



Dietary Guidelines for Americans, 2005

If you want to feel better and stay healthy, make smart choices about food and physical activity every day. Eat foods that give your body the nutrients you need to be healthy. Get enough physical activity to stay fit and burn the calories you eat. Eating right and being physically active are habits that promote health and reduce your risk of major chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers.

Make smart choices from every food group

Eat a variety of nutrient-packed foods and beverages from the basic food groups.

- Choose fiber-rich fruits, vegetables, and whole grains often. Eat 2 cups of fruits and 2-1/2 cups of vegetables each day. Select a variety of vegetables (dark green, orange, beans and peas, starchy and other).
- Eat at least 3 ounces of whole-grain or enriched grain products each day.
- For dairy, consume 3 cups per day of fat-free or low-fat milk or milk products. You can also choose lactose-free milk products or calcium-fortified foods and beverages.
- For protein, choose dry beans and lean, low-fat, or fat-free meat, poultry, milk, and milk products.



Get the most nutrition out of your calories

Limit your intake of saturated fats, *trans* fats, and cholesterol.

- Choose products low in fats and oils.

Consume less than 2,300 mg of sodium per day (approximately 1 teaspoon of salt).

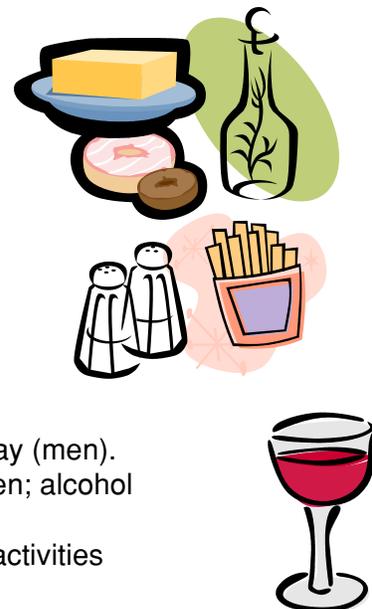
- Choose foods that have little salt and are high in potassium, such as fruits and vegetables.

Limit added sugars and caloric sweeteners.

- Prevent cavities by cleaning teeth after eating, and eat sugary and starchy foods less frequently.

Limit alcoholic beverages: 1 drink per day (women) or 2 drinks per day (men).

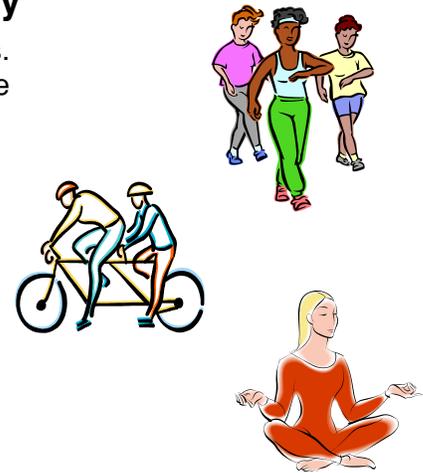
- People at risk should not drink (pregnant or breast-feeding women; alcohol abusers; minors; and those taking certain medications).
- Don't drink and drive, operate machinery, or participate in other activities that require attention, skill, or coordination.



Find your balance between food and physical activity

Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day.

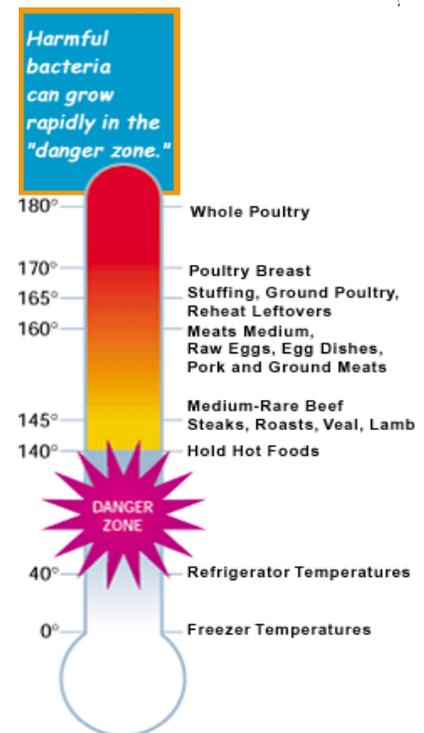
- Be physically active for at least 30 minutes most days of the week. Longer or more intense physical activity (about 60 minutes a day) is better and may be needed to control body weight.
- Children and teenagers should be physically active for 60 minutes every day.
- Include a variety of physical activities such as cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.



Food safety

Know how to prepare, handle, and store foods safely.

- Clean your hands, food-contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
- Cook foods to a safe temperature to kill microorganisms.
- Chill (refrigerate) perishable foods promptly and defrost foods properly. Keep foods out of the “danger zone.”
- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.



For more information

Dietary Guidelines for Americans 2005: www.healthierus.gov/dietaryguidelines

Consumer foods, nutrition education, and food safety: www.ctahr.hawaii.edu/NEW

MyPyramid, Steps to a Healthier You: www.mypyramid.gov

DASH (Dietary Approaches to Stop Hypertension) Eating Plan:

nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm

How to understand and use the Nutrition Facts label:

www.cfsan.fda.gov/~dms/foodlab.html