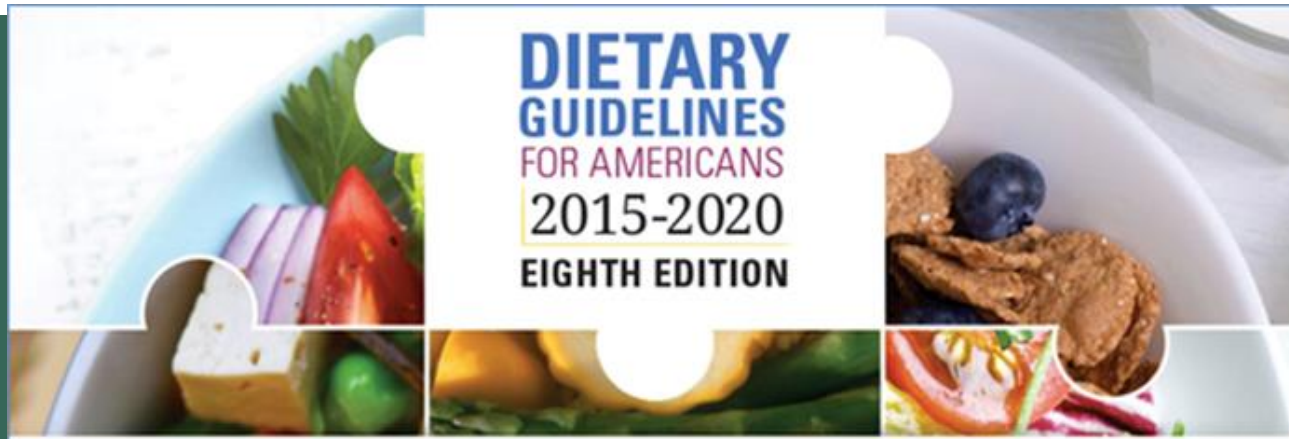



US DIETARY GUIDELINES

NATIONAL NUTRITION MONTH- MARCH 2017



PASCO COUNTY DIETETIC INTERNSHIP

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DIETARY GUIDELINES: BEGINNING

- **1990 NATIONAL NUTRITION MONITORING AND RELATED RESEARCH ACT**
- **CURRENT SCIENTIFIC AND MEDICAL KNOWLEDGE**

DIETARY GUIDELINES: FUNCTION

- **INDIVIDUALS AGES 2 YEARS AND OLDER**
- **NUTRITION & HEALTH POLICIES AND PROGRAMS**
- **FEDERAL NUTRITION EDUCATION MATERIALS**

DIETARY GUIDELINES

FOLLOW A HEALTHY EATING PATTERN ACROSS THE LIFESPAN

FOCUS ON VARIETY, NUTRIENT DENSITY AND AMOUNT

**LIMIT CALORIES FROM ADDED SUGARS AND SATURATED FATS,
AND REDUCE SODIUM INTAKE**

SHIFT TO HEALTHIER FOOD AND BEVERAGE CHOICES

SUPPORT HEALTHY EATING PATTERNS FOR ALL

FOLLOW A HEALTHY EATING PATTERN ACROSS THE LIFESPAN

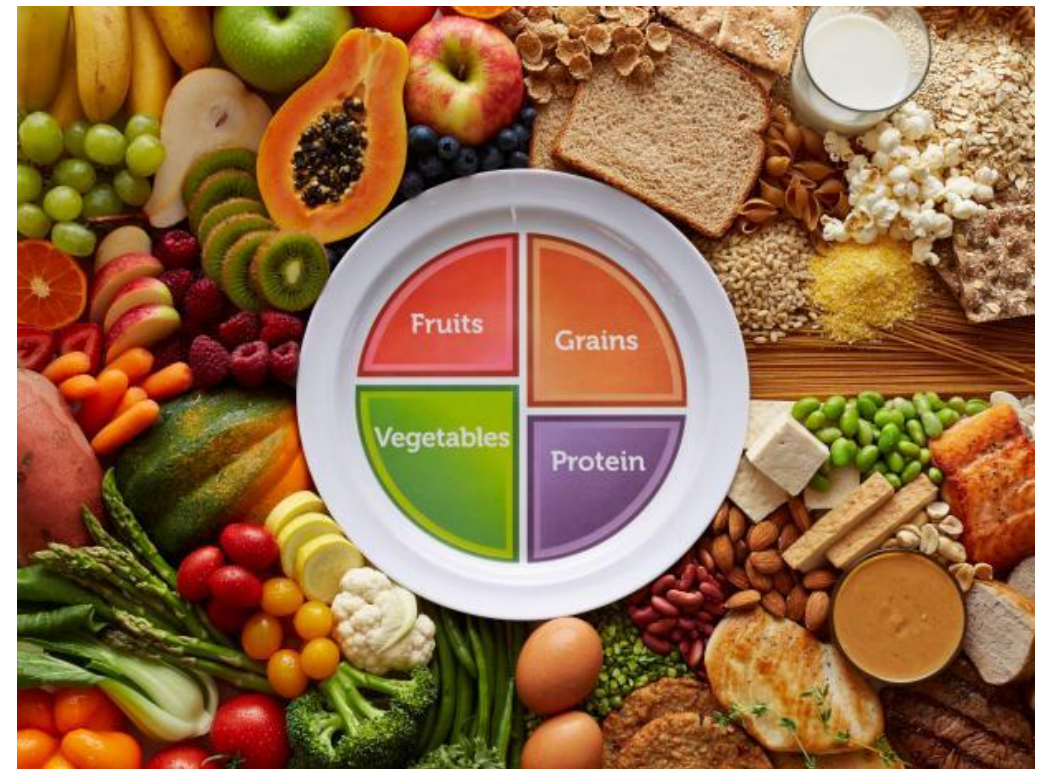
**CHOOSE A HEALTHY EATING PATTERN
AT AN APPROPRIATE CALORIE LEVEL TO:**



FOCUS ON VARIETY, NUTRIENT DENSITY, AND AMOUNT

**MEET NUTRIENT NEEDS WITHIN
CALORIE LIMITS**

**CHOOSE A VARIETY OF NUTRIENT-
DENSE FOODS ACROSS AND WITHIN ALL
FOOD GROUPS IN RECOMMENDED
AMOUNTS.**



FOCUS ON VARIETY, NUTRIENT DENSITY, AND AMOUNT



LIMIT CALORIES FROM ADDED SUGARS AND SATURATED FATS AND REDUCE SODIUM INTAKE

CONSUME AN EATING PATTERN LOW IN ADDED SUGARS, SATURATED FATS, AND SODIUM.

CUT BACK ON FOODS AND BEVERAGES HIGHER IN THESE COMPONENTS TO AMOUNTS THAT FIT WITHIN HEALTHY EATING PATTERNS.

ADDED SUGARS

• < 10% OF CALORIES / DAY

SATURATED FATS

• < 10% OF CALORIES / DAY

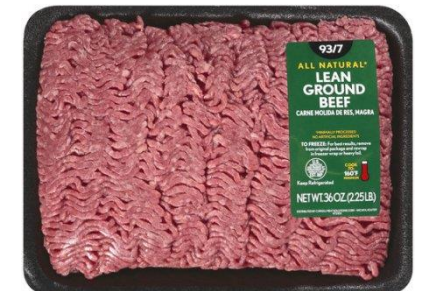
SODIUM

• < 2,300 MG / DAY

SHIFT TO HEALTHIER FOOD & BEVERAGE CHOICES

INSTEAD OF THESE

TRY THESE



SHIFT TO HEALTHIER FOOD & BEVERAGE CHOICES

INSTEAD OF THESE



TRY THESE



SUPPORT HEALTHY EATING PATTERNS FOR ALL



SUPPORT HEALTHY EATING PATTERNS FOR ALL

Social and Cultural Norms and Values

- **Belief systems**
- **Traditions**
- **Heritage**
- **Religion**
- **Priorities**
- **Lifestyle**
- **Body image**

SUPPORT HEALTHY EATING PATTERNS FOR ALL

Demographics

- Age
- Sex
- Socioeconomic status
- Race/ethnicity
- Disability

Other Personal Factors

- Psychosocial
- Knowledge and skills
- Food preferences