

— Make Every Bite Count with the *Dietary Guidelines*: Supporting Healthy Eating Across the Lifespan

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Dietary Guidelines for Americans



Make Every
Bite Count With
the *Dietary
Guidelines*



Dietary
Guidelines
for Americans

2020 - 2025



The foods and beverages we consume have a profound impact on our health

6 IN 10 ADULTS

are living with one or more diet-related chronic diseases

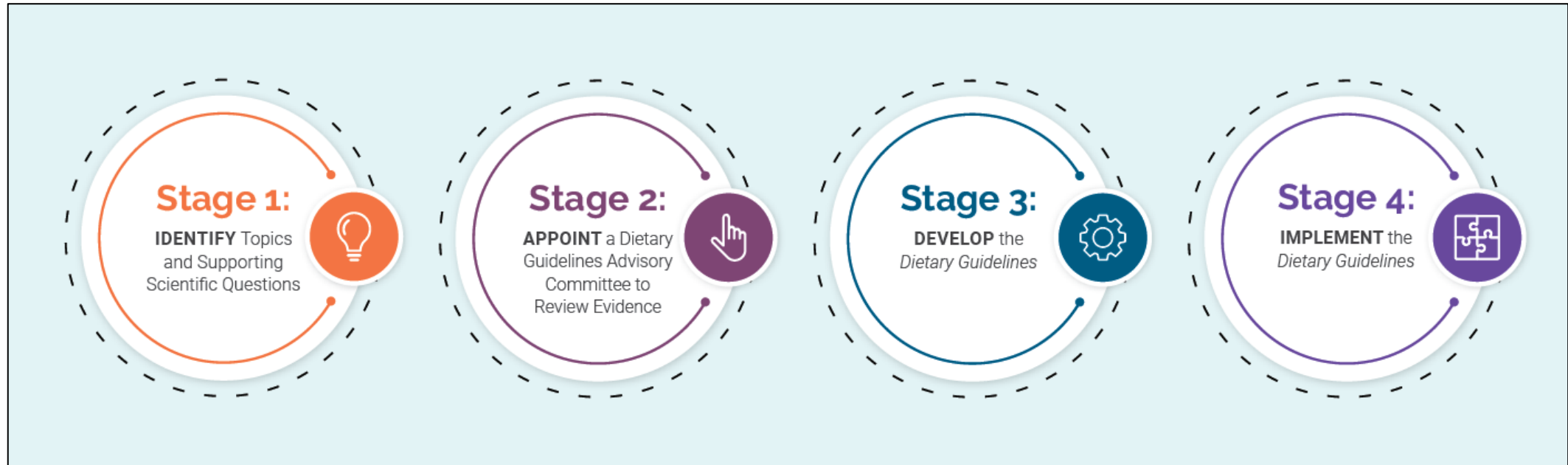


About the *Dietary Guidelines for Americans*

- Food-based recommendations
- Cornerstone of federal nutrition programs and policies
- USDA and HHS mandated to update every 5 years
- Based on the preponderance of scientific evidence
- To benefit all Americans
- Professional audience



Developing the *Dietary Guidelines for Americans*



Healthy Eating Can Promote Health and Reduce Risk of Chronic Disease*



Children and Adolescents

- Lower adiposity
- Lower total and low-density lipoprotein (LDL) cholesterol

Women Who Are Pregnant or Lactating

- Favorable cognitive development in the child
- Favorable folate status in women during pregnancy and lactation

Adults, Including Older Adults

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease
- Lower risk of cardiovascular disease mortality
- Lower total and LDL cholesterol
- Lower blood pressure
- Lower risk of obesity
- Lower body mass index, waist circumference, and body fat
- Lower risk of type 2 diabetes
- Lower risk of cancers of the breast, colon, and rectum
- Favorable bone health, including lower risk of hip fracture

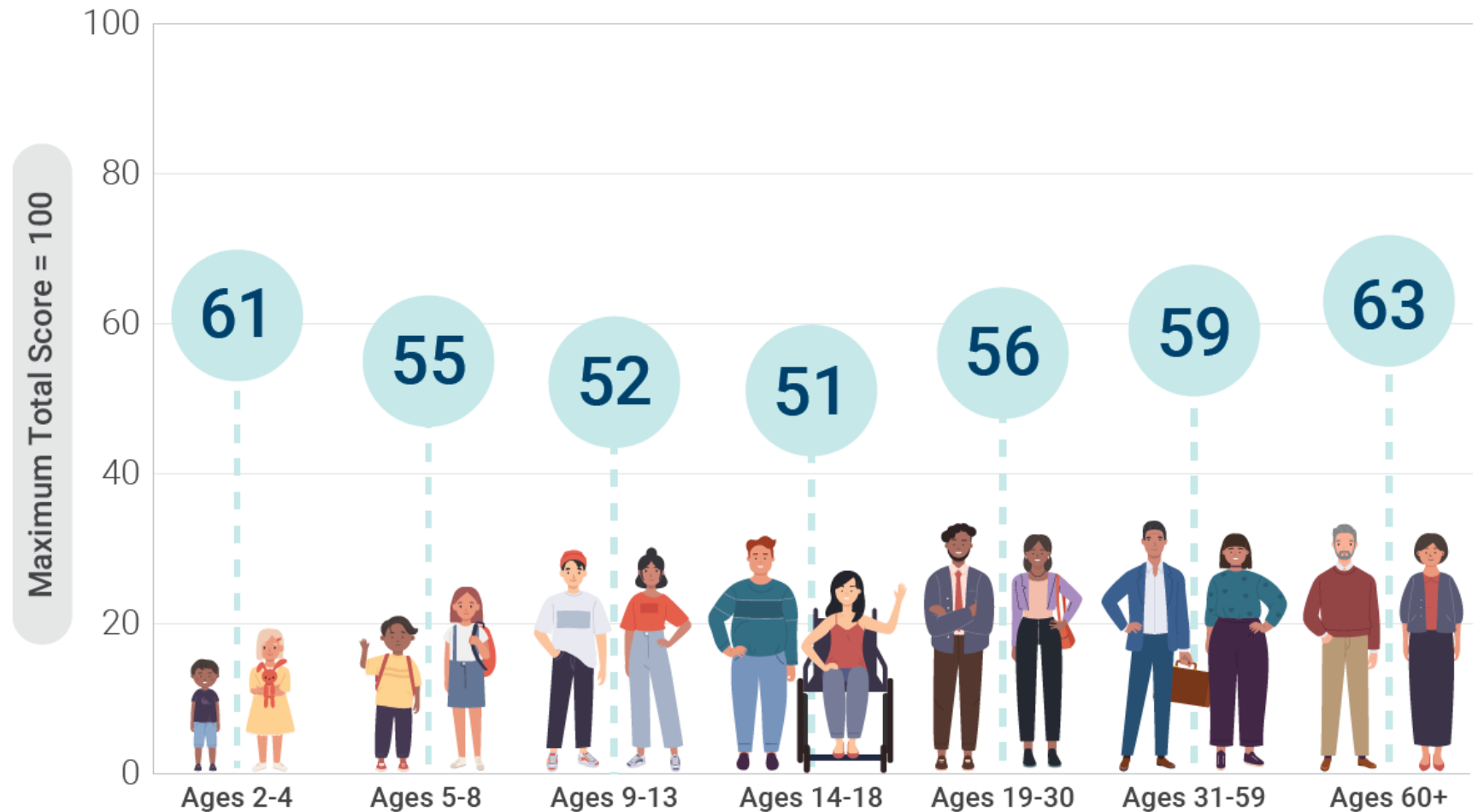
Birth Through 23 Months

- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma



Adherence of the U.S. Population to the Dietary Guidelines Across Life Stages, as Measured by Average Total Healthy Eating Index-2015 Scores

The Healthy Eating Index (HEI) measures how closely food and beverage choices align with the *Dietary Guidelines*. A higher total score indicates a higher quality diet.



NOTE: HEI-2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

Data Source: Analysis of What We Eat in America, NHANES 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.



Nutrition and Health Across the Lifespan: The Guidelines and Key Recommendations



The Guidelines



Key Dietary Principles

- Meet nutritional needs primarily from foods and beverages
- Choose a variety of options from each food group
- Pay attention to portion size





Follow a healthy dietary pattern at every life stage.

- At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.
- **From 12 months through older adulthood**, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.





A Healthy Dietary Pattern Supports Appropriate Calorie Levels

- The total number of calories a person needs each day varies depending on a number of factors.
- Calorie needs generally decrease for adults as they age.
- A need to lose, gain, or maintain weight affects how many calories should be consumed.
- The best way to evaluate calorie intake, in comparison to calorie needs, is by measuring body weight status.

Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations



- A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.



Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.



Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.

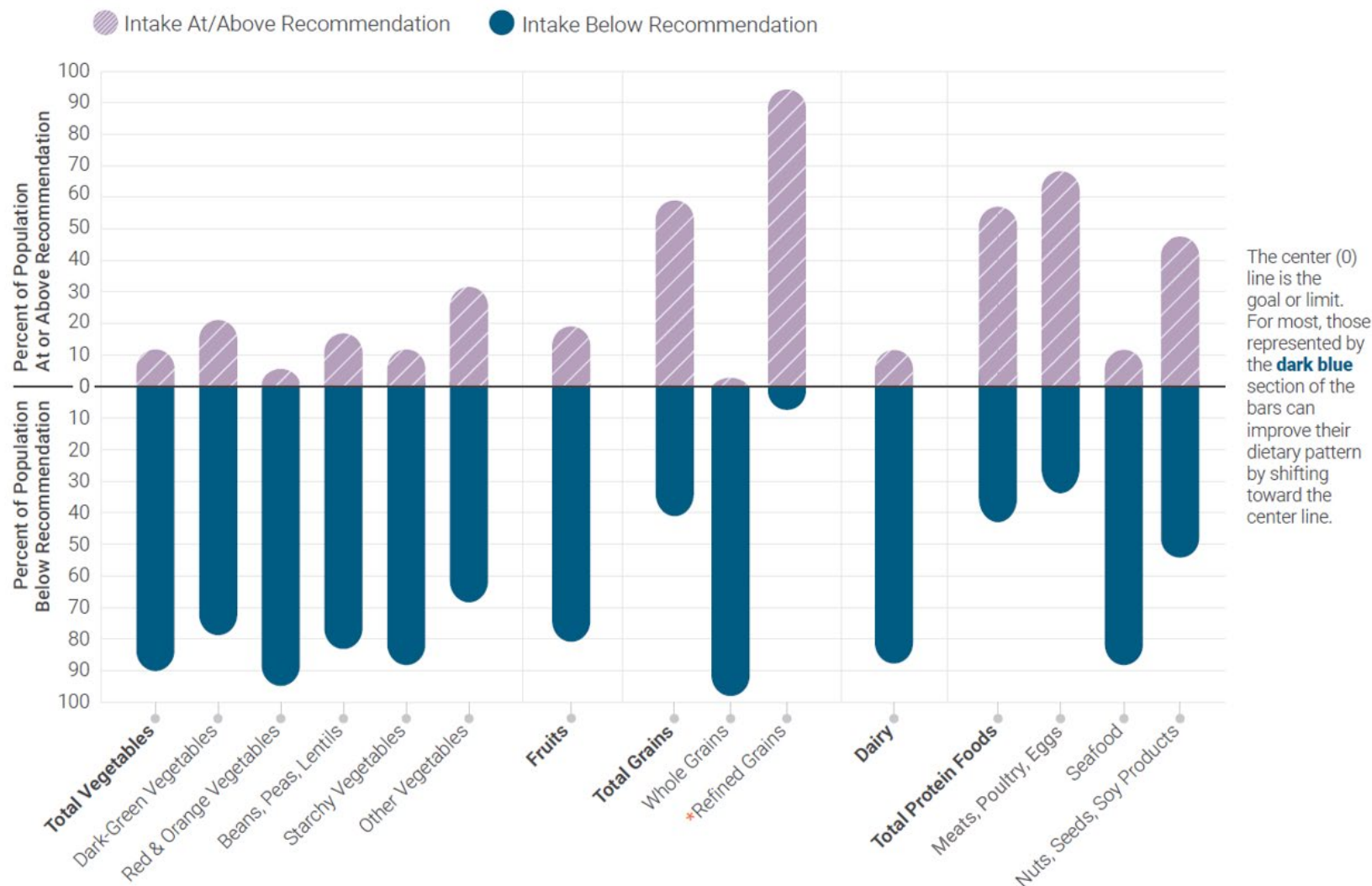
A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

The core elements that make up a healthy dietary pattern include:

- Vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food, such as seafood and nuts



Dietary Intakes Compared to Recommendations





Beverages

- When choosing beverages in a healthy dietary pattern, both the calories and nutrients that they provide are important considerations
- Beverages that are calorie-free—especially water—or that contribute beneficial nutrients, such as fat-free and low-fat milk and 100% juice, should be the primary beverages consumed
- Coffee, tea, and flavored waters also are options, but the most nutrient-dense options for these beverages include little, if any, sweeteners or cream
- Sugar-sweetened beverages and alcohol should be limited (see Guideline 4)





Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

A healthy dietary pattern doesn't have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited.

Limits are:

- **Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- **Saturated fat**—Less than 10 percent of calories per day starting at age 2.
- **Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- **Alcoholic beverages**—Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

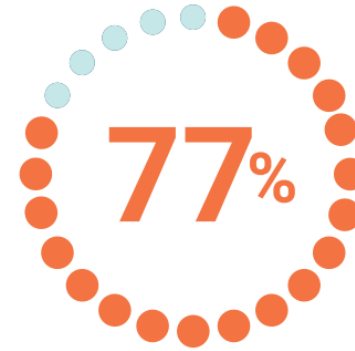
Currently:



of people have dietary patterns low in vegetables, fruits, and dairy.



exceed the limit for added sugars.



exceed the limit for saturated fat.



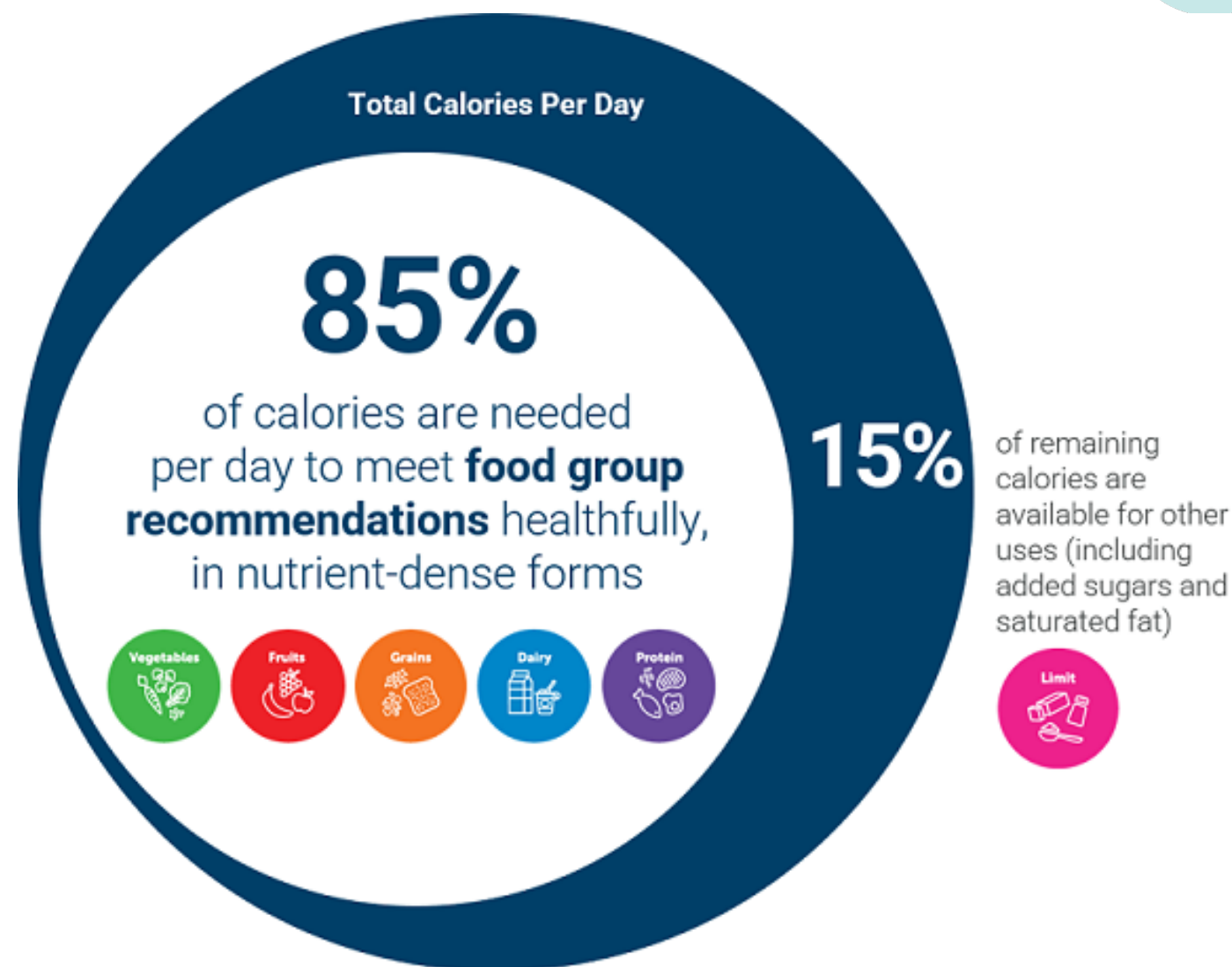
exceed the Chronic Disease Risk Reduction limits for sodium.



The 85-15 Guide:

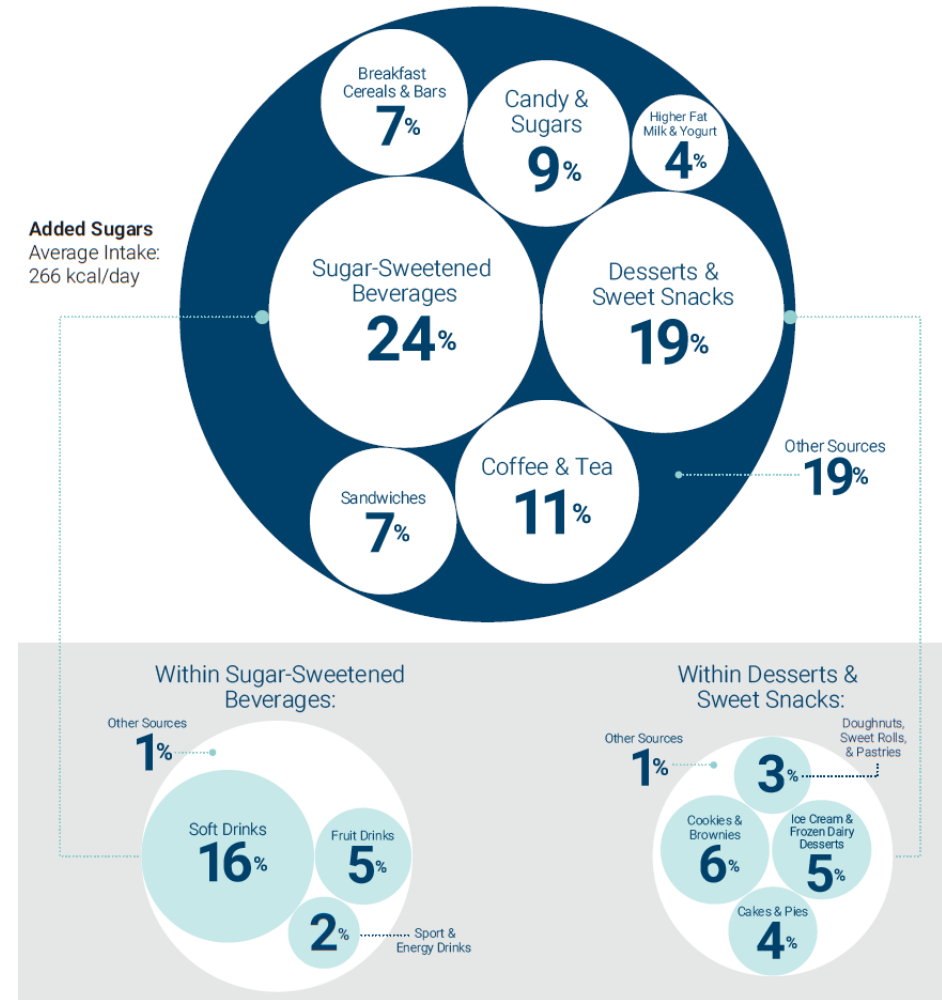
Percentage of Calories Needed To Meet Food Group Needs With Nutrient-Dense Choices and Percentage Left for Other Uses

Most of the calories a person needs to eat each day—around 85 percent—are needed to meet food group recommendations healthfully, in nutrient-dense forms. The remaining calories—around 15 percent—are calories available for other uses, including for added sugars or saturated fat beyond the small amounts found in nutrient-dense forms of foods and beverages within the pattern, to consume more than the recommended amount of a food group, or for alcoholic beverages. This equates to 250 to 350 remaining calories for calorie patterns appropriate for most Americans.



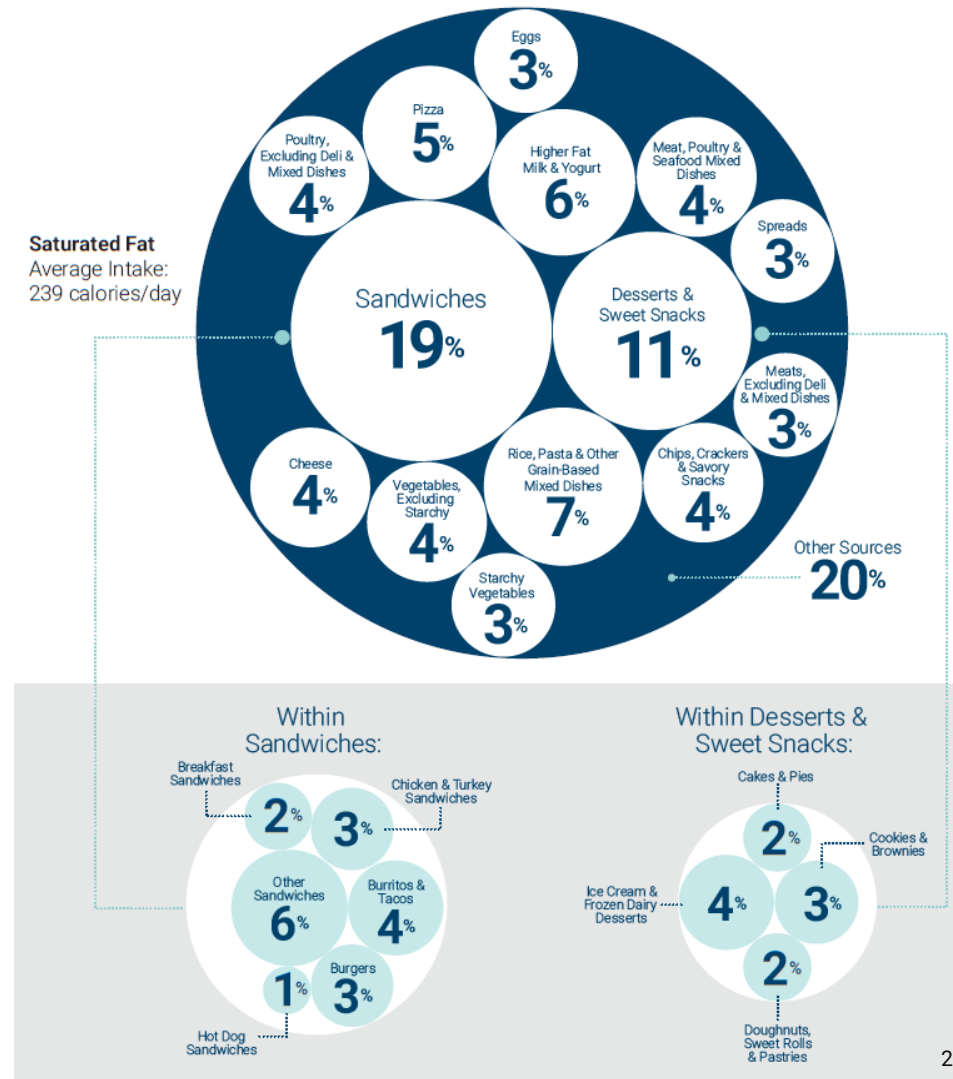
Added Sugars

- A healthy dietary pattern limits added sugars to less than 10% of calories per day.
- Most Americans have less than 8% of calories available for added sugars, including the added sugars inherent to a healthy dietary pattern.
- For those with a weight loss goal, limiting intake of foods and beverages high in added sugars is a strategy to help reduce calorie intake.
- Replacing added sugars with low- and no-calorie sweeteners may reduce calorie intake in the short-term and aid in weight management.



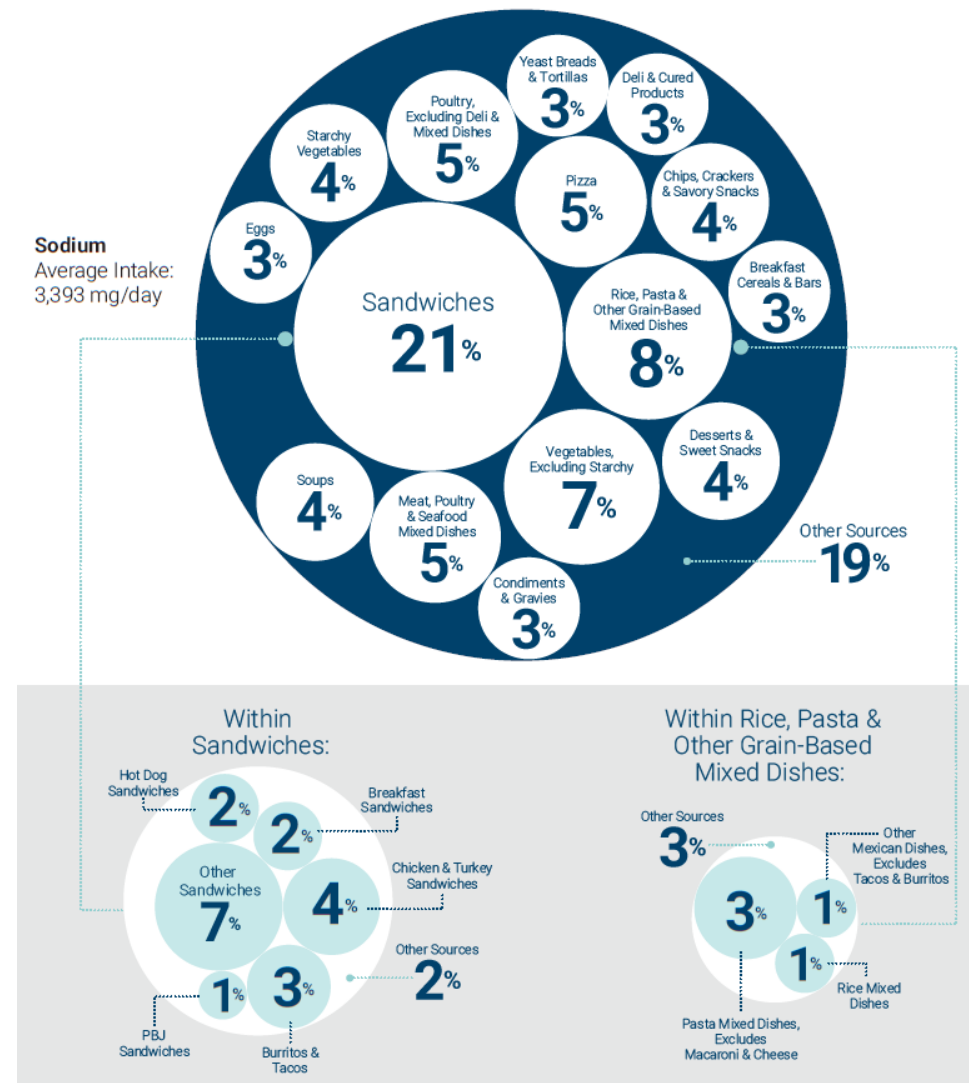
Saturated Fat

- For those 2 years and older, intake of saturated fat should be limited to less than 10% of calories per day by replacing them with unsaturated fats, particularly polyunsaturated fats.
- Approximately 5% of total calories inherent to the nutrient-dense foods in the Healthy U.S.-Style Dietary Pattern are from saturated fat.
- There is little room to include additional saturated fat in a healthy dietary pattern while staying within limits for saturated fat and total calories.



Sodium

- Healthy eating patterns limit sodium to the Chronic Disease Risk Reduction (CDRR) levels (e.g., 2,300 mg/day for ages 14 and older).
- The nutrient-dense choices in the Healthy U.S.-Style Dietary Pattern provide approximately 60-100% of the age-specific CDRR for sodium across calorie levels.
- For most calorie levels and at most ages, there is very little room for food choices that are high in sodium.





Alcoholic Beverages

- The *Dietary Guidelines* does not recommend that individuals who do not drink alcohol start drinking for any reason.
- There are also some people who should not drink at all.
- If adults age 21 years and older choose to drink alcoholic beverages, drinking less is better for health than drinking more.
- The amount of alcohol and calories in beverages varies and should be accounted for within the limits of healthy dietary patterns, so that calorie limits are not exceeded.



Infants & Toddlers

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Key Recommendations

- **For about the first 6 months of life,** exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable.
- Provide infants with supplemental vitamin D beginning soon after birth.
- **At about 6 months,** introduce infants to nutrient-dense complementary foods from a variety of food group.
- Introduce infants to potentially allergenic foods along with other complementary foods.



Dietary Components to Limit

- Avoid added sugars
 - Young children have virtually no room in their diet for added sugars.
- Avoid foods higher in sodium
 - Taste preferences for salty food may be established early in life
- Avoid honey and unpasteurized foods and beverages
 - Raw and cooked honey can contain the *Clostridium botulinum* organism and cause serious illness or death among infants

Establish a Healthy Beverage Pattern

- Small amounts of plain, fluoridated water can be given with the introduction of complementary foods, not before.
- Do not provide cow milk or fortified soy beverages before 12 months to replace human milk or infant formula. Plain cow milk (whole milk) as a beverage can be offered beginning around 12 months to help meet calcium, potassium, vitamin D, and protein needs.
- Plant-based milk alternatives (e.g., rice, oat, coconut, almond) should not be used in the first year of life.
- 100% fruit or vegetable juices should not be given to infants. In the second year of life, fruit juice is not necessary; if provided, limit intake to 4 ounces per day.
- Sugar-sweetened beverages should not be given to children younger than age 2.



Make Healthy Shifts to Eat Nutrient-Dense Foods in Dietary Patterns

- Science shows that early food preferences influence later food choices.
- Make the first choice the healthiest choices that set toddlers on a path of making nutrient-dense choices for years to come.



Cereal with Added Sugars

Cereal with Minimal Added Sugars



Fruit Products with Added Sugars

Fruit (e.g., canned in 100% juice)



Fried Vegetables

Roasted Vegetables



High-sodium Snacks

Vegetables



High-sodium Meats

Ground Lean Meats



Beverages with Added Sugars

Unsweetened Beverages

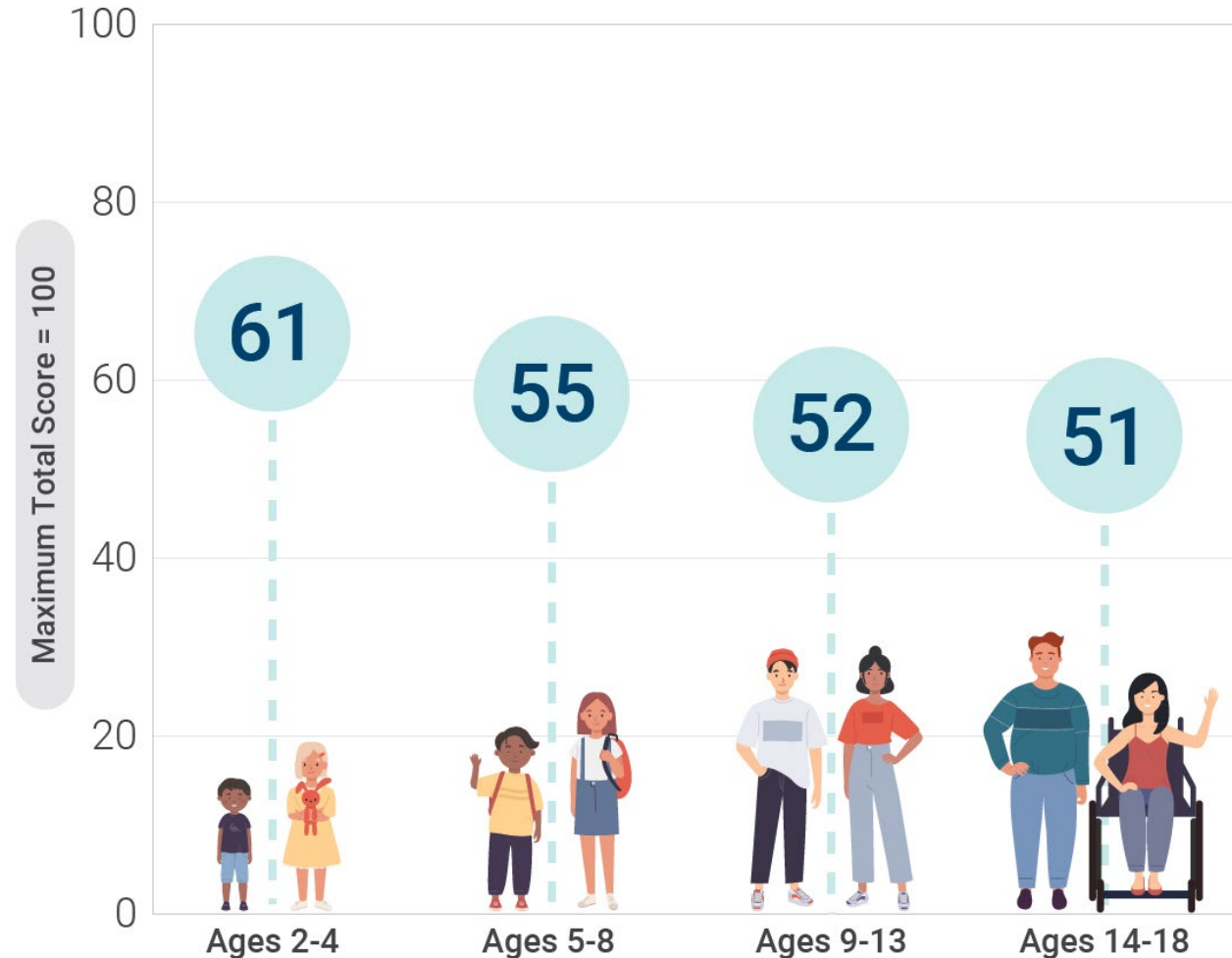


Children & Adolescents

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Healthy Eating Index Scores Across Childhood and Adolescence



Special Considerations: Children and Adolescents

- **Sugar-sweetened beverages.** Sugar-sweetened beverages are a top contributor to intakes of added sugars. Sugar-sweetened beverages are not necessary in the child or adolescent diet nor are they a component of the USDA Dietary Patterns.
- **Dairy and fortified soy alternatives.** Dairy and fortified soy alternatives provide protein and a variety of nutrients that are under consumed during these life stages.
- **Adolescent nutrition.** The difference between recommended food group amounts and current intakes is greater for adolescents ages 14 through 18 years than for any other age group across the lifespan.



Supporting Healthy Eating

- **Expose** – Expose young children to a variety of nutrient-dense foods within each food group to help build a healthy dietary pattern. Offer the same type of food to children multiple times, in different forms, to increase acceptance.
- **Environment** – Create an environment that supports healthy eating at home, school and in communities.
- **Snacks** — Promoting nutrient-dense foods for snacks, such as fruits and vegetables. For example, carrot sticks, and hummus or apple slices and peanut butter are better snack options than chips, crackers, or cookies.



Encouraging Healthy Dietary Patterns

- **Shared meals** — Shared meals have a tremendous impact on modeling healthy eating behaviors and dietary practices. Making nutrient-dense foods and beverages part of the normal household meal routine helps children observe and learn healthy behaviors that extend into adolescences and adulthood.
- **Meal decisions** — Parents and caregivers can involve and guide children in age-appropriate meal decisions, as well as involve them in food shopping and cooking. When children feel more empowered in their food choices, they start to learn how to independently make healthy choices.





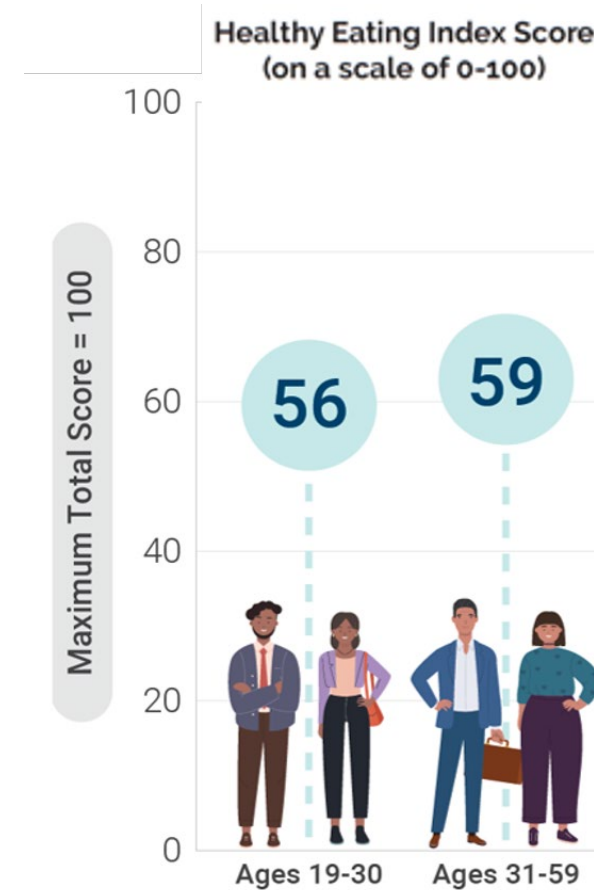
Adults

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Current Intakes: Adults

- Average daily intakes of fruits, vegetables, dairy, whole grains are all below recommended intake
- Average intakes of added sugars, saturated fat, sodium are above the recommended intake for most adults



Healthy U.S.-Style Dietary Pattern for Adults

CALORIE LEVEL OF PATTERN ^a	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000
FOOD GROUP OR SUBGROUP ^b	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)							
Vegetables (cup eq/day)	2	2 ½	2 ½	3	3	3 ½	3 ½	4
	Vegetable Subgroups in Weekly Amounts							
Dark-Green Vegetables (cup eq/wk)	1 ½	1 ½	1 ½	2	2	2 ½	2 ½	2 ½
Red & Orange Vegetables (cup eq/wk)	4	5 ½	5 ½	6	6	7	7	7 ½
Beans, Peas, Lentils (cup eq/wk)	1	1 ½	1 ½	2	2	2 ½	2 ½	3
Starchy Vegetables (cup eq/wk)	4	5	5	6	6	7	7	8
Other Vegetables (cup eq/wk)	3 ½	4	4	5	5	5 ½	5 ½	7
Fruits (cup eq/day)	1 ½	1 ½	2	2	2	2	2 ½	2 ½
Grains (ounce eq/day)	5	6	6	7	8	9	10	10
Whole Grains (ounce eq/day)	3	3	3	3 ½	4	4 ½	5	5
Refined Grains (ounce eq/day)	2	3	3	3 ½	4	4 ½	5	5
Dairy (cup eq/day)	3	3	3	3	3	3	3	3
Protein Foods (ounce eq/day)	5	5	5 ½	6	6 ½	6 ½	7	7
	Protein Foods Subgroups in Weekly Amounts							
Meats, Poultry, Eggs (ounce eq/wk)	23	23	26	28	31	31	33	33
Seafood (ounce eq/wk)	8	8	8	9	10	10	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	4	4	5	5	5	5	6	6
Oils (grams/day)	22	24	27	29	31	34	36	44
Limit on Calories for Other Uses (kcal/day) ^c	100	140	240	250	320	350	370	440
Limit on Calories for Other Uses (%/day)	6%	8%	12%	11%	13%	13%	13%	15%

[nal.usda.gov/fnic/dri-calculator](https://www.nal.usda.gov/fnic/dri-calculator)

Special Considerations: Adults

The prevalence of overweight and obesity and diet-related chronic disease becomes more apparent during this life stage, making the following food components of particular concern:

- Dietary Fiber
- Calcium and Vitamin D
- Saturated Fat
- Sodium
- Added Sugars
- Alcoholic Beverages



Strategies for Encouraging Healthy Eating

Get a mix of healthy foods

- Whole fruits, veggies, whole grains, proteins, low-fat or fat-free dairy, oils

Eat calcium and vitamin D-rich foods

- Eat low-fat or fat-free dairy or fortified soy alternatives

Cut Down on Added Sugars

- Limit sweet treats like cake, cookies, and candy
- Choose water instead of sugary drinks

Cut Down on Saturated Fat

- Choose foods with unsaturated fats- like seafood, avocados, nuts and seeds, and olive oil, instead of fatty meats like ribs and sausage and coconut and palm oil

Cut Down on Sodium

- Cook at home more often
- Flavor foods with herbs and spices instead of salt

Making Nutrient-Dense Choices: One Food or Beverage At a Time



Every food and beverage choice is an opportunity to move toward a healthy dietary pattern. Small changes in single choices add up and can make a big difference. These are a few examples of realistic, small changes to nutrient-dense choices that can help people adopt healthy dietary patterns.

	Plain Shredded Wheat	Plain, Low-Fat Yogurt With Fruit	Low-Sodium Black Beans	Vegetable Oil	Sparkling Water
NUTRIENT-DENSE					
TYPICAL					
	Frosted Shredded Wheat	Full-Fat Yogurt With Added Sugars	Regular Canned Black Beans	Butter	Soda



Making Nutrient-Dense Choices: One Meal At a Time

Slight changes to individual parts of a meal can make a big difference. This meal shows examples of small shifts to more nutrient-dense choices that significantly improve the nutritional profile of the meal overall while delivering on taste and satisfaction.



Typical Burrito Bowl
Total Calories = 1,120

White rice (1½ cups)
Black beans (⅓ cup)
Chicken cooked with sauce (2 ounces)
No grilled vegetables
Guacamole (½ cup)
Jarred salsa (¼ cup)
Sour cream (¼ cup)
Cheese (⅓ cup)
Jalapeño (5 slices)
Iced tea with sugar (16 ounces)



Nutrient-Dense Burrito Bowl
Total Calories = 715

Brown rice (1 cup) + Romaine lettuce (½ cup)
Black beans, reduced sodium (⅓ cup)
Grilled chicken with spice rub (2 ounces)
Added grilled vegetables (⅓ cup)
Sliced avocado (5 slices)
Fresh salsa/pico de gallo (¼ cup)
No sour cream
Reduced-fat cheese (⅓ cup)
Jalapeño (5 slices)
Iced tea, no sugar (16 ounces)

Nutrition Facts Label

Sample Label for Frozen Lasagna

1. Serving Information	Nutrition Facts 4 servings per container Serving size 1 cup (227g)																														
2. Calories	Amount per serving Calories 280																														
3. Nutrients	<table><thead><tr><th></th><th>% Daily Value*</th></tr></thead><tbody><tr><td>Total Fat 9g</td><td>12%</td></tr><tr><td>Saturated Fat 4.5g</td><td>23%</td></tr><tr><td>Trans Fat 0g</td><td></td></tr><tr><td>Cholesterol 35mg</td><td>12%</td></tr><tr><td>Sodium 850mg</td><td>37%</td></tr><tr><td>Total Carbohydrate 34g</td><td>12%</td></tr><tr><td>Dietary Fiber 4g</td><td>14%</td></tr><tr><td>Total Sugars 6g</td><td></td></tr><tr><td>Includes 0g Added Sugars</td><td>0%</td></tr><tr><td>Protein 15g</td><td></td></tr><tr><td>Vitamin D 0mcg</td><td>0%</td></tr><tr><td>Calcium 320mg</td><td>25%</td></tr><tr><td>Iron 1.6mg</td><td>8%</td></tr><tr><td>Potassium 510mg</td><td>10%</td></tr></tbody></table>		% Daily Value*	Total Fat 9g	12%	Saturated Fat 4.5g	23%	Trans Fat 0g		Cholesterol 35mg	12%	Sodium 850mg	37%	Total Carbohydrate 34g	12%	Dietary Fiber 4g	14%	Total Sugars 6g		Includes 0g Added Sugars	0%	Protein 15g		Vitamin D 0mcg	0%	Calcium 320mg	25%	Iron 1.6mg	8%	Potassium 510mg	10%
	% Daily Value*																														
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Cholesterol 35mg	12%																														
Sodium 850mg	37%																														
Total Carbohydrate 34g	12%																														
Dietary Fiber 4g	14%																														
Total Sugars 6g																															
Includes 0g Added Sugars	0%																														
Protein 15g																															
Vitamin D 0mcg	0%																														
Calcium 320mg	25%																														
Iron 1.6mg	8%																														
Potassium 510mg	10%																														
4. Quick Guide to percent Daily Value (%DV)	<p>• 5% or less is low</p> <p>• 20% or more is high</p>																														

Supporting Healthy Eating: Adults

- Health professionals play an important role in supporting adults' healthy eating behaviors and can help adults:
 - Prepare and consume healthy meals at home, when possible, and make careful food selections away from home
 - Adopt new habits and/or learn new skills, such as meal planning or cooking
- Changing organizational practices, approaches, and/or policies to support improved dietary patterns is also needed



Older Adults

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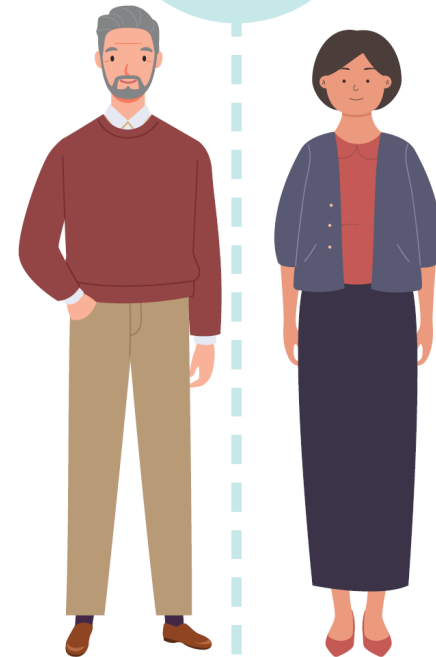


Current Intakes: Older Adults

- Average daily intakes of fruits, vegetables, dairy, and whole grains are all below recommended intake
- Average daily intakes of protein foods are below recommended intakes for females
- Average intakes of added sugars, saturated fat, sodium are above the recommended intake for most adults

Healthy Eating Index Score
(on a scale of 0-100)

63



Special Considerations: Older Adults

- Consuming enough protein to prevent the loss of lean muscle mass that occurs naturally with age
- The ability to absorb vitamin B₁₂ can decrease with age and use of certain medications
- Drinking plenty of water and other nutrient-dense beverages (e.g., 100% fruit or vegetable juice and low-fat or fat-free milk) will help older adults stay hydrated
- The effects of alcohol may be experienced more quickly



Supporting Healthy Eating: Older Adults

- Sharing meals with friends and family can help increase food enjoyment and promote adequacy of dietary intake
- Identifying textures that are acceptable, appealing, and enjoyable is important for adults who have difficulties chewing or swallowing
- Practicing safe food handling procedures is of particular importance for older adults due to a decline in immune system function that accompanies age



Support Healthy Dietary Patterns for All Americans

- Everyone has a role to play to support access to healthy foods and beverages where people live, learn, work, play, and gather
- Having access to healthy, safe, and affordable food is crucial for an individual to achieve a healthy dietary pattern



Visit DietaryGuidelines.gov to access online resources



Professional Presentations



Communicators Guide to the *Dietary Guidelines*

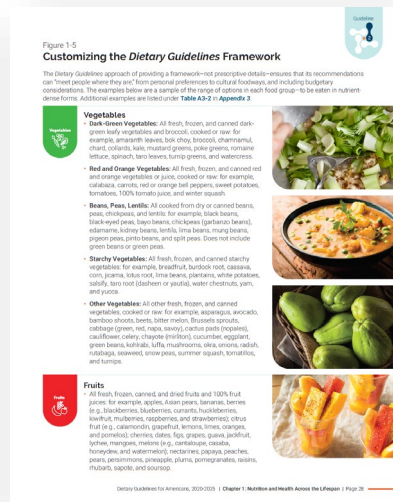


Healthcare Provider Toolkit



Most Popular Questions

Visit DietaryGuidelines.gov to access online resources (continued)



Food Sources of Calcium

Standard Portions			
Calcium: Nutrient-dense Food and Beverage Sources, Amounts of Calcium and Energy per Standard Portion			
FOOD	STANDARD PORTION	CALORIES	CALCIUM (mg)
Dairy and Fortified Soy Alternatives			
Yogurt, plain, nonfat	8 ounces	137	488
Yogurt, plain, low fat	8 ounces	154	448
Kefir, plain, low fat	1 cup	104	317
Milk, low fat (1%)	1 cup	102	305
Soy beverage (soy milk), unsweetened	1 cup	80	301
Yogurt, soy, plain	8 ounces	150	300
Milk, fat free (skim)	1 cup	83	298
Buttermilk, low fat	1 cup	98	284
Yogurt, Greek, plain, low fat	8 ounces	166	261
Yogurt, Greek, plain, nonfat	8 ounces	134	250
Cheese, reduced, low, or fat free (various)	1 1/2 ounces	~55-155	~85-485
Vegetables			
Lambquarters, cooked	1 cup	58	464
Nettles, cooked	1 cup	37	428
Mustard spinach, cooked	1 cup	29	284
Amaranth leaves, cooked	1 cup	28	276



Customizing the
Dietary Guidelines

Food Source Lists

Infographics

All Figures



The Importance of Physical Activity

Physical activity is an important component of a healthy lifestyle across all life stages.

The U.S. Department of Health and Human Service's *Physical Activity Guidelines for Americans* and related *Move Your Way* resources have information about the benefits of physical activity and tips on how to get started.

Available at health.gov/paguidelines



Move Your Way® Campaign

- **Vision:** Consumer-focused campaign to promote physical activity recommendations in the second edition of the *Physical Activity Guidelines*
- **Purpose:**
 - Raise awareness of recommendations
 - Behavior change – get more people moving!



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



ODPHP

Office of Disease Prevention
and Health Promotion

Implementing the *Dietary Guidelines* Through MyPlate

- MyPlate is used by professionals to help people become more aware of and informed about making healthy food and beverage choices over time.
- USDA's *Start Simple with MyPlate* campaign offers resources to help Americans put these Guidelines into practice starting today.
- The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.





MyPlate Consumer Messaging



2020-2025 DGA call to action (“what”)



MyPlate call to action (“how”)

Make every bite count with the Dietary Guidelines

Encourages people to choose foods, beverages, meals that are full of important nutrients

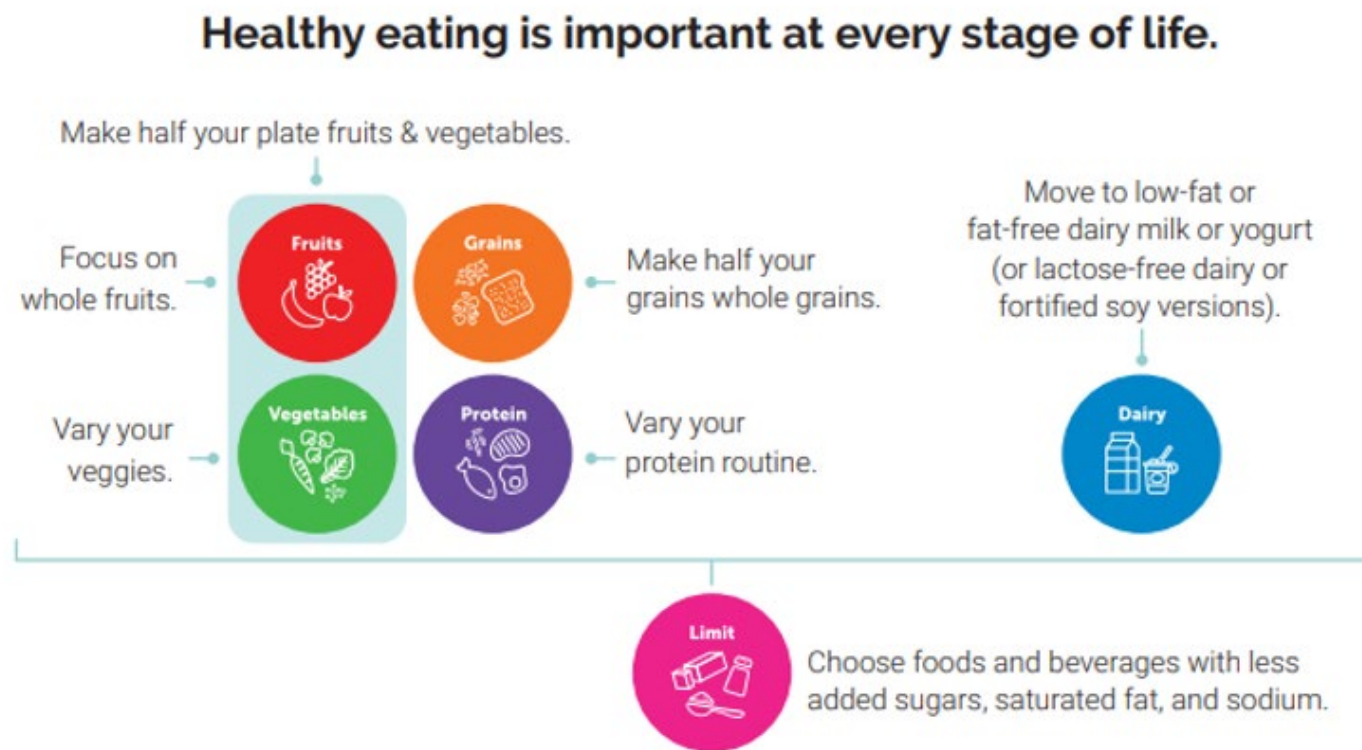


Start Simple with MyPlate

Provides inspiration and simple ideas people can incorporate into their busy lives to help them improve their health and well-being over time

Key Consumer Messages

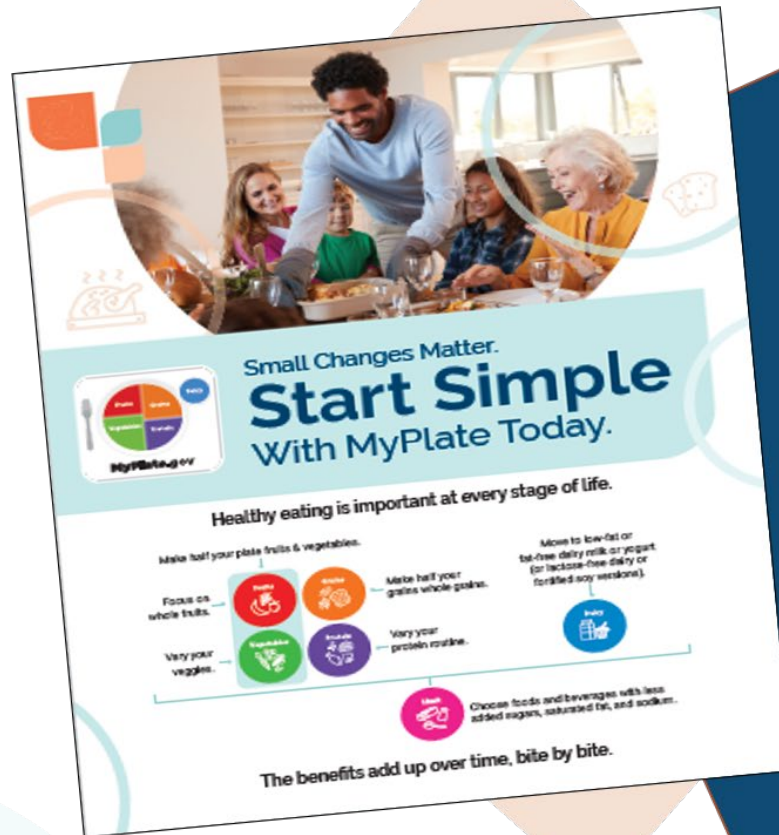
- *A healthy eating routine is important at every stage of life and can have positive effects that add up over time.*
- *It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives.*
- *When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.*



The benefits add up over time, bite by bite.

Key MyPlate Tools & Resources

Now
Available
in Spanish



Key MyPlate Tools & Resources (con't)



MyPlate.gov

The newly designed website will be more visual and streamlined with easy-to-find information.



Personalized MyPlate Plans

Find personal food group targets with the MyPlate Plan.



New MyPlate Quiz

Consumers receive a snapshot of how they're doing on the MyPlate food groups and get personalized resources based on their quiz results.



New Toolkits for Partners and Professionals

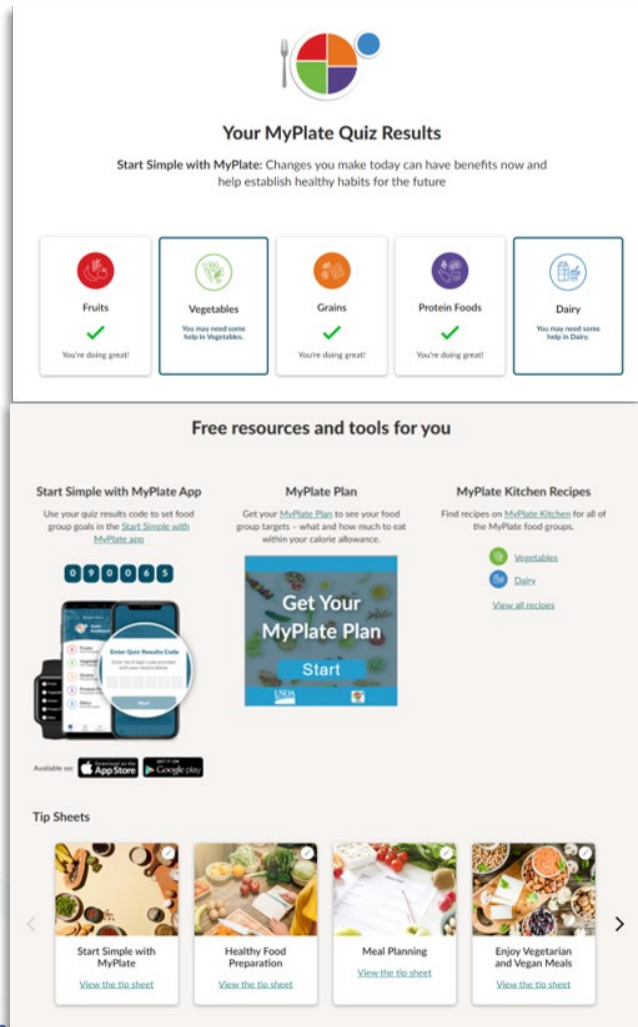
Targeted roadmaps to key assets for dietitians, food industry, public health, educators, and communications partners.



Start Simple with MyPlate app

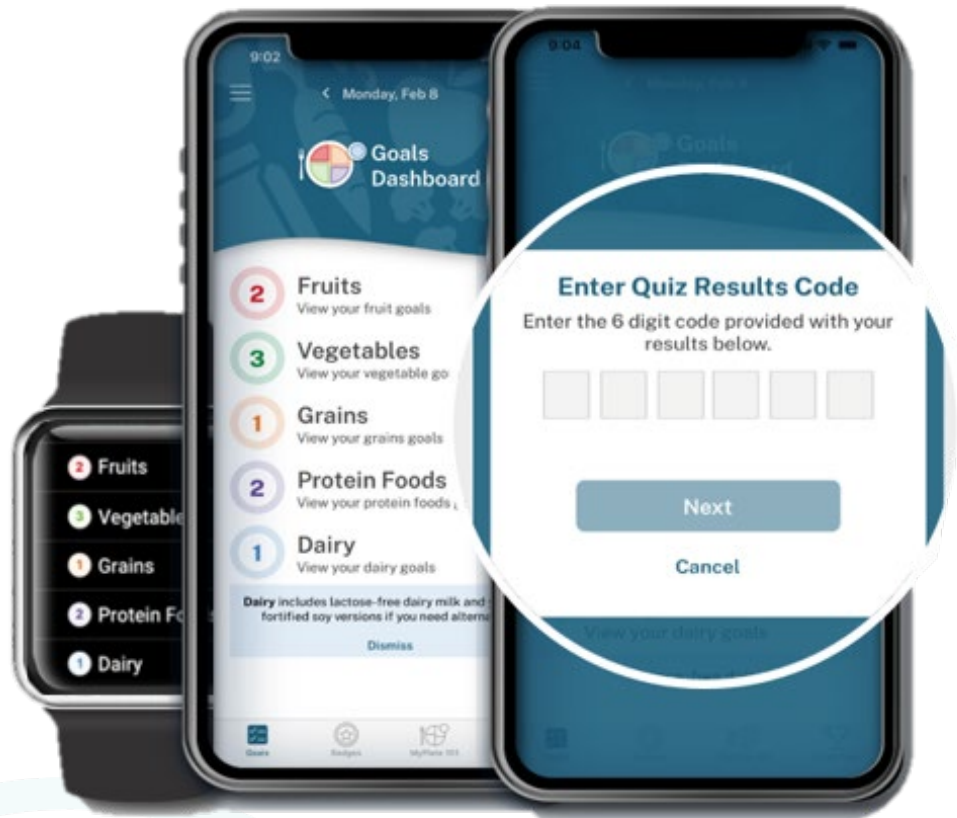
Our app encourages users to set simple daily food group goals, see progress, and earn badges to celebrate success! New...sync results from the MyPlate Quiz to set goals! Available in the App Store and Google Play.

MyPlate Quiz

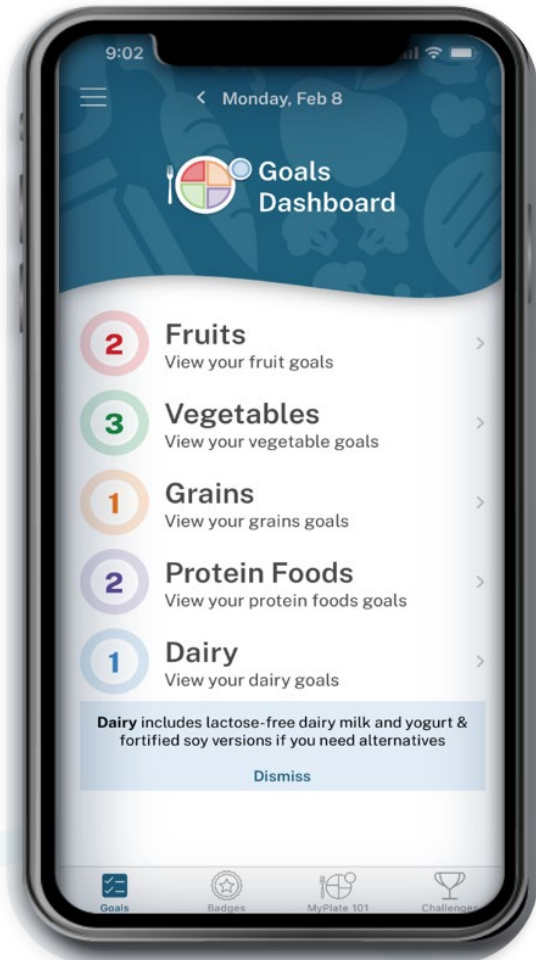


- Consumers receive tailored information and resources:
 - A snapshot of how they are doing on the MyPlate food groups
 - Resources and tools to make simple changes: Start Simple with MyPlate App, the MyPlate Plan, and recipes from MyPlate Kitchen in the targeted food groups
 - Suggested tip sheets based on the quiz responses

Sync Quiz with the MyPlate App



Start Simple with MyPlate App



Pick Goals

- Choose your daily food group goals
- Samples: *Snack on vegetables* or *Start your day with dairy*

See Real-Time Progress

- View daily progress on the Goals Dashboard screen as food group goals are completed

Earn Badges and Celebrate Success

- Earn a variety of badges as goals are completed
- Share badges on social media

Take it to the Next Level

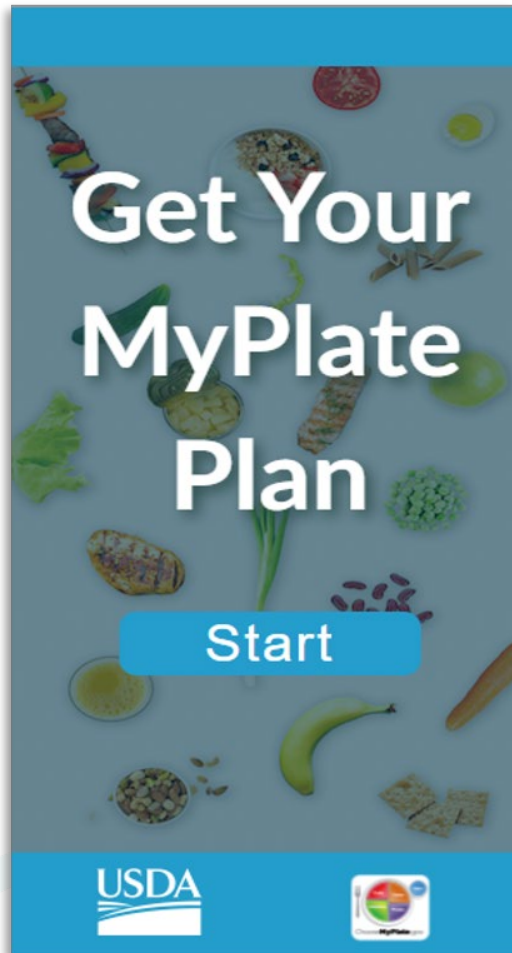
- Join challenges to stay motivated and try new goals



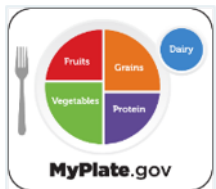
Features

- Create an e-Auth account
- Save your favorite food group tips
- Sync MyPlate Quiz results to set goals in the App

Personalized MyPlate Plans

The image shows the Spanish version of the MyPlate Plan calculator form. It features a background collage of various fruits and vegetables. The text "Obtenga su Plan de MiPlato" is prominently displayed in white. Below it, a blue button with the word "Empezar" in white is visible. At the bottom, the USDA logo and the MyPlate logo are shown. The form includes input fields for Age (25), Sex (Male), Weight (165 pounds), Height (6 feet 0 inches), and Physical Activity (30 to 60 min...). A blue button labeled "Calculate food plan" is also present.

- Consumers can use the MyPlate Plan calculator get a personalized plan based on their age, sex, height, weight, and physical activity level.
- Also available in Spanish.

The image shows the Spanish version of the MyPlate Plan calculator form. It features a background collage of various fruits and vegetables. The text "Obtenga su Plan de MiPlato" is prominently displayed in white. Below it, a blue button with the word "Empezar" in white is visible. At the bottom, the USDA logo and the MyPlate logo are shown. The form includes input fields for Age (25), Sex (Varón), Weight (165 libras), Height (6 pies 0 pulgadas), and Physical Activity (30 a 60 min...). A blue button labeled "Calcule plan de comida" is also present.



Healthy Eating on a Budget

Healthy Eating on a Budget

Empower consumers to stretch food dollars with tips and links to budget-friendly resources



Make a Plan

Making a plan can help you get organized, save money, and choose healthy options



Shop Smart

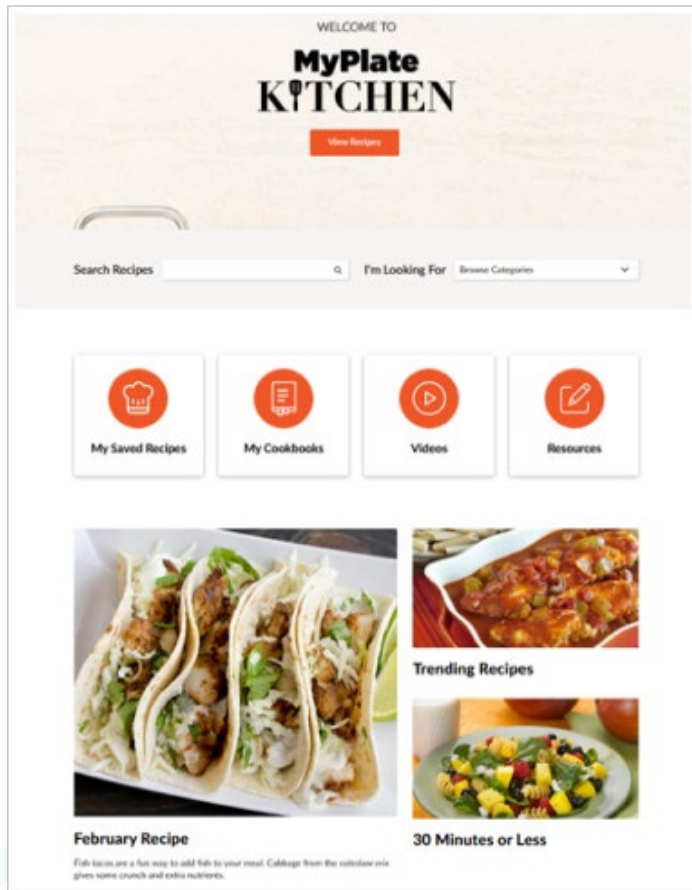
To get the most for your dollar, follow the tips in this section as you shop



Prepare Healthy Meals

Find tips and tricks for making healthier meals that fit your schedule






MyPlate Kitchen



- Approximately 1,000 “MyPlate-inspired” recipes and resources to support building healthy and budget-friendly meals
- MyPlate Kitchen includes recipes from the USDA Food and Nutrition Service (FNS) programs from the Center for Nutrition Policy and Promotion (CNPP) and the Supplemental Nutrition Assistance Program (SNAP)
- Recipes are budget-friendly and include commonly available ingredients
- Homepage features: Recipe of the Month along with Trending, Seasonal, and recipes that take 30 minutes or less to make

MyPlate Kitchen Recipes

Nutrition Information	
Show Full Display	
Nutrients	Amount
Total Calories	376
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	12 mg
Sodium	719 mg
Carbohydrates	47 g
Dietary Fiber	8 g
Total Sugars	17 g
Added Sugars included	11 g
Protein	25 g
Vitamin D	0 mcg
Calcium	468 mg
Iron	6 mg
Potassium	1055 mg
N/A - data is not available	

MyPlate Food Groups	
	
 Fruits	1/2 cups
 Vegetables	2 cups
 Grains	2 ounces
 Dairy	3/4 cups

- Recipe layout also includes:
 - Detailed nutrition analysis
 - Abbreviated and Full View
 - MyPlate food group amounts



New Toolkits for Partners and Professionals



Registered Dietitian Nutritionists

This toolkit presents a roadmap to MyPlate information and resources for Registered Dietitian Nutritionists and food and nutrition professionals.

[Learn More](#)



Food Producers and Retailers

In this toolkit, people working across the food supply chain can find ideas for using MyPlate with employees, customers, and consumers.

[Learn More](#)



Community and Professional Organizations

In this toolkit, public health and health professionals are guided to resources that provide a foundation for working with patients and clients in the community.

[Learn More](#)



Communicators and Educators

This toolkit directs those who incorporate MyPlate messages into their communications and lesson plans to a broad array of information and resources.

[Learn More](#)

New

Registered Dietitian Nutritionists

As Registered Dietitian Nutritionists (RDN), you're at the forefront of educating patients, consumers, and students about healthy eating. Incorporate MyPlate's free, ready-made resources as a simple starting point to help people of all ages and stages of life to follow the [Dietary Guidelines for Americans, 2020-2025](#).

[Back to Toolkits](#)

Start Simple with MyPlate

Start Simple with MyPlate is at the core of helping people to eat a healthy diet at every age and stage of life. [MyPlate](#) encourages small changes that are doable, [affordable](#), and result in lasting eating routines that promote good health.

- Looking for resources that can be personalized? MyPlate tools can help. For example:
 - The new [MyPlate Quiz](#) is a quick self-assessment tool that provides tailored resources based answers to a series of simple questions about current eating habits. The results page provides a snapshot of how the user is doing in meeting food group recommendations.
 - The user can then sync quiz results with the [Start Simple with MyPlate](#) app to set daily goals organized by food group. Each goal can be personalized to personal preference, cultural foodways, and budget needs, and includes sample tips as starter ideas. Get the most out of the app with its [Scavenger Hunt Worksheet](#), [Student Lesson Plan](#), and [Community Lesson Plan](#).
- [MyPlate Kitchen](#) serves up recipes with nutrition-focused search filters, as well as recipe videos, and other helpful resources. Users can also favorite recipes and create their own cookbooks to keep online or print at home.
- MyPlate can be adapted to fit every budget. The [Healthy Eating on a Budget](#) section provides tips and resources for making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars while making wise decisions about what to eat.



MyPlate Resources Coming Soon

USDA Food and Nutrition Service
United States Department of Agriculture

Start simple with MyPlate Plan

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Food Group Amounts for 2,000 Calories a Day for Ages 14+ Years

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	2½ cups	6 ounces	5½ ounces	3 cups
Focus on whole fruits	Vary your veggies	Make half your grains whole grains	Vary your protein routine	Move to low-fat or fat-free
Focus on whole fruits that are fresh, frozen, canned, or dried.	Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Mix up your protein. Include seafood and lentils; unseasoned, soy protein; and lean meat.	
Limit: • Added sugars to <50 grams a day. • Saturated fat to <22 grams a day. • Sodium to <2,300 milligrams a day.	Activity: Be active. Children: 60 minutes of physical activity daily.			

Start Simple with MyPlate

Start simple and take healthy eating one step at a time.

- Focus on whole fruits**
Includes fruit at breakfast. Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot cereal.
- Vary your veggies**
Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a salad, soup, or a pasta dish.
- Vary your protein routine**
Read food labels, try adding a new protein, like shrimp, beans, chicken, or beef.
- Make half your grains whole grains**
Add brown rice to your stir-fry dishes. Combine your favorite vegetables and protein foods for a nutritious meal.
- Move to low-fat or fat-free milk or yogurt**
Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.
- Drink and eat less sodium, saturated fat, and added sugars**
Cook at home and read the ingredients to compare foods.

DGA
Dietary Guidelines for Americans
2020-2025 Edition
Visit [dga.gov](https://www.dga.gov) for more information.

FOODGROUPS: 20
2020-2025
U.S. DEPARTMENT OF AGRICULTURE

Printable Materials

- The 29 new tip sheets in PDF
- The MyPlate Plan for each calorie level in PDF
- New PDFs will be available in English and Spanish
- Start Simple with MyPlate tip sheet available in 22 languages

Graphics

- Expanded Food Group gallery images
- See images of foods in cup/ounce equivalents



Thank you!

Questions?

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