

HEALTH EDUCATION
Nutrition
PL-04-1.1.2

Dietary Guidelines for Americans
Key Recommendations
DOK 2

Adequate Nutrients within Calorie Needs
*adopt a balanced eating pattern

Encourage Certain Food Groups
*variety of fruits & vegetables

Weight Management
*stay in a healthy range

Physical Activity
*get moving daily

*Choose
*Limit: saturat
*Meet reco

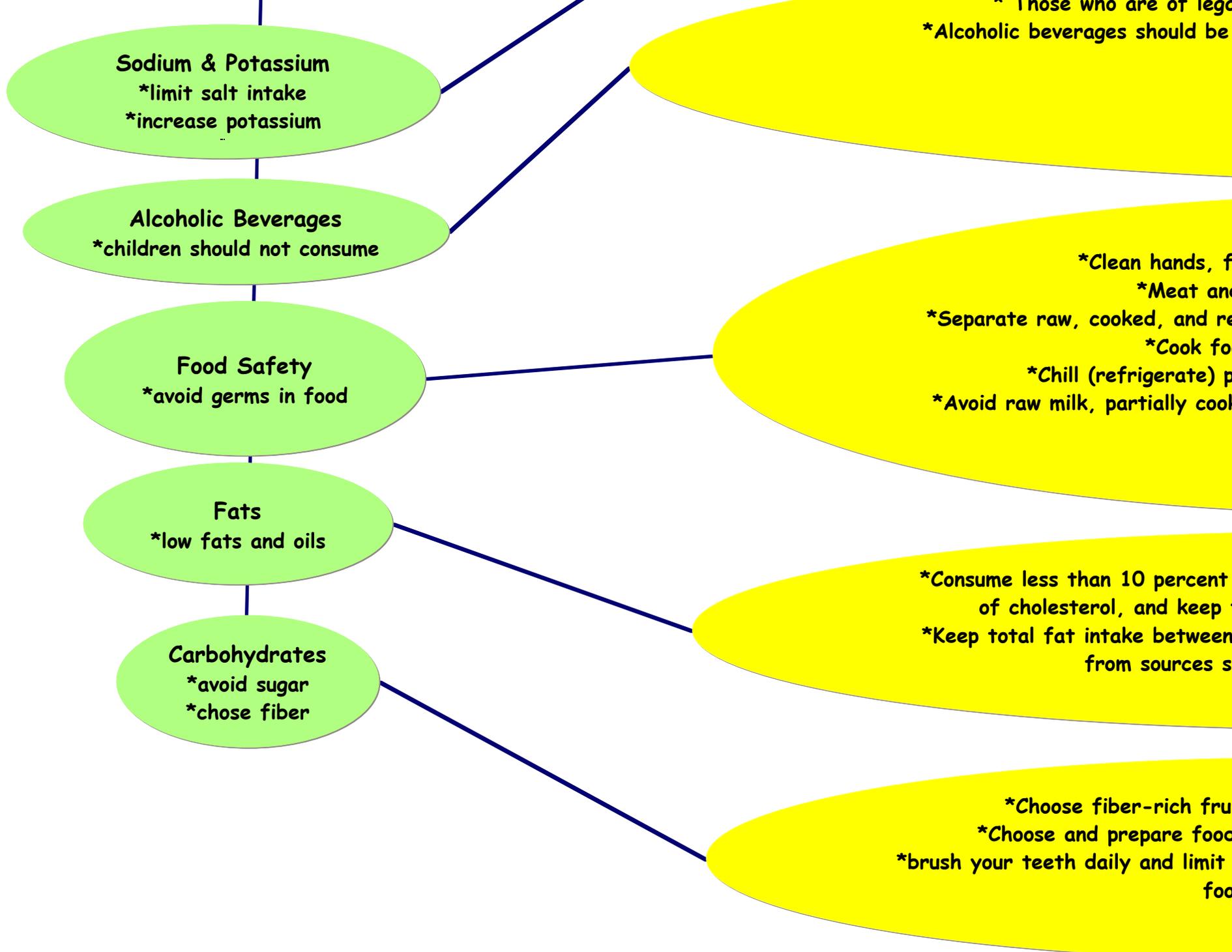
*Select from
v

*Balance
*Prevent gra

*Engage in regul
health
*To help manag
adulthood: engag
days of

*eat less than
*Choose and prep

* Those who are of lega
*Alcoholic beverages should be



Sodium & Potassium
*limit salt intake
*increase potassium

Alcoholic Beverages
*children should not consume

Food Safety
*avoid germs in food

Fats
*low fats and oils

Carbohydrates
*avoid sugar
*chose fiber

*Alcoholic beverages should be

*Clean hands, f
*Meat an
*Separate raw, cooked, and re
*Cook fo
*Chill (refrigerate) p
*Avoid raw milk, partially cook

*Consume less than 10 percent
of cholesterol, and keep
*Keep total fat intake between
from sources s

*Choose fiber-rich fru
*Choose and prepare food
*brush your teeth daily and limit
food

Choose nutrient-dense foods and beverages.

**Limit saturated & trans fats, cholesterol, sugars, salt & alcohol
and meet recommended intakes within energy needs.**

Consume a variety of vegetables from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

***Consume whole-grain products.**

***Consume fat-free or low-fat milk.**

Balance calories from foods and beverages with calories expended.

To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

Engage in regular physical activity and reduce couch-potato activities to promote overall health, psychological well-being, and a healthy body weight.

To manage body weight and prevent gradual, unhealthy body weight gain in adulthood, engage in approximately 60 minutes of medium to hard activity on most days of the week while not exceeding caloric intake requirements.

Limit sodium intake to less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.

Limit sodium intake to less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day. And prepare foods with little salt. At the same time, eat potassium-rich foods, such as fruits and vegetables.

Individuals of legal age and choose to drink alcoholic beverages should do so sensibly and in self-control.

Alcohol consumption should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving a vehicle.

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***Children should avoid drinking alcoholic beverages.**

hands, food contact surfaces, and fruits and vegetables.
meat and poultry should not be washed or rinsed.
and ready-to-eat foods while shopping, preparing, or storing foods.
cook foods to a safe temperature to kill germs.
rate) perishable food promptly and defrost foods properly.
ly cooked eggs, undercooked meat/poultry, unpasteurized juices and
raw sprouts.

percent of calories from fatty acids and less than 300 mg/day
keep trans fatty acid consumption as low as possible.
between 20 to 35 percent of calories, with most fats coming
sources such as fish, nuts, and vegetable oils.

ch fruits, vegetables, and whole grains often.
e foods and beverages with little added sugars
I limit the consumption of sugar- and starch-containing
foods and beverages.