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

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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*

**Stage 1:** IDENTIFY Topics and Supporting Scientific Questions

**Stage 2:** APPOINT a Dietary Guidelines Advisory Committee to Review Evidence

**Stage 3:** DEVELOP the Dietary Guidelines

**Stage 4:** IMPLEMENT the Dietary Guidelines
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

**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

**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

*See the Scientific Report of the 2020 Dietary Guidelines Advisory Committee for more information about the relationships between diet and health examined by the 2020 Dietary Guidelines Advisory Committee.
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

Follow a healthy dietary pattern at every life stage.

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

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

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

4. DGA DietaryGuidelines.gov
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

* NOTE: Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns
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:
- 75% of people have dietary patterns low in vegetables, fruits, and dairy.
- 63% exceed the limit for added sugars.
- 77% exceed the limit for saturated fat.
- 90% 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
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.
Children & Adolescents
Healthy Eating Index Scores Across Childhood and Adolescence

Data Source: Analysis of What We Eat in America, NHANES 2015-2016, ages 1 through 18, day 1 dietary intake, weighted.
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
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

<table>
<thead>
<tr>
<th>CALORIE LEVEL OF PATTERN</th>
<th>1,600</th>
<th>1,800</th>
<th>2,000</th>
<th>2,200</th>
<th>2,400</th>
<th>2,600</th>
<th>2,800</th>
<th>3,000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FOOD GROUP OR SUBGROUP</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables (cup eq/day)</td>
<td>2 ½</td>
<td>2 ½</td>
<td>3 ½</td>
<td>3 ½</td>
<td>3 ½</td>
<td>3 ½</td>
<td>4 ½</td>
<td>4 ½</td>
</tr>
<tr>
<td>Dark-Green Vegetables (cup eq/wk)</td>
<td>1 ½</td>
<td>1 ½</td>
<td>1 ½</td>
<td>2</td>
<td>2</td>
<td>2 ½</td>
<td>2 ½</td>
<td>2 ½</td>
</tr>
<tr>
<td>Red &amp; Orange Vegetables (cup eq/wk)</td>
<td>4 ½</td>
<td>5 ½</td>
<td>5 ½</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>7</td>
<td>7 ½</td>
</tr>
<tr>
<td>Beans, Peas, Lentils (cup eq/wk)</td>
<td>1 ½</td>
<td>1 ½</td>
<td>1 ½</td>
<td>2</td>
<td>2</td>
<td>2 ½</td>
<td>2 ½</td>
<td>3</td>
</tr>
<tr>
<td>Starchy Vegetables (cup eq/wk)</td>
<td>4 ½</td>
<td>5</td>
<td>5</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Other Vegetables (cup eq/wk)</td>
<td>3 ½</td>
<td>4</td>
<td>4</td>
<td>5</td>
<td>5</td>
<td>5 ½</td>
<td>5 ½</td>
<td>7</td>
</tr>
<tr>
<td>Fruits (cup eq/day)</td>
<td>1 ½</td>
<td>1 ½</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2 ½</td>
<td>2 ½</td>
<td>2 ½</td>
</tr>
<tr>
<td>Grains (ounce eq/day)</td>
<td>5</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Whole Grains (ounce eq/day)</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3 ½</td>
<td>4</td>
<td>4 ½</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Refined Grains (ounce eq/day)</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>3 ½</td>
<td>4</td>
<td>4 ½</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Dairy (cup eq/day)</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Protein Foods (ounce eq/day)</td>
<td>5</td>
<td>5</td>
<td>5 ½</td>
<td>6</td>
<td>6 ½</td>
<td>6 ½</td>
<td>7</td>
<td>7</td>
</tr>
</tbody>
</table>

### Protein Foods Subgroups in Weekly Amounts

| Meats, Poultry, Eggs (ounce eq/wk) | 23  | 23  | 26  | 28  | 31  | 33  | 33  |
| Seafood (ounce eq/wk)              | 8  | 8  | 8  | 9  | 10  | 10  | 10  |
| Nuts, Seeds, Soy Products (ounce eq/wk) | 4  | 4  | 5  | 5  | 5  | 6  | 6  |
| Oils (grams/day)                   | 22  | 24  | 27  | 29  | 31  | 34  | 36  | 44  |

### Limit on Calories for Other Uses

| (kcal/day) | 100  | 140  | 240  | 250  | 320  | 350  | 370  | 440  |
| Limit on Calories for Other Uses (%/day) | 6%  | 8%  | 12%  | 11%  | 13%  | 13%  | 13%  | 15%  |
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

<table>
<thead>
<tr>
<th>Get a mix of healthy foods</th>
<th>- Whole fruits, veggies, whole grains, proteins, low-fat or fat-free dairy, oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat calcium and vitamin D-rich foods</td>
<td>- Eat low-fat or fat-free dairy or fortified soy alternatives</td>
</tr>
</tbody>
</table>
| 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 |
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.
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.

<table>
<thead>
<tr>
<th>Typical Burrito Bowl</th>
<th>Nutrient-Dense Burrito Bowl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories = 1,120</td>
<td>Total Calories = 715</td>
</tr>
<tr>
<td>White rice (1 ½ cups)</td>
<td>Brown rice (1 cup) + Romaine lettuce (½ cup)</td>
</tr>
<tr>
<td>Black beans (¼ cup)</td>
<td>Black beans, reduced sodium (¼ cup)</td>
</tr>
<tr>
<td>Chicken cooked with sauce (2 ounces)</td>
<td>Grilled chicken with spice rub (2 ounces)</td>
</tr>
<tr>
<td>No grilled vegetables</td>
<td>Added grilled vegetables (¼ cup)</td>
</tr>
<tr>
<td>Guacamole (¼ cup)</td>
<td>Sliced avocado (5 slices)</td>
</tr>
<tr>
<td>Jarred salsa (¼ cup)</td>
<td>Fresh salsa/pico de gallo (¼ cup)</td>
</tr>
<tr>
<td>Sour cream (¼ cup)</td>
<td>No sour cream</td>
</tr>
<tr>
<td>Cheese (¼ cup)</td>
<td>Reduced-fat cheese (¼ cup)</td>
</tr>
<tr>
<td>Jalapeño (5 slices)</td>
<td>Jalapeño (5 slices)</td>
</tr>
<tr>
<td>Iced tea with sugar (16 ounces)</td>
<td>Iced tea, no sugar (16 ounces)</td>
</tr>
</tbody>
</table>
Nutrition Facts Label

Sample Label for Frozen Lasagna

1. Serving Information
2. Calories
3. Nutrients

4. Quick Guide to percent Daily Value (%DV)
   - 5% or less is low
   - 20% or more is high

https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label
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
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
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 B$_{12}$ 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)

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](http://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!

*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.
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")

Make every bite count with the Dietary Guidelines

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

MyPlate call to action ("how")

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.
Key MyPlate Tools & Resources

Now Available in Spanish

Small Changes Matter: Start Simple With MyPlate Today.
Healthy eating is important at every stage of life.

Los pequeños cambios valen mucho. Comience hoy de una forma sencilla con MiPlato.
La alimentación saludable es muy importante en todas las etapas de la vida.
Key MyPlate Tools & Resources (con’t)

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

**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

Enter Quiz Results Code
Enter the 6 digit code provided with your results below.

Next
Cancel

Start simple
with MyPlate

Meet your food group goals one step at a time
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

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

- 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

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.

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 preferences, cultural foodways, and budget needs, and includes sample tips as starter ideas. Get the most out of the app with its Scavenger Hunt Workbooks, 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

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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