Developed by the USDA Center for Nutrition Policy and Promotion

Based on the Dietary Guidelines for Americans, 2000, jointly released by the United States Department of Agriculture and the United States Department of Health and Human Services.

How to order

This publication, as well as the complete 40-page booklet, Nutrition and Your Health: Dietary Guidelines for Americans, 5th Edition, 2000, may be viewed and downloaded from www.usda.gov/cnpp.

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Policy and Promotion

Using the DIETARY GUIDELINES FOR AMERICANS

...for good health
Aim for fitness

▲ Aim for a healthy weight—balance the calories you eat with physical activity.
▲ Get moving. Do 30 minutes or more of moderate physical activity most days or every day. Make physical activity part of your daily routine.
▲ Choose foods and amounts of food according to Chart 1. Eating sensible portion sizes (see below) is one key to a healthy weight.
▲ Set a good example for children. Eat healthy meals and enjoy regular physical activities together.

Children need at least 60 minutes of physical activity daily.

Build your eating pattern on a variety of grains, including whole grain foods daily. Choose sensibly.

Enjoy five a day—fruits and vegetables.

To keep your sodium intake moderate, choose and prepare foods with less salt or salty flavorings.

Aim, Build, and Choose — for good health

Choose sensibly

▲ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
▲ Choose beverages and foods to moderate your intake of sugars.
▲ Choose and prepare foods with less salt.

If you drink alcoholic beverages, do so in moderation.

Keep food safe to eat

▲ Wash hands and surfaces often.
▲ Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.
▲ Cook foods to a safe temperature.
▲ Refrigerate perishable foods promptly.
▲ Check and follow the label.
▲ When in doubt, throw it out.

Build a healthy base

Use the Food Guide Pyramid (Figure 1) to help make healthy food choices that you can enjoy. For children 2 to 6 years old, see the Pyramid for Young Children (Figure 2). Chart 1 gives a quick guide to Pyramid food groups and servings.

▲ Build your eating pattern on a variety of grains, fruits, and vegetables.
▲ Include several servings of whole grain foods daily—such as whole wheat, brown rice, oats, and whole grain corn.
▲ Enjoy five a day—at least 2 servings of fruit and at least 3 servings of vegetables each day. Choose dark green leafy vegetables, orange fruits and vegetables, and cooked dry beans and peas often.
▲ Also choose foods from the milk and the meat and beans groups each day. Make low-fat choices most often.
▲ It’s fine to enjoy fats and sweets occasionally.

C HOOSE S ENSIBLE PORTION SIZES

▲ If you’re eating out, order small portions, share an entrée with a friend, or take part of the food home (if you can chill it right away).
▲ Check product labels to see how much food is considered to be a serving. Many items sold as single portions actually provide 2 servings or more—such as a 20-ounce soft drink, a 12-ounce steak, a 3-ounce bag of chips, or a large bagel.
▲ Be especially careful to limit portion size of foods high in calories, such as cookies, cakes, other sweets, French fries, and fats, oils, and spreads.

CHART 1: EATING SENSIBLE PORTION SIZES

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Saturated Fat</th>
<th>Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 small bagel</td>
<td>130</td>
<td>2 g</td>
<td>6 g</td>
</tr>
<tr>
<td>1 medium bagel</td>
<td>250</td>
<td>4 g</td>
<td>10 g</td>
</tr>
<tr>
<td>1 large bagel</td>
<td>350</td>
<td>6 g</td>
<td>14 g</td>
</tr>
</tbody>
</table>

Chart 1 gives a quick guide to Pyramid food groups and servings.

It’s a great pleasure. There are many foods and many ways to build a healthy diet and lifestyle; so there is lots of room for choice. Enjoy the food you and your family eat and take action for good health.

By following these Guidelines, you can promote your health and reduce your risk for chronic diseases such as heart disease, certain cancers, diabetes, stroke, and hypertension. These diseases are leading causes of death and disability among Americans.

The ABC’s of nutrition for your health and that of your family are:

Aim for fitness.

Build a healthy base.

Choose sensibly.

Chart 1.

Keep food safe to eat.

Choose sensibly.

Aim for a healthy weight.

Build a healthy base.

Choose sensibly.

Keep food safe to eat.

Build a healthy base.

Choose sensibly.

Choose fruits and vegetables.

Choose sensibly.

Eat healthy meals and enjoy regular physical activities together.

Choose sensibly.

Choose foods and amounts of food according to Chart 1. Eating sensible portion sizes (see below) is one key to a healthy weight.

Choose sensibly.

Enjoy five a day—fruits and vegetables.

Aim for a healthy weight.

Aim for a healthy weight.

Build a healthy base.

Include several servings of whole grain foods daily—such as whole wheat, brown rice, oats, and whole grain corn.

Enjoy five a day—at least 2 servings of fruit and at least 3 servings of vegetables each day. Choose dark green leafy vegetables, orange fruits and vegetables, and cooked dry beans and peas often.

Also choose foods from the milk and the meat and beans groups each day. Make low-fat choices most often.

It’s fine to enjoy fats and sweets occasionally.

KEEP FOOD SAFE TO EAT

▲ Wash hands and surfaces often.
▲ Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.
▲ Cook foods to a safe temperature.
▲ Refrigerate perishable foods promptly.
▲ Check and follow the label.
▲ When in doubt, throw it out.

WHAT IS YOUR LIMIT ON FAT?

<table>
<thead>
<tr>
<th>Total Calories</th>
<th>Saturated Fat</th>
<th>Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,600</td>
<td>18 or less</td>
<td>51</td>
</tr>
<tr>
<td>2,000**</td>
<td>20 or less</td>
<td>65</td>
</tr>
<tr>
<td>2,200**</td>
<td>14 or less</td>
<td>75</td>
</tr>
<tr>
<td>2,500**</td>
<td>25 or less</td>
<td>80</td>
</tr>
<tr>
<td>2,800</td>
<td>31 or less</td>
<td>93</td>
</tr>
</tbody>
</table>

*These limits are less than 10% of calories for saturated fat, and 30% of calories for total fat.
**Percent Daily Values on the Nutrition Facts Label are based on a 2,000-calorie diet. Values for 2,200 and 2,500 calories are rounded to the nearest 5 grams to be consistent with the Nutrition Facts Label.