

**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

**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

\*Choose nutrient-dense foods and beverages.  
 \*Limit: saturated & trans fats, cholesterol, sugars, salt & alcohol  
 \*Meet recommended intakes within energy needs.

\*Select 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.  
 \*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 health, psychological well-being, and a healthy body weight.  
 \*To help 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.

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

\* Those who are of legal age and choose to drink alcoholic beverages should do so sensibly and in self-control.  
 \*Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.  
 \*Children should avoid drinking alcoholic beverages.

\*Clean hands, food contact surfaces, and fruits and vegetables.  
 \*Meat and poultry should not be washed or rinsed.  
 \*Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.  
 \*Cook foods to a safe temperature to kill germs.  
 \*Chill (refrigerate) perishable food promptly and defrost foods properly.  
 \*Avoid raw milk, partially cooked eggs, undercooked meat/poultry, unpasteurized juices and raw sprouts.

\*Consume less than 10 percent of calories from fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.  
 \*Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources such as fish, nuts, and vegetable oils.

\*Choose fiber-rich fruits, vegetables, and whole grains often.  
 \*Choose and prepare foods and beverages with little added sugars  
 \*brush your teeth daily and limit the consumption of sugar- and starch-containing foods and beverages.