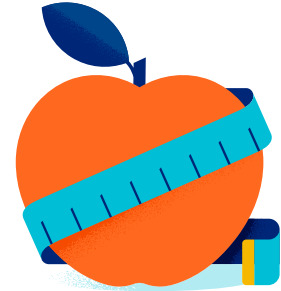


Health tip: Dietary Guidelines



The food and beverages you choose to consume may have a large impact on your overall health status. With the assistance of dietary research since the 1980's, it has been found that enjoying a healthier dietary pattern may not only help you achieve and maintain good health, but also help reduce the risk of having a chronic disease throughout all stages of life. Recently, diet-related chronic disease rates have risen to concerning levels and continue to be a major public health initiative.²

With that being said, the U. S. Department of Health and Human Services and the U. S. Department of Agriculture publish dietary guidelines every 5 years. These guidelines reflect advancements in scientific knowledge and may help Americans make healthier choices in their daily lives to help prevent chronic diseases and enjoy healthier eating habits.¹

It is recommended by the Office of Disease Prevention and Health Promotion to consume a healthier eating pattern that accounts for all foods and beverages within an appropriate calorie level.¹ Following these dietary guidelines, in conjunction with regular physical activity, may help with weight loss or weight management, chronic disease reduction, and supports an overall healthier lifestyle.²

Did you know?

1/2 of all American adults have one or more preventable diseases related to poor eating and physical inactivity.¹

Examples include:

- Cardiovascular disease
- High blood pressure
- Type 2 diabetes
- Some cancers
- Poor bone health

Sources of Nutrition

(recommendations may vary by age, gender, and activity level)^{1,3}

Fruits	Vegetables	Grains	Dairy	Protein
<ul style="list-style-type: none"> • Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. • 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group. 	<ul style="list-style-type: none"> • Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. • Based on their nutrient content, vegetables are organized into five subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. 	<ul style="list-style-type: none"> • Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. • Grains are divided into 2 subgroups, whole grains and refined grains. • At least half of all the grains eaten should be whole grains. 	<ul style="list-style-type: none"> • All fluid milk products, many foods made from milk, and foods made from milk that retain their calcium content are considered part of this food group. • Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of this group. • Most dairy group choices should be fat-free or low-fat. 	<ul style="list-style-type: none"> • All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein group. • Meat and poultry choices should be lean or low-fat. • Vegetarian options include beans and peas, processed soy products, and nuts and seeds.



A healthier eating pattern includes:

- A variety of vegetables from all subgroups such as dark green, red and orange, legumes (beans and peas), and starches
- 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 beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, nuts, seeds, and soy products



¹ Office of Disease Prevention and Health Promotion, <https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines/about-dietary-guidelines>, accessed August 2021.

² Dietary Guidelines for Americans, https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf, accessed August 2021.

³ United States Department of Agriculture, <https://www.myplate.gov/eat-healthy/fruits>, <https://www.myplate.gov/eat-healthy/vegetables>, <https://www.myplate.gov/eat-healthy/grains>, <https://www.myplate.gov/eat-healthy/dairy>, <https://www.myplate.gov/eat-healthy/protein-foods>, accessed August 2021.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.