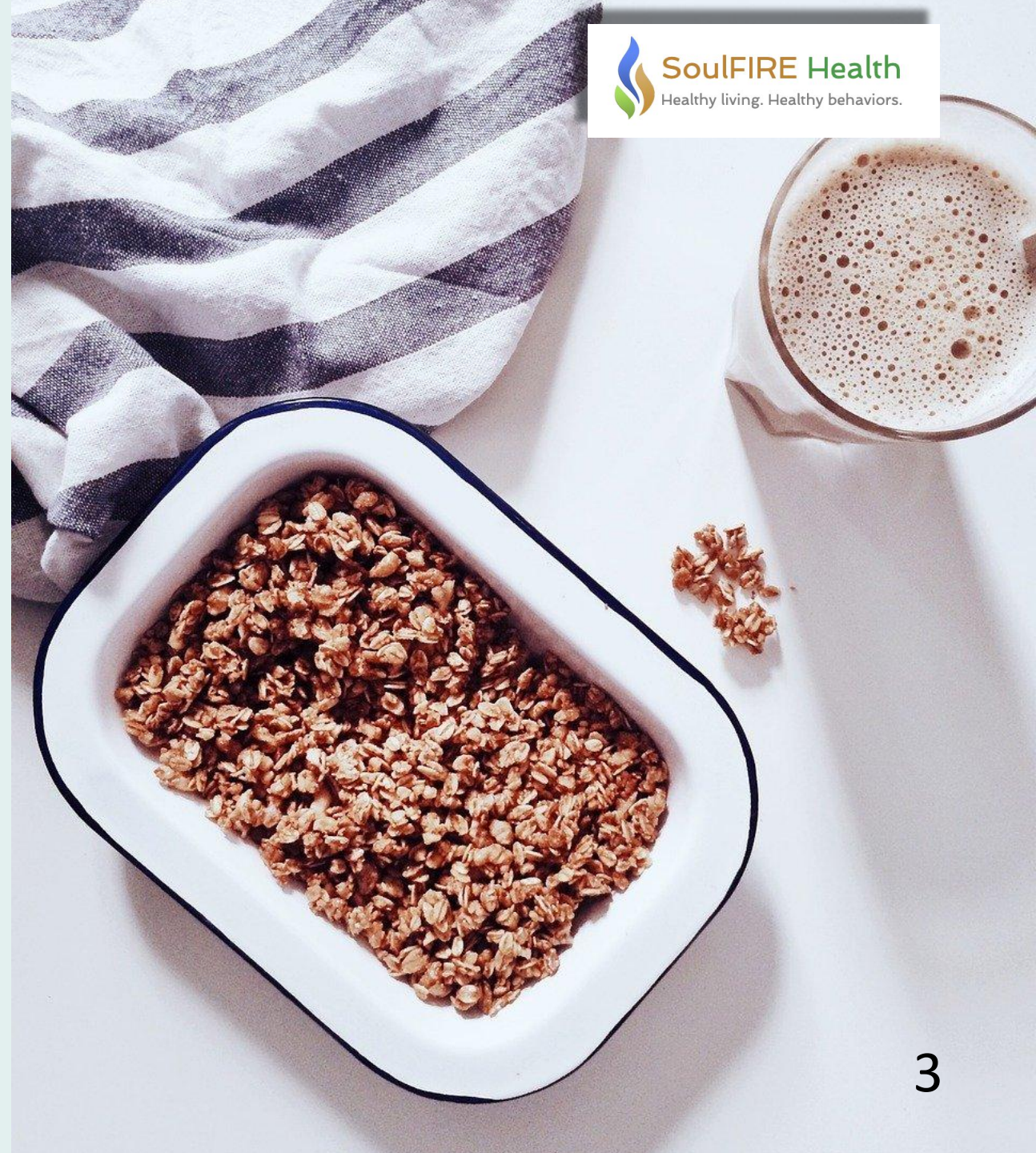
Objectives

- Identify Dietary Guidelines
- Understand the Food Groups
- Get Inspired to Vary Your Recipes
- Build a Healthy Meal



Dietary Guidelines for Americans

- Evidence-based recommendations, updated every 5 years.
- The framework provided by the Dietary Guidelines is intended to be customized to fit individual needs and preferences.
- Communities across the country can utilize the framework provided by the Dietary Guidelines to choose nutrient dense and culturally relevant foods for all food groups.
- Individuals should work with a health professionals to identify specific calorie and nutrient needs by age, sex, weight, activity level and medical conditions.
- MyPlate.gov provides an entire recipe library to help you use and apply the Dietary Guidelines.

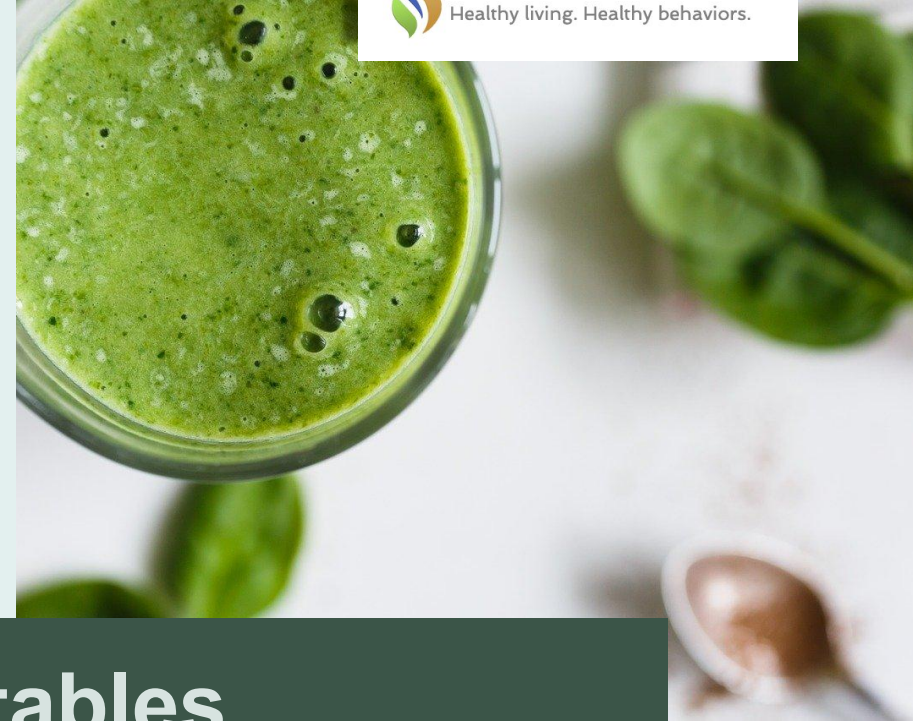


**The goal of the
Dietary Guidelines
is to help Americans
meet nutritional
needs through
nutrient dense foods
and beverages!**

What are nutrient dense foods?

Foods that provide vitamins, minerals and other health promoting components and have little or no added sugars, saturated fat, and sodium¹.

¹https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf



Vegetables

- Almost 90% of Americans do not meet the recommendations for vegetables.
- Vegetables, in nutrient dense forms, contain limited additives like salt, butter and sauces.
- It is important to include a variety of vegetable types: dark green, red and orange, peas, lentils, starchy and others.

ADULT RECOMMENDATION: 2.5 cups

How can I increase my vegetable intake?

- Add vegetables to mixed dishes: tacos, sandwiches, burgers, pizza, casseroles, pasta dishes, soup.
- Eat smaller portions of entree to make room for a vegetable side dish.
- Plan at least one snack per day that will contain vegetables.
- Experiment with flavors and cooking methods.
 - Try adding NEW spices and herbs to change up the flavor profile.
 - Mix up the preparation method for new texture.
 - Experiment with recipes like those offered on the [MyPlate website](#).

TIP! Filter the recipe library by food group you'd





Fruit

- At least 80% of Americans do not meet fruit recommendations.
- Focus on whole fruits: fresh, canned, frozen or dried forms.
- Many fruits are available year-round, and some may only be available seasonally.
- Take note on your next trip to the grocery store for seasonal availability!

ADULT RECOMMENDATION: 1.5 - 2 cups



How to increase fruit in my diet?

- Plan to have fruit at one snack each day.
- Add fruit into meals: eat as a side dish or a sweet treat.
- Find out what fruits are near you, and plan a trip to the Farmer's Market to purchase locally grown items.
- Experiment with flavor combinations:
 - Some fruits pair well with savory dishes
 - Add fresh fruit to a dish for new flavor and texture



Grains



- Choose whole grains over refined grains.
- To ensure an item is a whole grain:
 - whole grains should be the first or second item on the ingredient list
- Americans consume the majority of grains with added sodium or sugars: crackers, pretzels, cakes and cookies.
- Transition from refined grains to whole grain versions of common foods to increase nutrient density.

ADULT RECOMMENDATION: 6 - 7 oz



Think differently about grains!

- There is no shortage of grain in the American diet.
 - The main concern is the types of grains Americans are consuming.
- It is important to choose grains that add nutrients into recipes and the overall diet.
 - Replace convenient refined grains with whole grain options.
- Nutrient dense grain items contain little or no added sugars or sodium.
- Try adding flavor to grains with fruits or vegetables! Mix fresh fruit into your next bowl of oatmeal.



Dairy



- Most people benefit from increasing their dairy intake of low fat or fat free dairy (or fortified soy items).
- Items in the dairy category include fortified soy milk and soy yogurt due to their similar nutrient composition to milk.
 - Other plant derived “milk” products are not included in this category recommendation.
- Dairy is often a source of added sodium (like cheeses) or sugars (like ice cream).
 - Be aware of additives to your dairy options you are choosing.

ADULT RECOMMENDATION: 3 cups

How to add more low fat dairy in my diet?

- Swap low-fat or fat-free milk in recipes with whole milk or cream.
- Drink low-fat or fat-free milk options (or fortified beverages) at meals.
- Add unsweetened, low fat yogurt to breakfast or snacks throughout the day.
- Use low-fat milk in your morning coffee.
- Skip the added sugar from the nightly ice cream!





- It is important to consume a variety of protein sources: lean meats, poultry, eggs, seafood, beans, peas, lentils, nuts and seeds.
- Be conscious of the fat content in meat and poultry items and limit processed meats (hotdogs, sausages, lunch meats).
- A healthy vegetarian diet can be achieved by including plant protein sources like soy, nuts and seeds.
- Seafood options can provide beneficial fatty acids often lacking in the American diet.

ADULT RECOMMENDATION: 5 - 6 oz

How to vary my protein sources?

- Make one day a week meatless. Use a meat alternative such as beans, nuts or seafood in an everyday meal.
 - Meatless meals can be a budget friendly and nutrient dense choice.
 - Make a bean-based, chili recipe, sauteed tofu and veggies, or fish tacos.
- Have seafood twice a week.
 - Try canned tuna on a salad, make salmon patties from scratch or grilled shrimp with veggies.
- Get inspired! Select and vary your proteins throughout the week.



One meal at a time!

¹https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Make nutrient dense choices!



- Think about making nutrient dense choices to each individual part of the meal.
 - Increase fruits and vegetables
 - Choose whole grains
 - Use low fat or fat free dairy
 - Vary your protein choices
 - Limit added sugar, sodium and saturated fats
- Making small changes to each meal can lead to a whole day of nutrient dense meals.
- Enjoy an overall healthy dietary pattern!

**Live YOUR
best life!**



More Recommendation

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- For more information on the [Dietary Guidelines](#) for Americans 2020-2025, go to dietaryguidelines.gov to download the full document.
- Find detailed recommendations on subcategory groups in Table A3-2.
- Learn more about [MyPlate](#).
- And, learn more about the [history](#) of the dietary guidelines.

