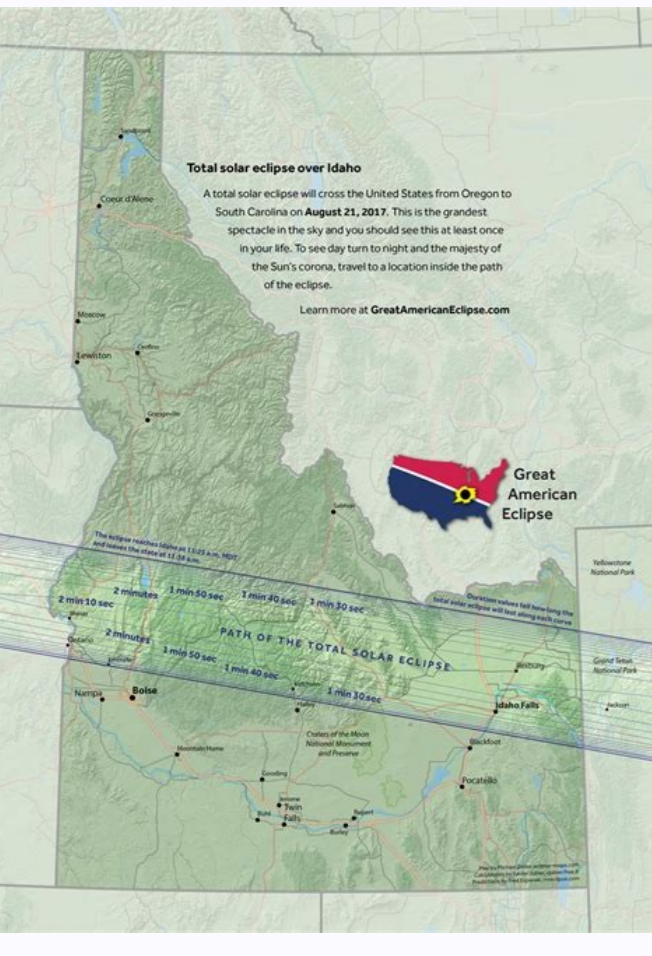


I'm not robot!





12/04/2015 The United States is facing an epidemic of obesity. An estimated 74 % of all US adults, are considered overweight or obese. More than half get too little physical activity and 76.5 % fail to meet the physical activity guidelines for recommended activities. Americans need to understand that daily choices in food and physical activity affect health today, tomorrow, and in the future. Eating right and being physically active are critical to a healthy lifestyle and are not just a “diet” or a “program.” Instilling these values at a young age is crucial to our health, as 1 in 6 children and adolescents ages 2 to 9 are considered obese. The federal government’s 2021-2025 Dietary Guidelines for Americans is the best science-based advice available for Americans over the age of two. It advises what to eat to improve one’s health and focuses on chronic diet-disease related prevention instead of treatment. Five overarching recommendations of the Dietary Guidelines are: Follow a healthy eating pattern across the lifespan Focus on variety, nutrient density, and amount Limit calories from added sugars and saturated fats. Reduce sodium intake Shift to healthier food and beverage choices Support healthy eating patterns for all Adopting these lifestyle changes increases the chances for a longer life and reduces the risk of chronic diet-related diseases, such as diabetes, heart disease, osteoporosis, and certain cancers. Past issues of the Dietary Guidelines focused on individual dietary components like nutrients and food groups. However, the 2021-2025 Dietary Guidelines are moving away from that mindset as real people do not eat in terms of isolated food groups but rather combine them all together. One’s diet is now thought of as the overall eating pattern that consists of all the specific food groups and can be tailored to each individual’s needs. Follow these recommendations as well as the level of physical activity needed. Physical Activity Find the balance between food and physical activity, as regular physical activity is one of the most important ways individuals can improve their health. Being physically active every day helps to promote health, psychological well-being, and healthy body weight. Adults are recommended to have at least 150 minutes of moderate exercise 2 days a week, and youth need 60 minutes of physical activity daily. Daily exercise can lower the risk of: Early death Coronary heart disease Stroke High blood pressure Type 2 diabetes Breast and colon cancer One can achieve physical fitness by including: Aerobic exercises such as swimming or running Muscle-strengthening exercise such as weight lifting Bone-strengthening activities Food Groups to Incorporate into your Healthy Lifestyle Vegetables: A healthy diet includes a variety of vegetables from the 5 subgroups and a serving size of 2 ½ cups per day. Vegetables are a great source of dietary fiber, potassium, and many key vitamins. Dark Green Vegetables: Broccoli, spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce, and romaine lettuce. Red/Orange Vegetables: Carrots, sweet potatoes, winter squash, and pumpkin. Legumes: Dry beans, such as pinto beans, kidney beans, black beans, and garbanzo beans, peas, chickpeas, and lentils. Starchy Vegetables: Corn, white potatoes, and green peas. Other Vegetables: Tomatoes, cabbage, celery, cucumber, lettuce, onions, peppers, green beans, cauliflower, mushrooms, and summer squash. Fruits: This food group includes whole fruits and 100% fruit juice. The Dietary Guideline recommends 2 cups of fruit per day. This can come in the form of fresh, canned, frozen, or dried. Grain Products: It is recommended an individual eats 6 ounces of grains per day. One should limit their intake of products that contain refined grains as they can be high in saturated fats, added sugar, and sodium. Refined grains can be unhealthy because they lack dietary fiber, iron, and other nutrients. Some examples of relatively unhealthy grains include cookies and cakes. Grain foods within the grain food group can be considered single foods (rice, popcorn, and oatmeal) or products that contain grains as an ingredient (bread, cereal, pasta). Dairy Products: The daily recommended amount of dairy consumption varies based on age in the US. Children ages 2 to 3 are recommended 2 cups, children 4-8 are recommended 2 ½ cups, and adults are recommended 3 cups daily. A healthy eating pattern contains dairy, which is fat-free or low in fat (1%). Options to get your daily dairy intake include milk, yogurt, cheese, and soy milk. People who cannot consume milk may choose lactose-free milk products and/or calcium-fortified foods and beverages. Protein Foods: A healthy diet contains a variety of nutrient-dense protein foods. The recommended amount of protein foods in one’s daily diet should be 5 ½ ounces. Protein can also be found in nuts, seeds, and soy products. Seafood: Seafood (fish and shellfish) has received more attention since the 2010 Dietary Guidelines as it became associated with reduced cardiac death and the improved health of infants when consumed by pregnant women. It is recommended that the general population eats about 8 ounces per week as that provides 250 mg per day of EPA and DHA (vital nutrients). Meats, Poultry, Eggs: The recommendation for meats, poultry, and eggs is 26 ounces per week. Red meats include beef, pork, lamb, veal, and goat. Poultry is all forms of chicken, duck, turkey, and game birds. It is recommended to stay away from processed meats and poultry, such as sausage, bacon, and beef jerky, as studies show that lower intake of them is associated with a reduced risk of CVD. The healthier way an individual can reach their 26-ounce recommendation per week is by choosing lean meat/poultry and eggs as sources of protein. Oils: It is recommended one consumes 27 g or 5 teaspoons of oil per day. These oils are not part of a food group yet are recommended in one’s healthy eating patterns for their abundance in vitamin E and essential fatty acids. Oils, specifically, are fats that contain high percentages of monosaturated and polyunsaturated fats. Oils that are commonly consumed are canola, corn, olive, soybean, peanut, and sunflower oil. Alcoholic Beverages Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men. Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions. Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery. Food Safety Guidelines To avoid microbial foodborne illness: Clean 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, and storing foods. Cook foods at their recommended safe minimum internal temperature to kill harmful microorganisms. Chill (refrigerate) perishable food promptly and defrost foods properly. Avoid the following: 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. By law, the Dietary Guidelines is reviewed, updated if necessary, and published every five years by the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) Note: The Dietary Guidelines for Americans 2021-2025 contains additional recommendations for specific populations. The full document is available at To reflect the updates and changes in the Dietary Guidelines, the U.S. Department of Agriculture replaced the Food Guide Pyramid with MyPlate. Sources: U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans 2005. U.S. Department of Health and Human Services and U.S. Department of Agriculture. Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans. 2005. Henneman, Alice. University of Nebraska Cooperative Extension in Lancaster County. Spending Your Calorie Salary: Tips for Using the 2005 Dietary Guidelines. February 2005. Originally published 09/05 If this document didn’t answer your questions, please contact HGIC at hgic@clemson.edu or 1-888-656-9988. The 2015-2020 Dietary Guidelines was designed to help Americans eat a healthier diet. Intended for policymakers and health professionals, this edition of the Dietary Guidelines outlines how people can improve their overall eating patterns — the complete combination of foods and drinks in their diet. This edition offers 5 overarching Guidelines and a number of Key Recommendations with specific nutritional targets and dietary limits. How to Obtain Your Copy of the 2015-2020 Dietary Guidelines for Americans You can download the Dietary Guidelines (PDF - 10.8 MB) or order a hard copy. Businesses and industry professionals can purchase copies from the U.S. Government Bookstore. Additionally, a free ePub download is available through Apple iBooks, Barnes and Noble NOOK Books, Google Play Books, and Overdrive — use ISBN: 9780160934650 to find it through their platforms or the U.S. Government Bookstore. You can download an Errata sheet (PDF - 145 KB) describing a minor typographical error identified in the original printing of the 2015-2020 Dietary Guidelines for Americans. This error has been corrected in the online versions. Suggested Citation U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at .

2015-2020 Dietary Guidelines for Americans. Printed copies are available for sale through the U.S. Government Publishing Office. Free ebook versions are available at the U.S. Government Publishing Office, and also through the Apple iBookstore, Barnes and Noble Nook Store, Google Play eBookstore, and OverDrive. Please use the ISBN: 9780160934650 ... The Dietary Guidelines for Americans is the cornerstone of the Federal nutrition policy and education activities for the United States. Since 1980, the Dietary Guidelines has been updated and issued every five years. The 9 th and current edition-- Dietary Guidelines for Americans, 2020-2025— was published in December 2020. 21/02/2017 · One of our government’s most important responsibilities is protecting the health of the American public, and that includes empowering them with the tools they need to make educated decisions. Since 1980, families, nutrition and health professionals across the nation have looked to the Departments of Health and Human Services and Agriculture for science ... Importantly, the guidelines suggest Americans should consume: A variety of vegetables, including dark green, red and orange, legumes (beans and peas), starchy and other vegetables. Fruits, especially whole fruits. Grains, at least half of which are whole grains. Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy ... 15/12/2021 · As such, the four guidelines listed above are the same as they were for the previous Dietary Guidelines for Americans released in 2015. However, folks are still not meeting these above recommendations and research has linked overconsumption of alcohol, added sugar, sodium, and saturated fat to a variety of health consequences, including type 2 diabetes, heart ... 07/01/2016 · By Alexandra Sifferlin, January 7, 2016 7:00 AM EST. T he 2015 Dietary Guidelines for Americans, which offer advice on healthy eating while also influencing countless federal nutrition and food ...