

Dietary Guidelines for Americans 2005

In January 2005, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture (USDA) jointly released the 2005 *Dietary Guidelines for Americans*. These new guidelines outline recommendations to promote health and reduce the risk of chronic disease through nutritious eating and physical activity.

The new guidelines encourage Americans over 2 years of age to eat a variety of nutrient-dense foods. Recommended items include fruits, vegetables, fat-free or low-fat milk and milk products, lean meats, poultry, fish, beans, eggs, nuts, and whole grains such as brown rice and whole wheat bread. The guidelines also recommend a diet low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

The new *Dietary Guidelines* include a discretionary calories allowance, which can be used to select foods that are not nutrient dense. The discretionary calories allowance is the balance of a person's recommended caloric intake that remains after nutrient-dense foods in each food group have been chosen. These calories can come from items like whole milk, rather than fat-free milk, or from food additions such as salad dressing, sugar, and butter.

With regard to physical activity, the new *Dietary Guidelines* recommend that adults perform at least 30 minutes of moderate-intensity physical activity on most—preferably all—days of the week to reduce the risk of certain chronic diseases, such as high blood pressure, stroke, and type 2 diabetes. Sixty minutes of moderate- to vigorous-intensity physical activity on most days of the week is recommended to prevent gradual weight gain. To sustain weight loss, adults should participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not over-consuming calories. Children and adolescents are encouraged to engage in at least 60 minutes of physical activity on most, preferably all, days of the week.



Following the release of the new *Dietary Guidelines*, the USDA introduced a new food guidance system in April 2005. Adapted from the previous Food Guide Pyramid and based on the new guidelines, "MyPyramid" is an interactive system that enables consumers to build a personalized health pyramid to fit individual lifestyles. It stresses the importance of physical activity, moderation, and a diet that includes all of the food groups. A detailed explanation of MyPyramid and an interactive teaching tool can be accessed via the Internet at www.mypyramid.gov.

The sample food guide included in this insert is based on a 2,000-calorie diet. It updates the *Dietary Guidelines* information found in the publications of the Weight-control Information Network (WIN). For more information on weight control, physical activity, and related nutritional issues, please visit the WIN website at www.win.niddk.nih.gov.



Sample USDA Food Guide at the 2,000-Calorie Level*

Food Groups and Subgroups	USDA Food Guide Amount	Equivalent Amounts
Fruit Group	2 cups (4 servings)	<p>1/2 cup-equivalent is:</p> <ul style="list-style-type: none"> • 1/2 cup of fresh, frozen, or canned fruit • 1 small banana, orange, or peach • 1/2 medium grapefruit • 1 large plum • 1/4 cup of dried fruit • 1/2 cup of fruit juice
Vegetable Group	2 1/2 cups (5 servings)	<p>1/2 cup-equivalent is:</p> <ul style="list-style-type: none"> • 1/2 cup of cut-up raw or cooked vegetables • 1 cup of raw leafy vegetables • 1/2 cup of vegetable juice
Grain Group	6 ounce-equivalents (3 ounce-equivalents/day from whole grain sources)	<p>1 ounce-equivalent is:</p> <ul style="list-style-type: none"> • 1 slice of bread • 1 cup of dry cereal • 1/2 cup of cooked rice, pasta, cereal
Meat and Beans Group	5 1/2 ounce-equivalents	<p>1 ounce-equivalent is:</p> <ul style="list-style-type: none"> • 1 ounce of cooked lean meats, poultry, fish • 1 Tbsp of peanut butter • 1 egg • 1/4 cup of cooked dry beans, tofu • 1/2 ounce of nuts or seeds
Milk Group	3 cups	<p>1 cup-equivalent is:</p> <ul style="list-style-type: none"> • 1 cup of low-fat/ fat-free milk, yogurt • 1 1/2 ounces of low-fat or fat-free natural cheese • 2 ounces of low-fat or fat-free processed cheese
Oils	27 grams (6 tsp)	<p>1 tsp-equivalent is:</p> <ul style="list-style-type: none"> • 1 Tbsp of low-fat mayonnaise • 2 Tbsp of light salad dressing • 1 tsp of vegetable oil

*The 2,000-calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age, and for some other gender/age groups who are more physically active.



Additional information on the 2005 Dietary Guidelines for Americans can be found at www.healthierus.gov/dietaryguidelines.

