

Table 7C. USDA Dietary Guidelines for Americans

Risk Intervention and Goals	Key Recommendations	Special Population Recommendations
Adequate nutrients within calorie needs	<ul style="list-style-type: none"> • Consume a variety of nutrient-dense foods/beverages with the basic food groups.* • Limit intake of saturated and trans-fats, cholesterol, added sugars, salt, and alcohol.† • Balance intake of calories with energy needs. 	<ul style="list-style-type: none"> • Adults age >50 – consume vitamin B₁₂. • Women planning pregnancy – consume foods rich in heme-iron and/or iron-rich plant and fortified foods; supplement with synthetic and fortified sources of food containing folic acid. • Women in first trimester – consume adequate synthetic folic acid in addition to food forms of folate. • Older adults, those with dark skin, and those not exposed to sufficient sunlight – consume extra vitamin D from vitamin D-fortified food and/or supplements.
Weight management	<ul style="list-style-type: none"> • Maintain body weight in healthy range by balancing calories with energy expended. • Prevent gradual weight gain by making small decreases in food/beverage calories and increased physical activity. 	<ul style="list-style-type: none"> • Overweight adults – slow steady weight loss accomplished by decreasing calories and increasing physical activity; maintain adequate nutrient intake. • Overweight children – consultation with a healthcare provider is recommended to ensure that the reduction of body weight does not interfere with growth and development. • Pregnant women – ensure appropriate weight gain under supervision of healthcare provider. • Breastfeeding women – moderate weight loss is safe and does not compromise nursing infants.
Physical activity	<ul style="list-style-type: none"> • Engage in at least 30 minutes of moderate-intensity physical activity on most days of the week. • Greater health benefits can be obtained by engaging in vigorous intensity or longer duration. • Manage body weight gain by engaging in 60 minutes of moderate-to-vigorous intensity activity on most days per week. • Sustain weight loss by engaging in 60–90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. • Achieve over-all physical fitness by including a variety of exercise modalities (cardiovascular stretching, resistance, and calisthenics). 	<ul style="list-style-type: none"> • Children and adolescents – engage in 60 minutes of physical activity on most, preferably all, days of the week. • Pregnant women – if no medical or obstetric complications are present, engage in 30 minutes or more of moderate intensity physical activity most days of the week; avoid falls and abdominal trauma. • Breastfeeding women – no contraindications to exercise. • Older adults – regular physical activity will help reduce functional declines associated with aging.
Fats	<ul style="list-style-type: none"> • <10% calories from saturated fat • <300 mg/d cholesterol • Limit saturated trans-fatty acids. • Total fat 20%–35% of total calories; emphasize polyunsaturated and monounsaturated fatty acids (ie fish, nuts, vegetable oils); consume only lean, low-fat or fat-free meat, poultry, milk, and dairy products. 	<ul style="list-style-type: none"> • Children and adolescents: <ul style="list-style-type: none"> –ages 2 to 3 (30%–35% calories from fat) –ages 4 to 18 (25%–35% calories from fat)
Carbohydrates	<ul style="list-style-type: none"> • Fiber-rich fruits, vegetables, whole grains. • Limit intake of foods with added sugars or caloric sweeteners. 	

Table 7C. USDA Dietary Guidelines for Americans (cont'd)

Sodium and potassium	<ul style="list-style-type: none">• Consume potassium-rich foods daily.• <2,300 mg sodium/d	<ul style="list-style-type: none">• Middle-aged and older adults, blacks, and those with hypertension:<ul style="list-style-type: none">–Sodium intake \leq1,500 mg/d–Potassium intake 4,700 mg/d
Alcohol	<ul style="list-style-type: none">• Limit alcohol to 1 drink/d for women; 2 drinks/d for men.• Do not begin alcohol consumption if presently not used.	<ul style="list-style-type: none">• Restrict alcohol in women of child-bearing age who are planning pregnancy, pregnant women, children and adolescents, medication warnings/interactions, certain medical conditions.

* See Figure 7.

† See Table 7B.

Dietary Guidelines for Americans 2005. US Department of Health and Human Services. Available at: <http://www.healthierus.gov/dietaryguidelines>. Accessed on February 14, 2005.