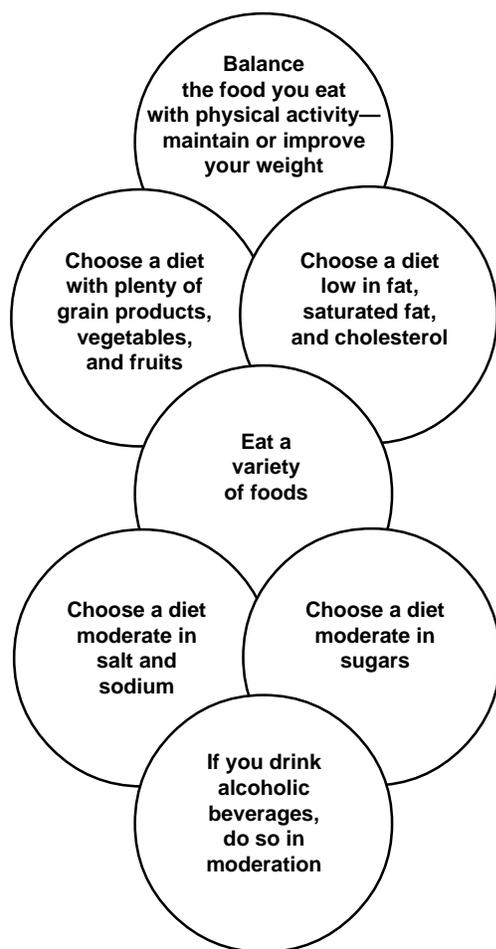




## Dietary Guidelines for Americans



The Dietary Guidelines for Americans outlines important concepts for maintaining your health.

“**Balance the food you eat with physical activity — maintain or improve your weight**” emphasizes the importance of exercise and weight maintenance rather than weight loss. Excess weight, particularly excess fat in the stomach area, is linked to increase risk of disease. The new activity recommendations are to accumulate 30 or more minutes of moderate physical activity on most—preferably all—days of the week.

“**Choose a diet with plenty of grain products, vegetables, and fruits**” is the third guideline. Word order changes make this guideline more consistent with the Food Guide Pyramid. The importance of folacin and carotenoids in your diet is also highlighted.

“**Choose a diet moderate in sugars**” and “**Choose a diet moderate in salt and sodium**” replace older messages. These new guidelines are more positive and more consistent with a total-diet approach rather than assessing one or two components of the diet.

### What can you do?

- Use the food guide pyramid as a guide to daily food choices.
- Read food labels as a guide to healthful foods—especially the grams of fat and fiber.
- Try to accumulate 30 or more minutes of moderate physical activity on most—preferably all—days of the week.

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