

# A Look Inside the Dietary Guidelines: Understanding the Science and Application

AUGUST 9, 2021

*#SNEB2021: Raising Reliance and Resilience*

# Speakers

## **Moderator:**

**Jackie Haven**, Deputy Administrator, U.S. Department of Agriculture, Food & Nutrition Service, Center for Nutrition Policy and Promotion

## ▶ **Panel Speakers:**

▶ **Julie Obbagy**, Nutritionist, U.S. Department of Agriculture, Food & Nutrition Service, Center for Nutrition Policy and Promotion

▶ **Liz Rahavi**, Nutritionist, U.S. Department of Agriculture, Food & Nutrition Service, Center for Nutrition Policy and Promotion

▶ **Colleen Pierre**, Nutrition Specialist, Maryland WIC State Office



# Developing the *Dietary Guidelines* for Americans, 2020-2025: A transparent, inclusive, and science-driven process

JULIE OBBAGY, PHD, RD | USDA, CENTER FOR NUTRITION POLICY AND PROMOTION,  
NUTRITION EVIDENCE SYSTEMATIC REVIEW (NESR)

SOCIETY FOR NUTRITION EDUCATION AND BEHAVIOR | 2021 ANNUAL CONFERENCE

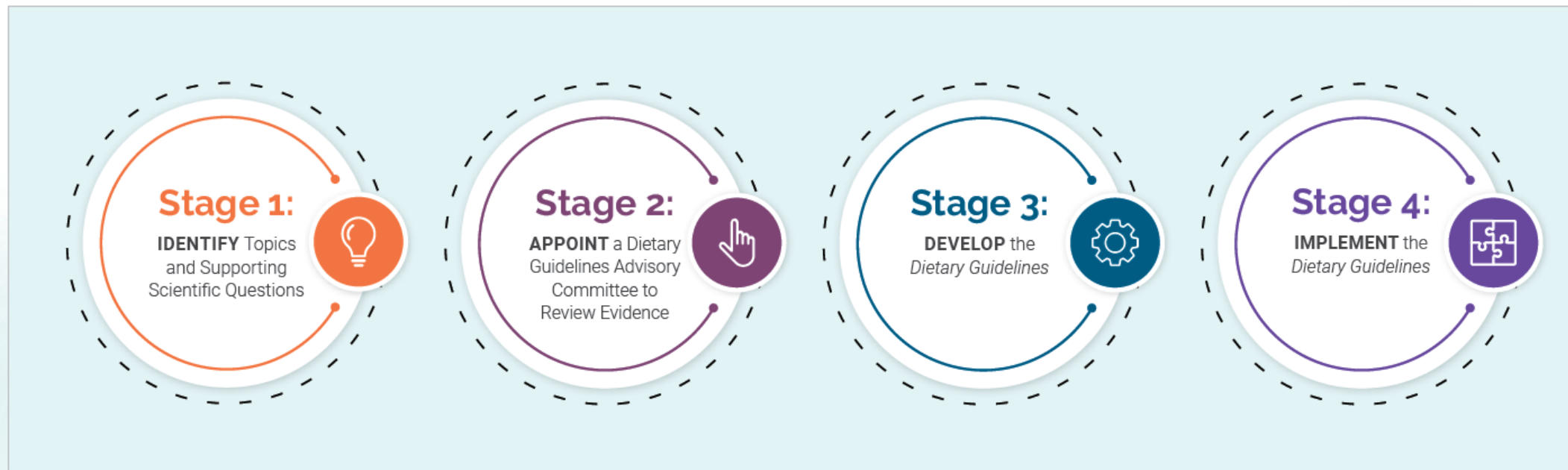
#SNEB2021: Raising Reliance and Resilience

# About the *Dietary Guidelines for Americans*

- ▶ The *Dietary Guidelines* provides science-based advice on what to eat and drink to promote health, help reduce risk of chronic disease, and meet nutrient needs.
- ▶ Serves as the cornerstone of federal nutrition programs and policies
- ▶ Mandated to reflect the preponderance of scientific evidence, and published jointly by USDA and HHS every five years.
- ▶ Targeted to professionals who work with the general public to help them consume a healthy and nutritionally adequate diet and establish policies and services to support these efforts.



# Developing the *Dietary Guidelines*

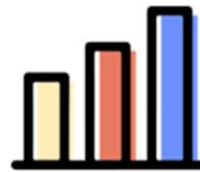


# Stage 1: Identify Topics and Supporting Scientific Questions



- ▶ A new step of identifying topics and scientific questions was added to the beginning of the process.
- ▶ Topics and questions were made available for the public to view and provide comments.
- ▶ Final topics and questions were posted along with the public call for nominations to the 2020 Committee.

# Stage 2: Appoint a Dietary Guidelines Advisory Committee to Review Evidence



**Data Analysis**



**Food Pattern Modeling**



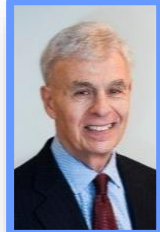
**NESR Systematic Reviews**

- ▶ The Committee answered questions on diet and health using one of three approaches.
- ▶ Each of these approaches has its own rigorous, protocol-driven methodology, and plays a unique, complementary role in examining the science.

# 2020 Dietary Guidelines Advisory Committee



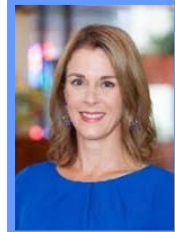
**Barbara Schneeman, PhD**  
University of California-Davis  
*Chair*



**Ronald Kleinman, MD\***  
Harvard Medical School  
*Vice Chair*



**Jamy Ard, MD**  
Wake Forest School of  
Medicine



**Regan Bailey, PhD, MPH, RD**  
Purdue University



**Lydia Bazzano, MD, PhD**  
Tulane University



**Carol Boushey, PhD, MPH, RD**  
University of Hawaii



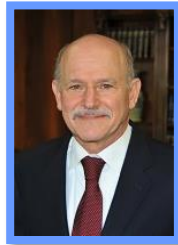
**Teresa Davis, PhD**  
Baylor College of  
Medicine



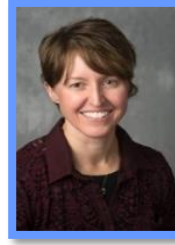
**Kathryn Dewey, PhD**  
University of California-Davis



**Sharon Donovan, PhD, RD**  
University of Illinois



**Steven Heymsfield, MD**  
Louisiana State University



**Heather Leidy, PhD**  
University of Texas



**Richard Mattes, PhD, MPH, RD**  
Purdue University



**Elizabeth Mayer-Davis, PhD, RD**  
University of North Carolina



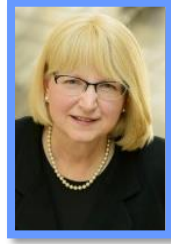
**Timothy Naimi, MD, MPH**  
Boston University



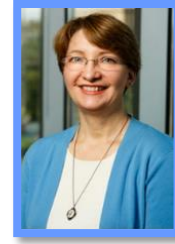
**Rachel Novotny, PhD, RDN, LD**  
University of Hawaii



**Joan Sabaté, DrPH, MD**  
Loma Linda University



**Linda Snetelaar, PhD, RD**  
University of Iowa



**Jamie Stang, PhD, MPH, RDN**  
University of Minnesota



**Elsie Taveras, MD, MPH\***  
Harvard University



**Linda Van Horn, PhD, RDN, LD**  
Northwestern University

\*Massachusetts General Hospital

# Approaches to Examine the Evidence



## **Data Analysis**

A collection of analyses that uses national data sets to help us understand the current health and dietary intakes of Americans. These data help make our advice practical, relevant, and achievable. *The Committee conducted more than 150 analyses of Federal data sets.*



## **Food Pattern Modeling**

Analysis that helps us understand how changes to the amounts or types of foods and beverages in a pattern might impact meeting nutrient needs across the U.S. population. *Several food pattern modeling analyses were completed, and representing for the first time, the 6 to 24 month life stage.*



## **NESR Systematic Review**

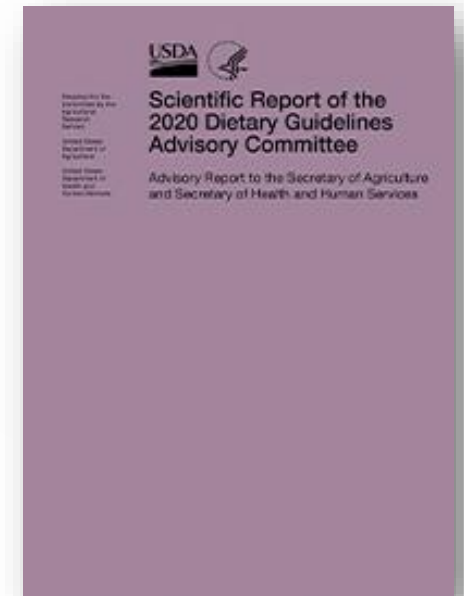
Research project that answers a question on diet and health by searching for, evaluating, and synthesizing all relevant, peer-reviewed studies. *More than 270,000 citations were screened and nearly 1,500 original research articles included in 33 original systematic reviews.*



# From Conclusion Statements to Advice



The Committee looked across all of the conclusion statements – the totality of our scientific review – to develop overarching advice for USDA and HHS to consider as the Departments develop the 2020-2025 Dietary Guidelines.



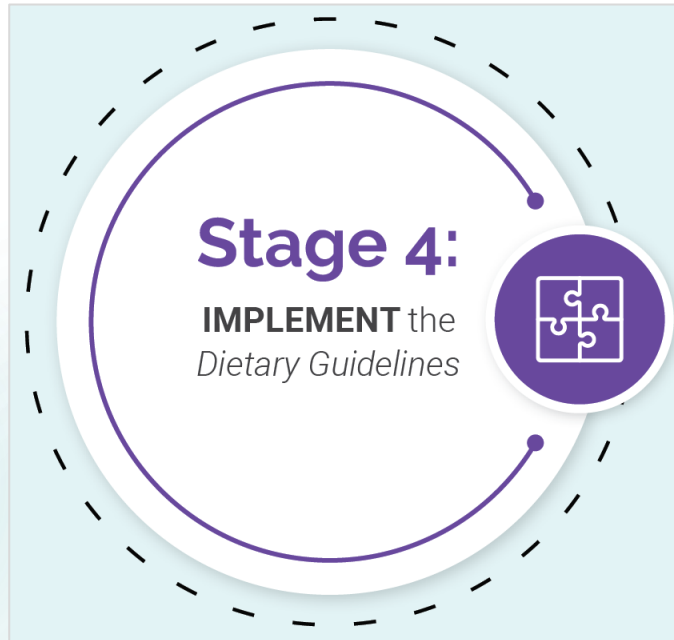
# Stage 3: Develop the *Dietary Guidelines*



Key tenets of writing the *Dietary Guidelines* are that it must:

- ▶ Represent the totality of evidence examined
- ▶ Address the needs of federal programs
- ▶ Reduce unintended consequences
- ▶ Follow the best practices for developing guidelines
- ▶ Use plain language

# Stage 4: Implement the *Dietary Guidelines*



- ▶ Following a healthy dietary pattern from birth through older adulthood can have a profound impact on a person's lifelong health. The *Dietary Guidelines* provides the framework for following such a pattern.
- ▶ However, broad and multisector collaboration is needed to help people achieve that goal.
- ▶ Everyone has a role to play in helping all Americans shift to a healthy dietary pattern and achieve better health.



# From Conclusion Statements to Advice to Guidelines: Iron (Infants and Toddlers)

Current intakes of iron among infants and toddlers

Meeting iron recommendations through complementary foods

Iron from human milk/ infant formula or supplements and health outcomes; complementary feeding and health outcomes

## Data Analysis



## Food Pattern Modeling



## NESR Systematic Reviews



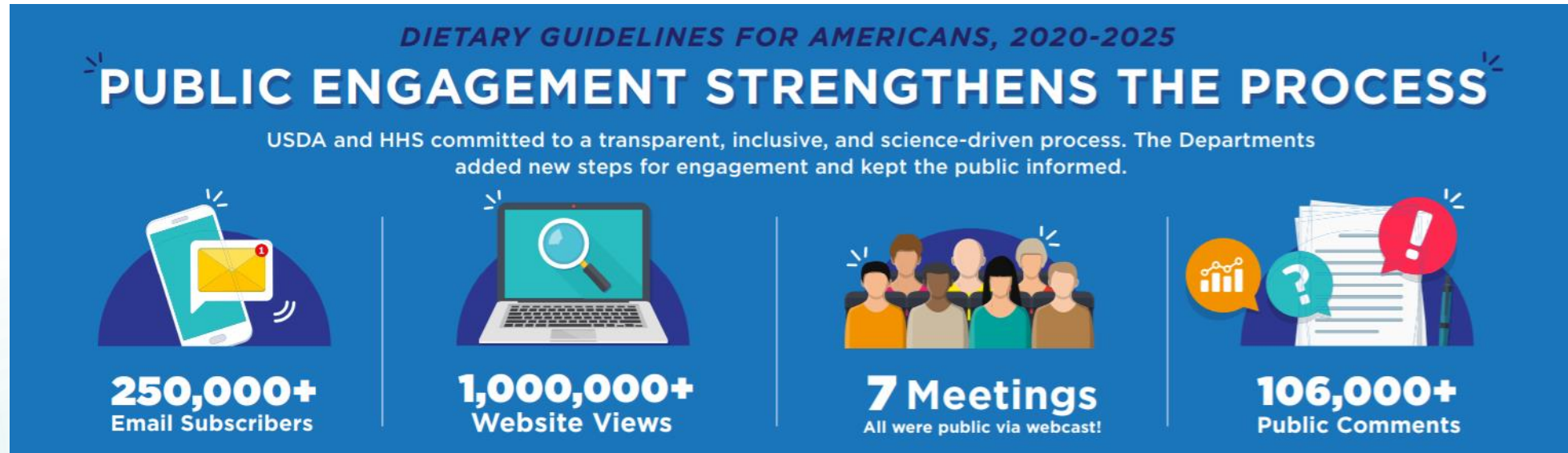
*Committee's Advice:* "Provide foods that are rich in iron and zinc, either intrinsically (e.g., meats) or due to fortification (e.g., iron fortified infant cereal), particularly during the second 6 months of life among breastfed infants. Iron requirements are lower in the second year of life than during infancy but a good source of iron is still needed."



*Dietary Guidelines Key Recommendation:* "Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk." [+ supporting text]



# Public participation opportunities



- ▶ USDA and HHS provided multiple opportunities for public participation before, throughout, and after the 2020 Dietary Guidelines Advisory Committee's review of the science, and the Departments value everyone's engagement.
- ▶ Public engagement is key for implementation of the Guidelines



Make Every  
Bite Count With  
the *Dietary  
Guidelines*



Dietary  
Guidelines  
for Americans

2020 - 2025





# A Roadmap to the *Dietary Guidelines for Americans, 2020-2025*

- ▶ Executive Summary
- ▶ Introduction
- ▶ Chapter 1. Nutrition and Health Across the Lifespan: The Guidelines and Key Recommendations
- ▶ Chapter 2. Infants and Toddlers
- ▶ Chapter 3. Children and Adolescents
- ▶ Chapter 4. Adults
- ▶ Chapter 5. Women Who Are Pregnant or Lactating
- ▶ Chapter 6. Older Adults
- ▶ Appendixes

# The Guidelines

Follow a healthy dietary pattern at every life stage.



Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.



2



4

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



3



Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.





# Follow a healthy dietary pattern at every life stage.

- ▶ At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.
- ▶ **For about the first 6 months of life**, exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable. Provide infants with supplemental vitamin D beginning soon after birth.
- ▶ **At about 6 months**, introduce infants to nutrient-dense complementary foods. Introduce infants to potentially allergenic foods along with other complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk.
- ▶ **From 12 months through older adulthood**, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.



# What is a Dietary Pattern?

- ▶ Represents the totality of what individuals habitually eat and drink
- ▶ The parts of the pattern act synergistically to affect health
- ▶ May better predict overall health status and disease risk than individual foods or nutrients
- ▶ A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits

Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.







# Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.

Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.

A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

- ▶ **Vegetables of all types**—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- ▶ **Fruits, especially whole fruit**
- ▶ **Grains**, at least half of which are whole grain
- ▶ **Dairy**, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- ▶ **Protein foods**, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- ▶ **Oils**, including vegetable oils and oils in food, such as seafood and nuts

# Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person's daily calorie needs and sodium limits.

A healthy dietary pattern doesn't have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages.

## Limits are:

- ▶ **Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- ▶ **Saturated fat**—Less than 10 percent of calories per day starting at age 2.
- ▶ **Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- ▶ **Alcoholic beverages**—Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.

# Healthy Eating Can Promote Health and Reduce Risk of Chronic Disease

Science shows that there are many health benefits related to:

- ▶ Consuming a healthy dietary pattern
- ▶ Meeting food group and nutrient needs with nutrient-dense foods and beverages
- ▶ Limiting intake of foods and beverages that are not nutrient-dense

## Birth Through 23 Months

- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma



## Women Who Are Pregnant or Lactating

- Favorable cognitive development in the child
- Favorable folate status in women during pregnancy and lactation



## Children and Adolescents

- Lower adiposity
- Lower total and low-density lipoprotein (LDL) cholesterol



## Adults, Including Older Adults

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease
- Lower risk of cardiovascular disease mortality
- Lower total and LDL cholesterol
- Lower blood pressure
- Lower risk of obesity
- Lower body mass index, waist circumference, and body fat
- Lower risk of type 2 diabetes
- Lower risk of cancers of the breast, colon, and rectum
- Favorable bone health, including lower risk of hip fracture



# The science behind the *Dietary Guidelines* represents Americans



**The *Dietary Guidelines* is based on science that examines how diet promotes health and prevents disease in:**

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People who are healthy

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People at risk for diet-related chronic diseases

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Some people who live with diet-related chronic diseases



**And the evidence base reflects the diversity of Americans, including:**

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All ages and life stages

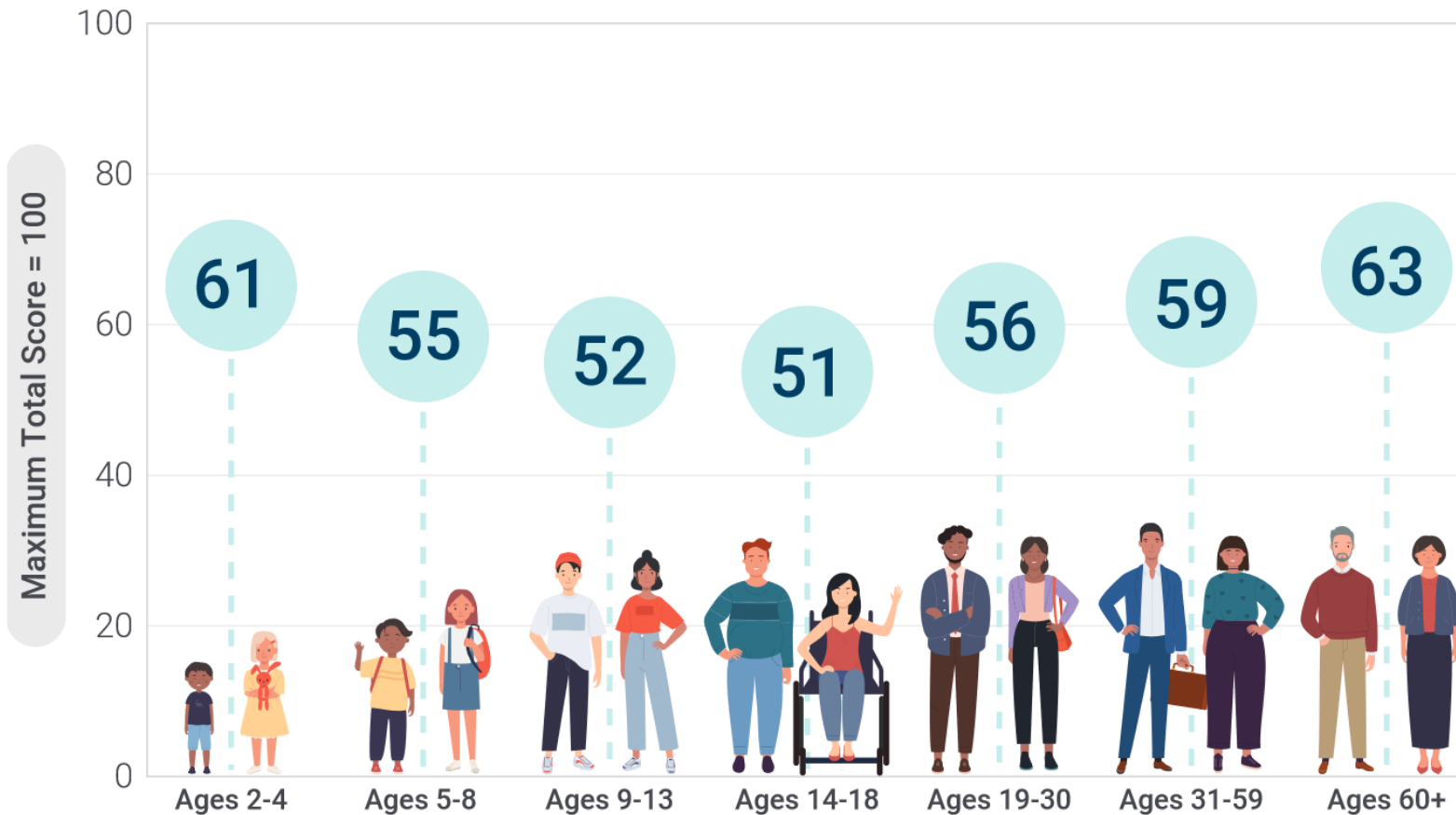
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Different racial and ethnic backgrounds

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A range of socioeconomic statuses

We have important work to do together:  
Americans don't follow the *Dietary Guidelines* and our health is suffering





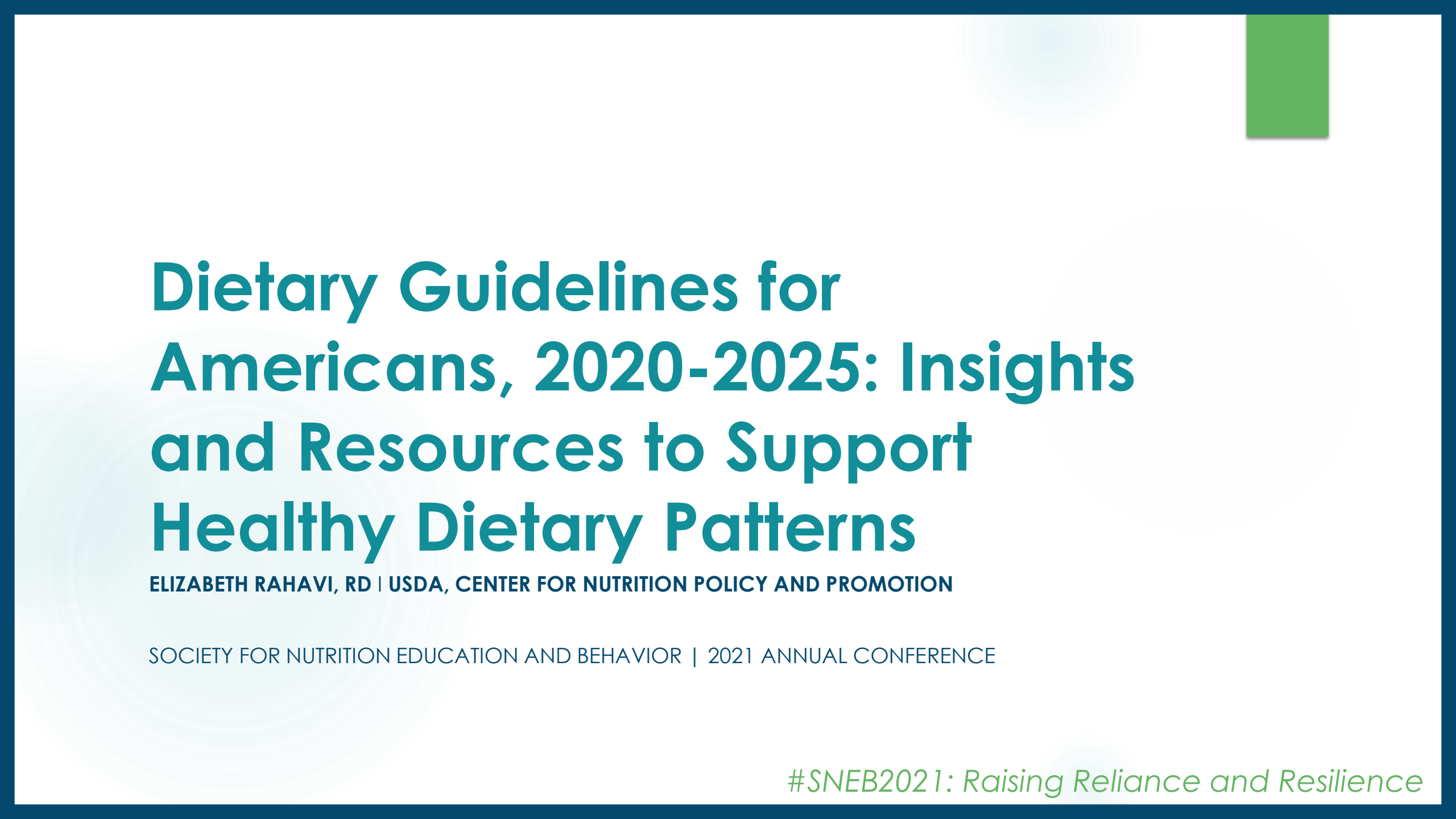
# Support Healthy Dietary Patterns for All Americans

- ▶ Everyone has a role to play to support access to healthy foods and beverages where people live, learn, work, play, and gather
- ▶ Having access to healthy, safe, and affordable food is crucial for an individual to achieve a healthy dietary pattern



# We value transparency and accessibility

- ▶ The *Dietary Guidelines for Americans, 2020-2025* and the 2020 Dietary Guidelines Advisory Committee's work can be found on [DietaryGuidelines.gov](https://dietaryguidelines.gov).
- ▶ NESR Systematic Reviews conducted by the 2020 Dietary Guidelines Advisory Committee can be found on the NESR website: <https://nesr.usda.gov/>.
- ▶ MyPlate tools and resources: [MyPlate.gov](https://myplate.gov).



# Dietary Guidelines for Americans, 2020-2025: Insights and Resources to Support Healthy Dietary Patterns

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SOCIETY FOR NUTRITION EDUCATION AND BEHAVIOR | 2021 ANNUAL CONFERENCE

*#SNEB2021: Raising Reliance and Resilience*



The foods and beverages we consume have a profound impact on our health

**6 IN 10** ADULTS

are living with one or more diet-related chronic diseases



For lifelong good health, make every bite count with the Dietary Guidelines for Americans



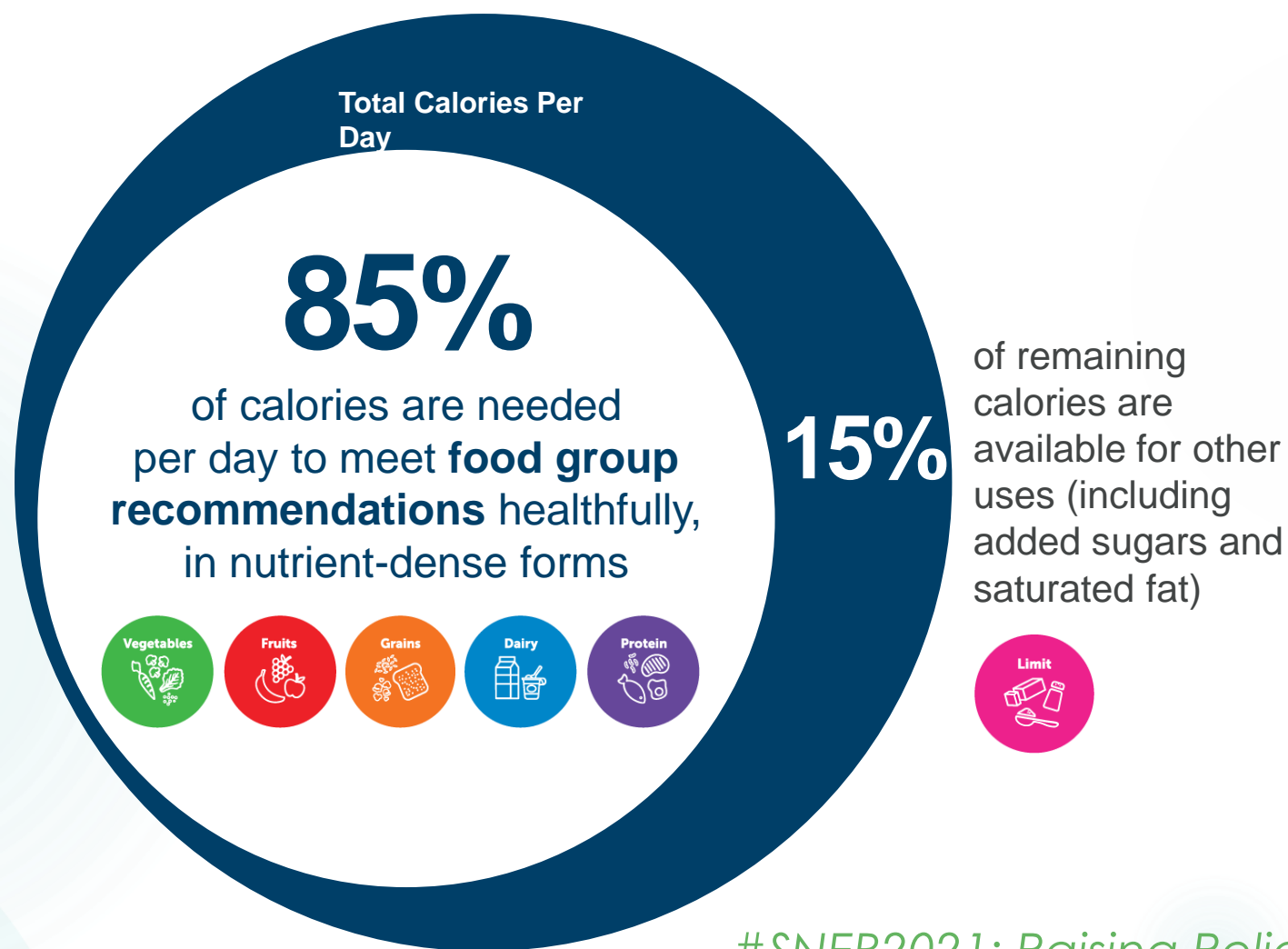
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# The *Dietary Guidelines for Americans, 2020-2025* take a life course approach

- ▶ Executive Summary
- ▶ Introduction
- ▶ Chapter 1. Nutrition and Health Across the Lifespan: The Guidelines and Key Recommendations
- ▶ Chapter 2. Infants and Toddlers
- ▶ Chapter 3. Children and Adolescents
- ▶ Chapter 4. Adults
- ▶ Chapter 5. Women Who Are Pregnant or Lactating
- ▶ Chapter 6. Older Adults
- ▶ Appendixes

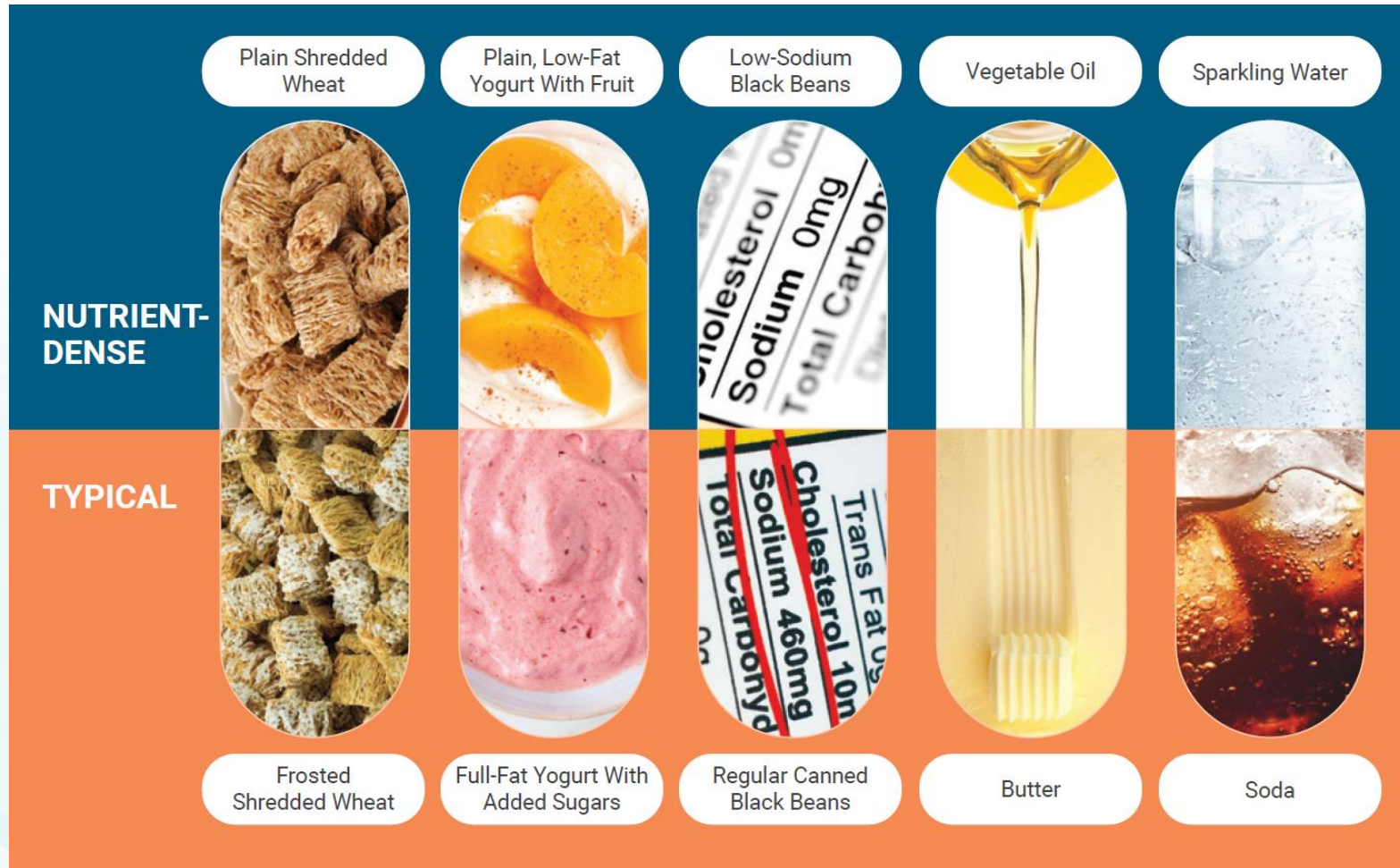


Most of the calories a person needs to eat each day are needed to meet food group recommendations healthfully, in nutrient-dense forms.





# Small changes to nutrient-dense choices can help people adopt healthy dietary patterns.



# A healthy dietary pattern is not a prescription, but a framework intended to be customized.



▶ **Dark-Green Vegetables:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, amaranth leaves, bok choy, broccoli, chamnamul, chard, collards, kale, mustard greens, poke greens, romaine lettuce, spinach, taro leaves, turnip greens, and watercress.

**Red and Orange Vegetables:** All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, calabaza, carrots, red or orange bell peppers, sweet potatoes, tomatoes, 100% tomato juice, and winter squash.

**Beans, Peas, Lentils:** All cooked from dry or canned beans, peas, chickpeas, and lentils: for example, black beans, black-eyed peas, bayo beans, chickpeas (garbanzo beans), edamame, kidney beans, lentils, lima beans, mung beans, pigeon peas, pinto beans, and split peas.

Does not include green beans or green peas.

▶ **Starchy Vegetables:** All fresh, frozen, and canned starchy vegetables: for example, breadfruit, burdock root, cassava, corn, jicama, lotus root, lima beans, plantains, white potatoes, salsify, taro root (dasheen or yautia), water chestnuts, yam, and yucca.

▶ **Other Vegetables:** All other fresh, frozen, and canned vegetables, cooked or raw: for example, asparagus, avocado, bamboo shoots, beets, bitter melon, Brussels sprouts, cabbage (green, red, napa, savoy), cactus pads (nopales), cauliflower, celery, chayote (mirliton), cucumber, eggplant, green beans, kohlrabi, luffa, mushrooms, okra, onions, radish, rutabaga, seaweed, snow peas, summer squash, tomatillos, and turnips.



# Let's talk about life stages!





# Chapters 2-6: Tailored Guidance Across Life Stages

2

3

4

5

6

► Infants & Toddlers | Children & Adolescents | Adults | Women Who Are Pregnant or Lactating | Older Adults

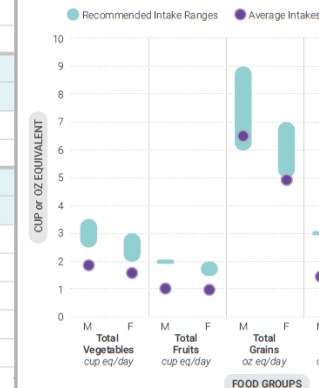
- Each chapter includes:
- Introduction
- Healthy Dietary Patterns
- Current Intakes
- Special Considerations
- Supporting Healthy Eating

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,600	1,800	2,000	2,200	2,400	2,600
FOOD GROUP OR SUBGROUP <sup>b</sup>	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)					
Vegetables (cup eq/day)	2	2 ½	2 ½	3	3	3 ½
Vegetable Subgroups in Weekly Amounts						
Dark-Green Vegetables (cup eq/wk)	1 ½					
Red & Orange Vegetables (cup eq/wk)	4					
Beans, Peas, Lentils (cup eq/wk)	1					
Starchy Vegetables (cup eq/wk)	4					
Other Vegetables (cup eq/wk)	3 ½					
Fruits (cup eq/day)	1 ½					
Grains (ounce eq/day)	5					
Whole Grains (ounce eq/day)	3					
Refined Grains (ounce eq/day)	2					
Dairy (cup eq/day)	3					
Protein Foods (ounce eq/day)	5					
Meats, Poultry, Eggs (ounce eq/wk)	23					
Seafood (ounce eq/wk)	8					
Nuts, Seeds, Soy Products (ounce eq/wk)	4					
Oils (grams/day)	22					
Limit on Calories for Other Uses (kcal/day) <sup>c</sup>	100					
Limit on Calories for Other Uses (%/day)	7%					

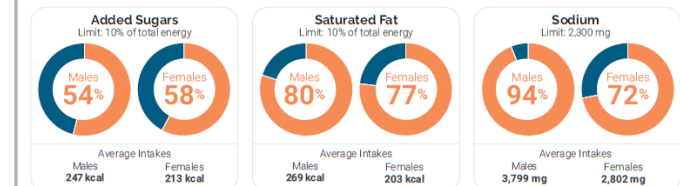
Figure 6-1

## Current Intakes: Ages 60 and Older

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



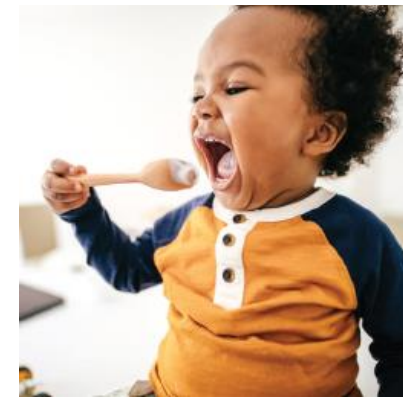
Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium



Data Sources: Average Intakes and HEI-2015 Scores: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see Appendix 3). Percent Exceeding Limits: What We Eat in America, NHANES 2015-2016, 2 days dietary intake data, weighted.

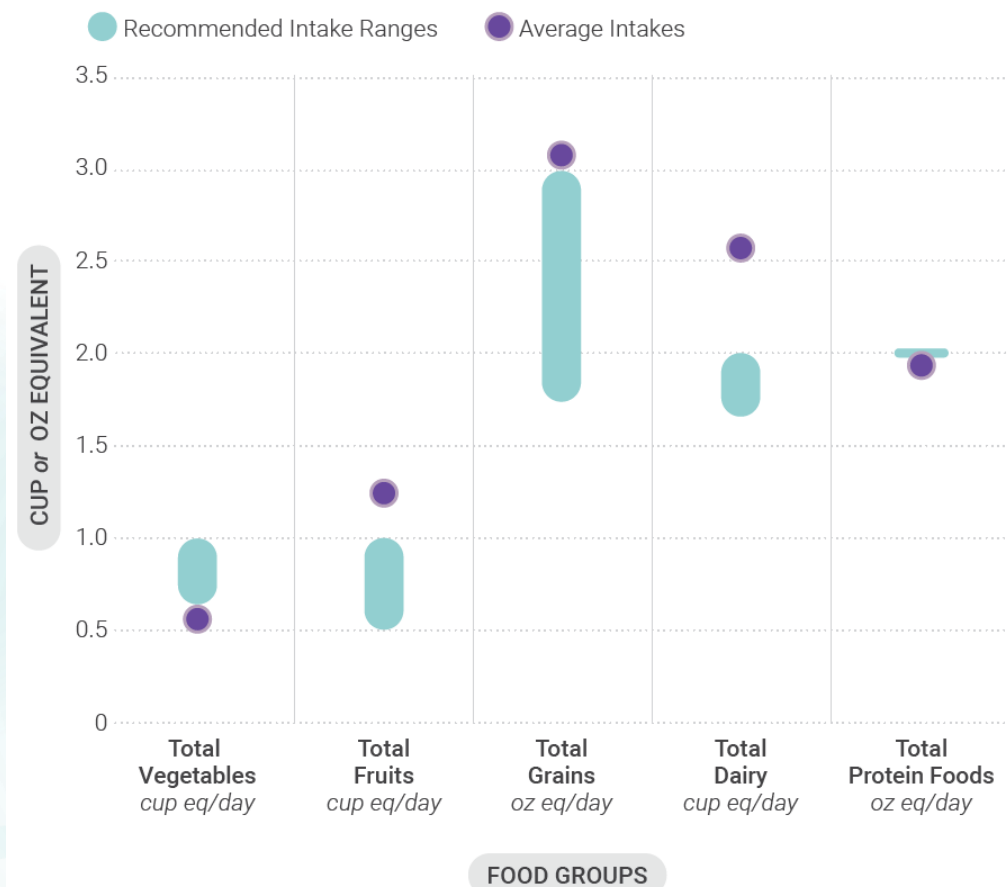


# Chapter 2: Infants & Toddlers



# Current Intakes: 12 Through 23 Months

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



## Added Sugars

Limit: **Avoid**

Average Intakes

**104 kcals**

## Saturated Fat

Limit: **N/A**

Average Intakes

**167 kcals**

## Sodium

Limit: **1,200 mg**

Average Intakes

**1,586 mg**

**Data Source:** Average Intakes: Analysis of What We Eat in America, NHANES 2007-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns.

# Chapter 3: Children & Adolescents

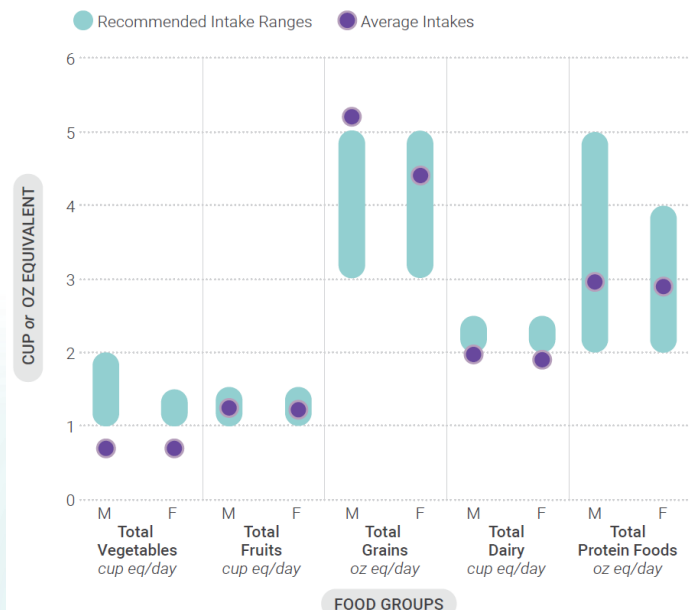




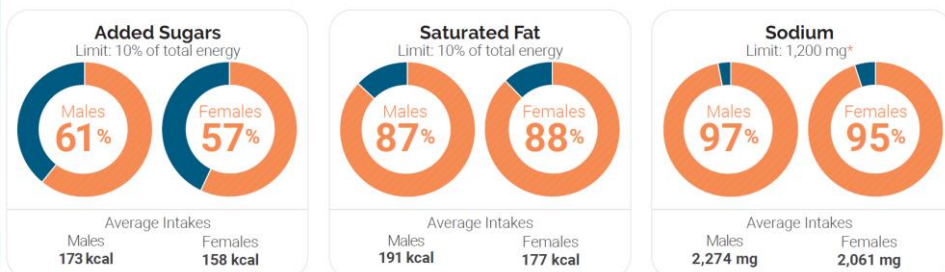
# Current Intakes: Children & Adolescents

## Ages 2 through 4

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

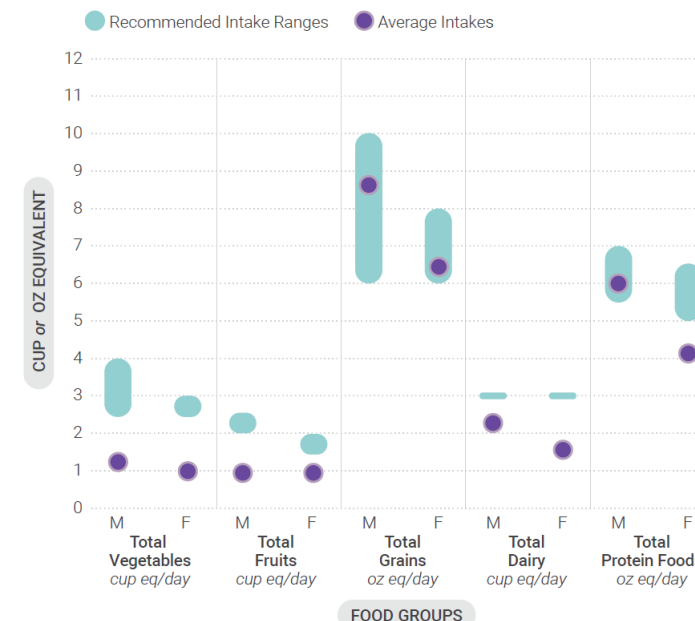


Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

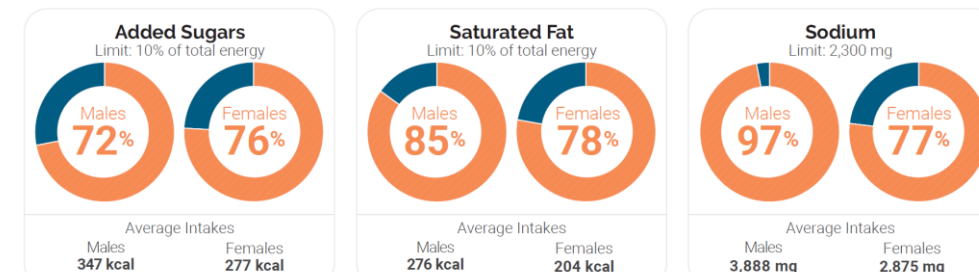


## Ages 14 through 18

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium



**Data Source:** Average Intakes and HEI Scores: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns. Percent Exceeding Limits: What We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted

# Chapter 4: Adults

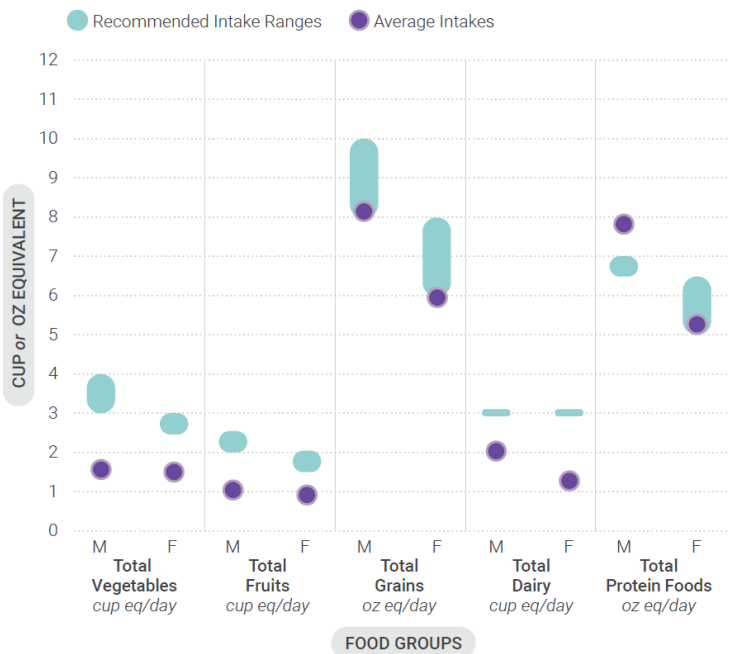




# Current Intakes: Adults

## Ages 19 through 30

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Healthy Eating Index Score (on a scale of 0-100)

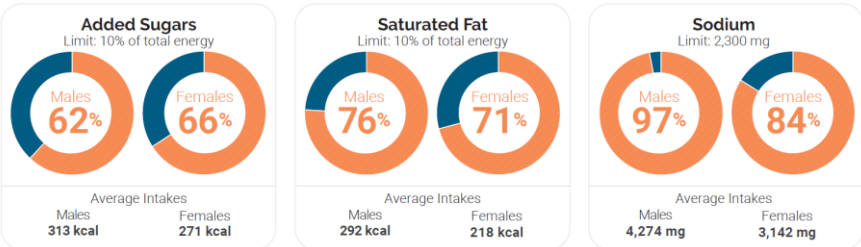


Healthy Eating Index Score (on a scale of 0-100)



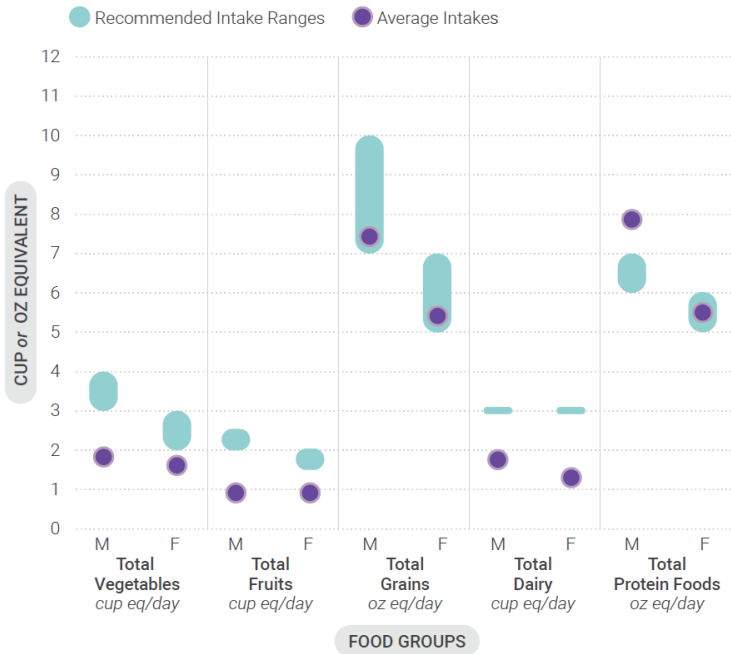
Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

Exceeding Limit (orange), Within Recommended Limit (blue)



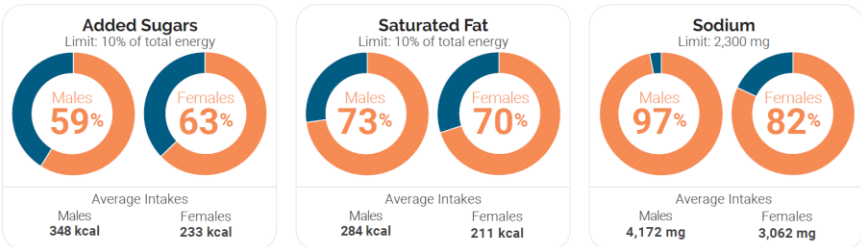
## Ages 31 through 59

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

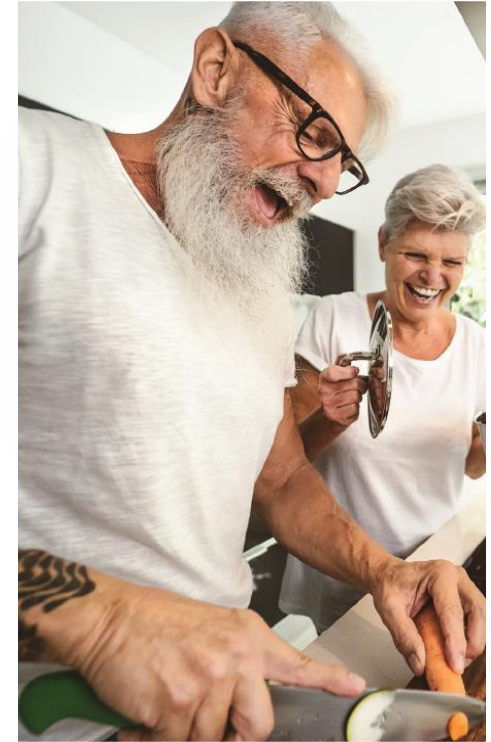
Exceeding Limit (orange), Within Recommended Limit (blue)



Data Source: Average Intakes and HEI-2015 Scores: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns. Percent Exceeding Limits: What We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted.



# Chapter 4: Older Adults

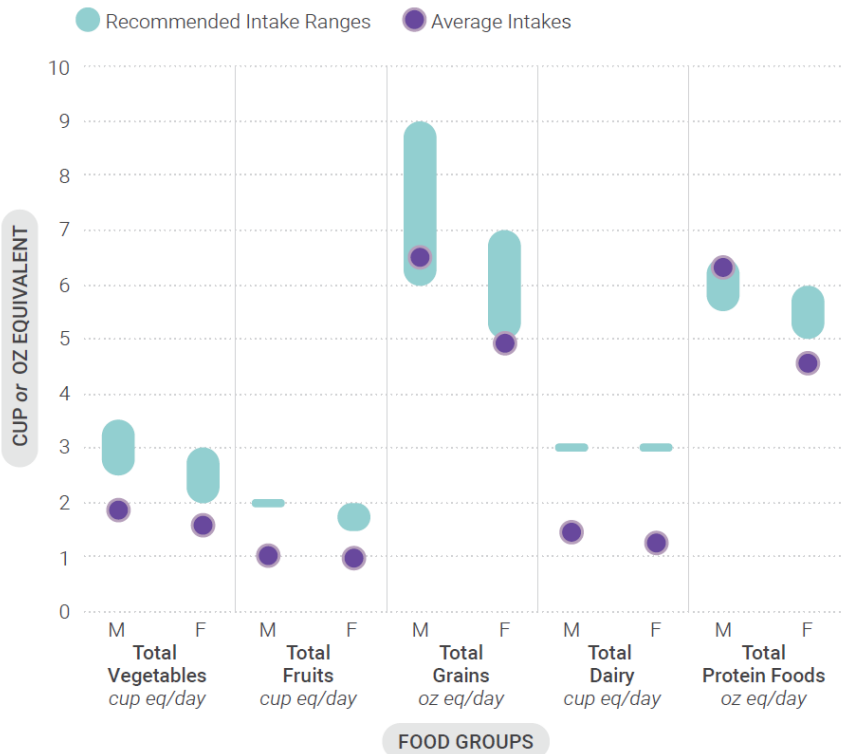


# Current Intakes: Ages 60 and Older

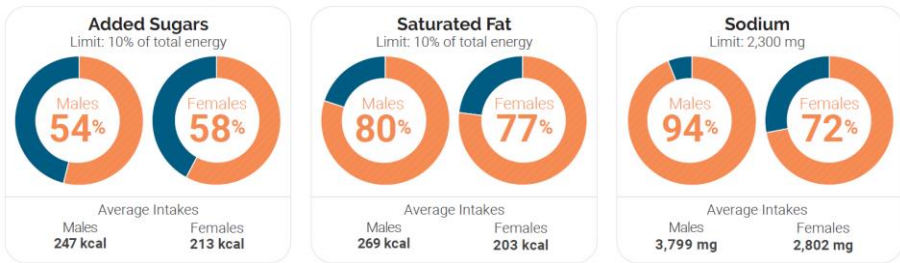
Healthy Eating Index Score  
(on a scale of 0-100)



Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium



**Data Source:** Average Intakes and HEI-2015 Scores: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns. Percent Exceeding Limits: What We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted.



#SNEB2021: Raising Reliance and Resilience



# Appendixes

Daily Nutritional Goals, Ages 6 Through 11 Months and 12 Through 23 Months

Nutrient	6 Through 11 Months				12 Through 23 Months			
	Goal	Source of Goal <sup>a</sup>	Goal	Source of Goal <sup>a</sup>	Goal	Source of Goal <sup>a</sup>	Goal	Source of Goal <sup>a</sup>

Daily Nutritional Goals, Ages 2 and Older

		Age-Sex Groups													
Protein	MACRONUTRIENTS, MINERALS & VITAMINS	M/F 2-3	F 4-8	F 9-13	F 14-18	F 19-30	F 31-50	F 51+	M 4-8	M 9-13	M 14-18	M 19-30	M 31-50	M 51+	
Carbohydrate															
Fiber, total	Calorie Level Assessed	Source of Goal <sup>a</sup>	1,000	1,200	1,600	1,800	2,000	1,800	1,600	1,400	1,800	2,200	2,400	2,200	2,000
Total lipid	Macronutrients														
18:2 Linoleic	Protein (g)	AMDR	5:20	10:30	10:30	10:30	10:35	10:35	10:35	10:30	10:30	10:30	10:35	10:35	
18:3 Linoleic	Protein (% kcal)														
Minerals	Protein (g)	RDA	13	19	34	46	46	46	46	19	34	52	56	56	
Calcium	Carbohydrate (% kcal)	AMDR	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	
Iron (mg)	Carbohydrate (g)	RDA	130	130	130	130	130	130	130	130	130	130	130	130	
Magnesium	Fiber (g)	14g/1,000 kcal	14	17	22	25	28	25	22	20	25	31	34	31	28
	Added Sugars (% kcal)	DGA	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	
	Total lipid (% kcal)	AMDR	30-40	25-35	25-35	25-35	20-35	20-35	20-35	25-35	25-35	20-35	20-35	20-35	

## Appendix 1

Nutritional Goals for Age-Sex Groups

Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level, Ages 2 and Older

AGE	Males			Females		
	Sedentary <sup>a</sup>	Moderately Active <sup>b</sup>	Active <sup>c</sup>	Sedentary <sup>a</sup>	Moderately Active <sup>b</sup>	Active <sup>c</sup>
2	1,000	1,000	1,000	1,000	1,000	1,000
3	1,000	1,400	1,400	1,000	1,200	1,400
4	1,200	1,400	1,600	1,200	1,400	1,400
5	1,200	1,400	1,600	1,200	1,400	1,600
6	1,400	1,600	1,800	1,200	1,400	1,600
7	1,400	1,600	1,800	1,200	1,600	1,800
8	1,400	1,600	2,000	1,400	1,600	1,800
9	1,600	1,800	2,000	1,400	1,600	1,800
10	1,600	1,800	2,200	1,400	1,800	2,000
11	1,800	2,000	2,200	1,600	1,800	2,000
12	1,800	2,200	2,400	1,600	2,000	2,200
13	2,000	2,200	2,600	1,600	2,000	2,200
14	2,000	2,400	2,800	1,800	2,000	2,400
15	2,200	2,600	3,000	1,800	2,000	2,400

## Appendix 2

Estimated Calorie Needs

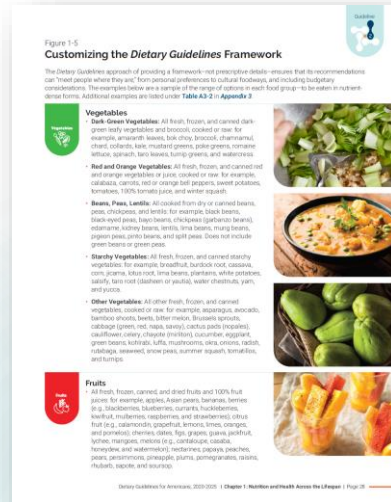
Healthy U.S.-Style Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

CALC	Healthy Vegetarian Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components														
FOOD GROUP	CALC	Healthy Mediterranean-Style Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components													
Vegetables	FOOD GROUP	CALORIE LEVEL OF PATTERN <sup>a</sup>	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200	
	Vegetable	FOOD GROUP OR SUBGROUP <sup>b</sup>	Daily Amount <sup>c</sup> of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)												
		Vegetables (cup eq/day)	1	1 ½	1 ½	2	2 ½	2 ½	3	3	3 ½	3 ½	4	4	
	Dark-Gre (cup eq/	Dark-Gre (cup eq/	Vegetable Subgroups in Weekly Amounts												
	Red and (cup eq/	Red and (cup eq/	Dark-Green Vegetables (cup eq/wk)	½	1	1	1 ½	1 ½	1 ½	2	2	2 ½	2 ½	2 ½	
	Beans, P (cup eq/	Beans, Pr (cup eq/	Red and Orange Vegetables (cup eq/wk)	2 ½	3	3	4	5 ½	5 ½	6	6	7	7	7 ½	
	Starchy V (cup eq/	Starchy V (cup eq/	Beans, Peas, Lentils (cup eq/wk)	½	½	½	1	1 ½	1 ½	2	2	2 ½	2 ½	3	
	Other Ve	Other Ve	Starchy Vegetables (cup eq/wk)	2	3 ½	3 ½	4	5	5	6	6	7	7	8	
			Other Vegetables (cup eq/wk)	1 ½	2 ½	2 ½	3 ½	4	4	5	5	5 ½	5 ½	7	

## Appendix 3

USDA Dietary Patterns

# Current resources at DietaryGuidelines.gov



Printable Resource

### Food Sources of Calcium

**Standard Portions**

**Calcium: Nutrient-dense\* Food and Beverage Sources, Amounts of Calcium and Energy per Standard Portion**

FOOD*	STANDARD PORTION†	CALORIES	CALCIUM (mg)
<b>Dairy and Fortified Soy Alternatives</b>			
Yogurt, plain, nonfat	8 ounces	137	488
Yogurt, plain, low fat	8 ounces	154	448
Kefir, plain, low fat	1 cup	104	317
Milk, low fat (1%)	1 cup	102	305
Soy beverage (soy milk), unsweetened	1 cup	80	301
Yogurt, soy, plain	8 ounces	150	300
Milk, fat free (skim)	1 cup	83	298
Buttermilk, low fat	1 cup	96	284
Yogurt, Greek, plain, low fat	8 ounces	166	261
Yogurt, Greek, plain, nonfat	8 ounces	134	250

Web Resources



Figures



Infographics



# Access the New Edition

- Visit [DietaryGuidelines.gov](https://DietaryGuidelines.gov) to access the new edition and supporting materials.
- Sign up to receive email updates about additional materials to be released over the coming year.



## [Stay Updated](#)

New resources coming soon! [Sign up](#) to receive regular updates on implementing the *Dietary Guidelines*.

# Key MyPlate Tools & Resources

New



## **MyPlate.gov**

The newly designed website will be more visual and streamlined with easy-to-find information.

New



## **New MyPlate Quiz**

Consumers receive a snapshot of how they're doing on the MyPlate food groups and get personalized resources based on their quiz results.

New



## **Start Simple with MyPlate app** – ([www.choosemyplate.gov/startsimpleapp](http://www.choosemyplate.gov/startsimpleapp))

Our app encourages users to set simple daily food group goals, see progress, and earn badges to celebrate success! New...sync results from the MyPlate Quiz to set goals! Available in the App Store and Google Play.



## **Personalized MyPlate Plans**

Find personal food group targets with the MyPlate Plan.

New



## **New Toolkits for Partners and Professionals**

Targeted roadmaps to key assets for dietitians, food industry, public health, educators, and communications partners.

# Start Simple with MyPlate App



## Overview

- Goal-setting tool for consumers, to meet them where they are
- Designed with simplicity in mind to engage a broad audience of users
- Highly customizable – users **choose food group goals** that work for them
- **See real-time progress:** check off goals on the Dashboard as they are completed
- **Earn badges** to celebrate success: variety of badges are available as goals are completed. Share badges on social media
- **Join challenges** to stay motivated and try new goals



**Start simple**  
with MyPlate

*#SNEB2021: Raising Reliance and Resilience*

# Start Simple with MyPlate App



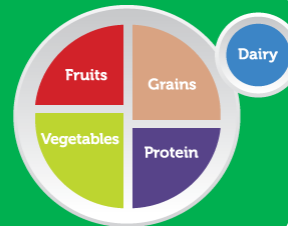
**Spreading the News  
through  
Maryland WIC**

# Start Simple with MyPlate App

## What's an App Got to Do with It?

US Dietary Guidelines

MyPlate



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Start Simple with  
MyPlate App





# Start Simple with MyPlate App

## What's WIC Got to Do with It?

- **Life Stages:**
  - **Women-PG, BF, WPP**
  - **Infants-BE, BP, IFF**
  - **Children-1-5 y.o.**
- **Influence**
  - **Grandma, Grandpa, Dad, family**

# Start Simple with MyPlate App

## What's WIC Got to Do with It?

### **WIC offers only nutrient dense foods:**

- Milk, cheese, yogurt
- Whole grain bread, pasta, rice, tortillas
- Eggs
- Canned tuna, salmon, sardines (BF)
- Cereal-high Fe, low sugar
- Legumes: PB, beans
- \$\$ fruits & veggies
- juice

# Start Simple with MyPlate App

## What's Good with It?

- **Normal**
  - **Most P**
  - **WIC Peo**
- delines**

**Apps**

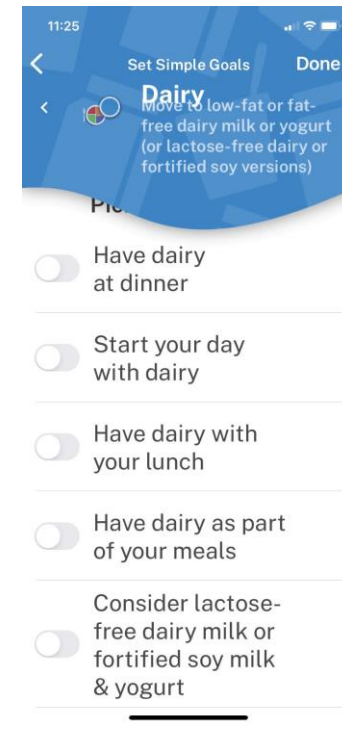
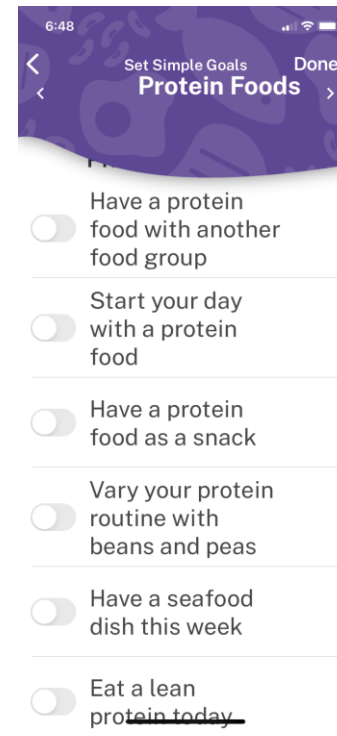
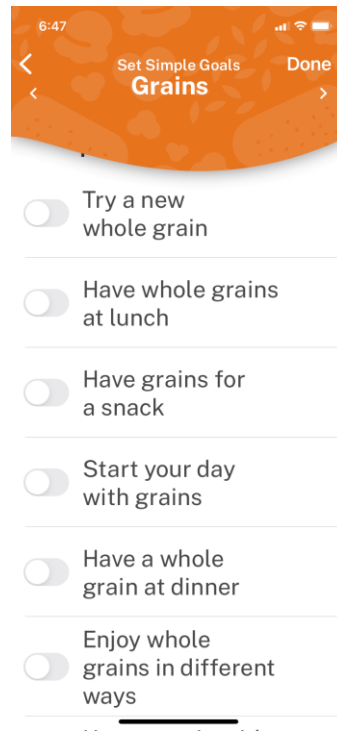
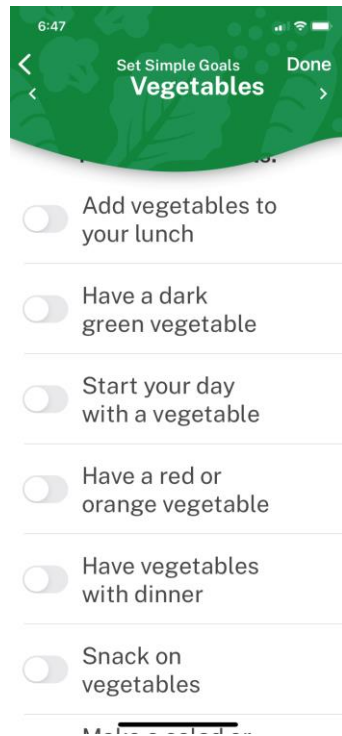
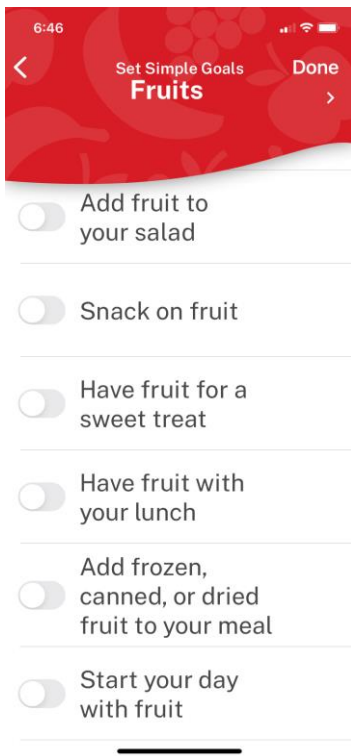


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# **Start Simple with MyPlate**

## **Why We LOVE this App**

- 1. Simplest goalsetting ever!**
- 2. Reminders!**
- 3. Ideas!**
- 4. Rewards!**
- 5. More when YOU are ready**



There are many goal options for each food group.





Tap a box to mark a goal as completed



Have fruit  
with dinner



Tips



Goals



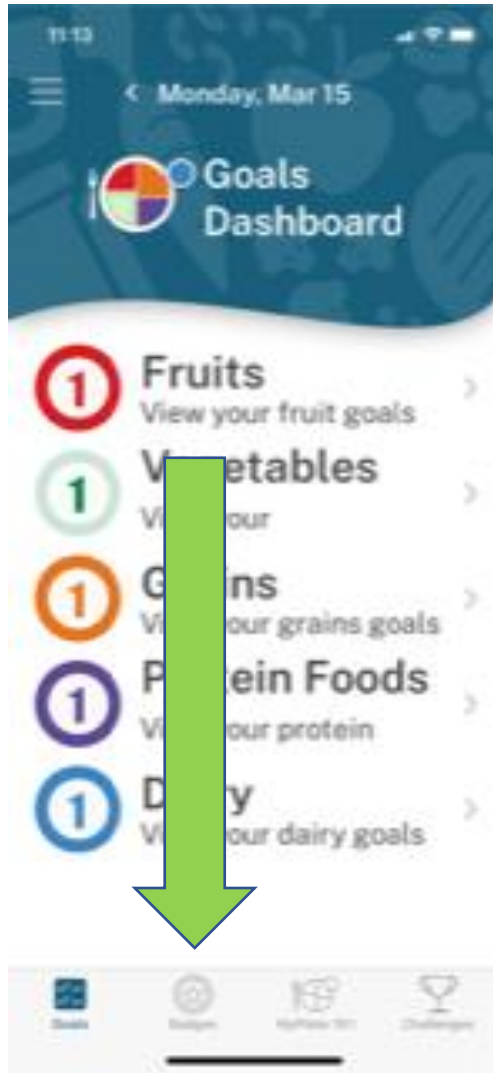
Badges



MyPlate 101



Challenges



# MyPlate Navigation

## Badges!

- First Goal
- 2 Day Streak: 1 food group goal 2 days in a row
- 5 Day Streak: 1 food group goal 5 days in a row.

2:09



# Congratulations!



You have earned the  
MyPlate Badge!

[See your progress](#)



Close



# MyPlate Navigation

Tap a box to mark a goal as completed

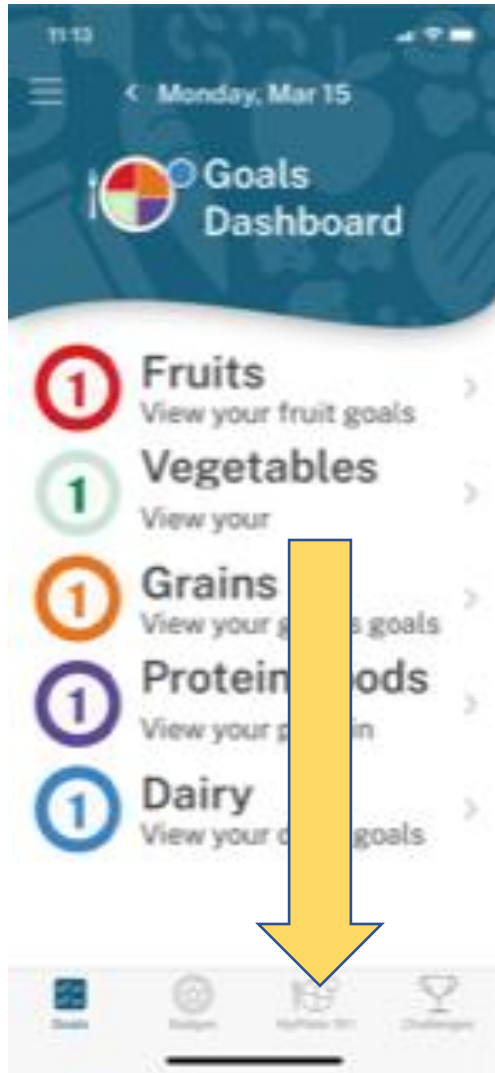


Have fruit  
with dinner



Tips

**Ideas!**



# MyPlate Navigation

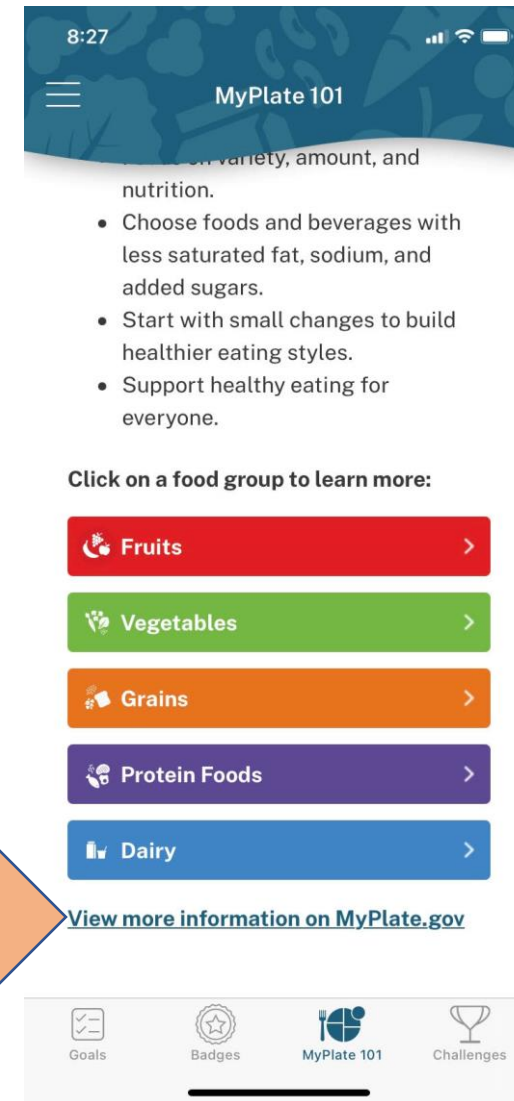
## Information!

MyPlate 101



# MyPlate Navigation

## Dig Deeper!



**Start Simple with MyPlate  
Spreading the Word through WIC**

**MD WIC All Staff Meeting –  
March 18, 2021**

**Annual National Nutrition Month  
Presentation**

**Start Simple with MyPlate  
Spreading the Word through WIC**

**MD WIC Nutrition Update  
April 28, 2021**

**Professional Staff**

**Start Simple with MyPlate  
Spreading the Word through WIC**

**Nutrition Services Plan  
Workshop  
May 13, 2021**

**Nutrition & Breastfeeding  
Planning Professionals**

**Start Simple with MyPlate  
Spreading the Word through WIC**

**Ongoing Staff Training**

**Aug 4 & Sept. 14, 2021**

**Paraprofessional Training**



# Start Simple with MyPlate

## Spreading the Word through WIC

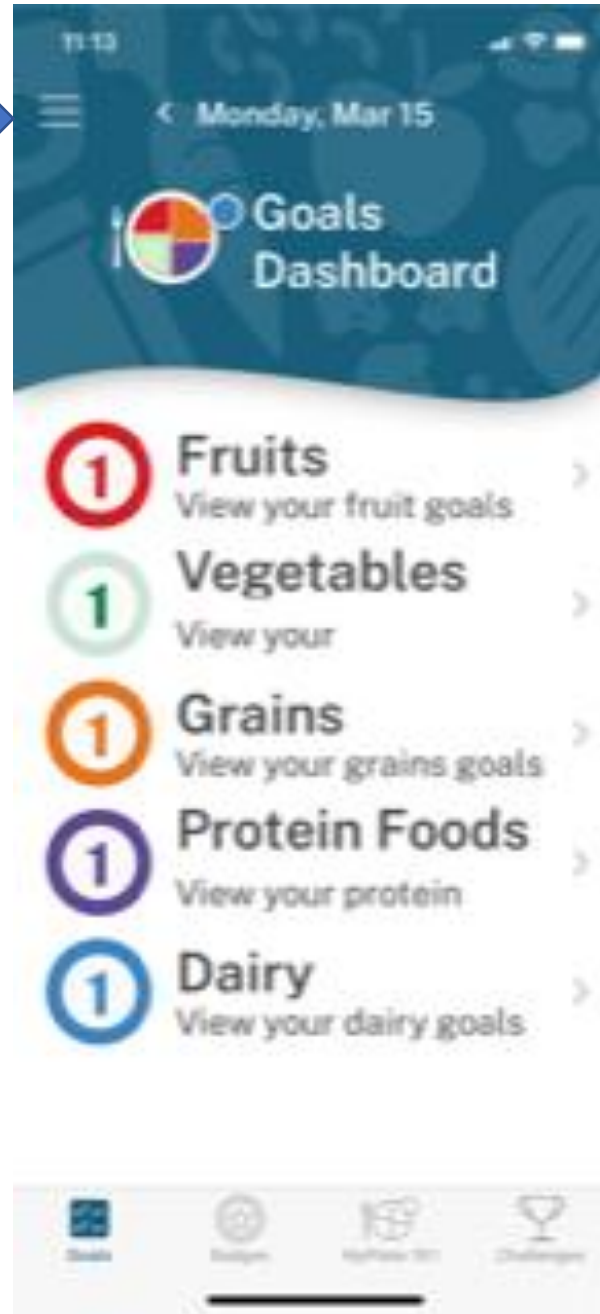
**SNEB**

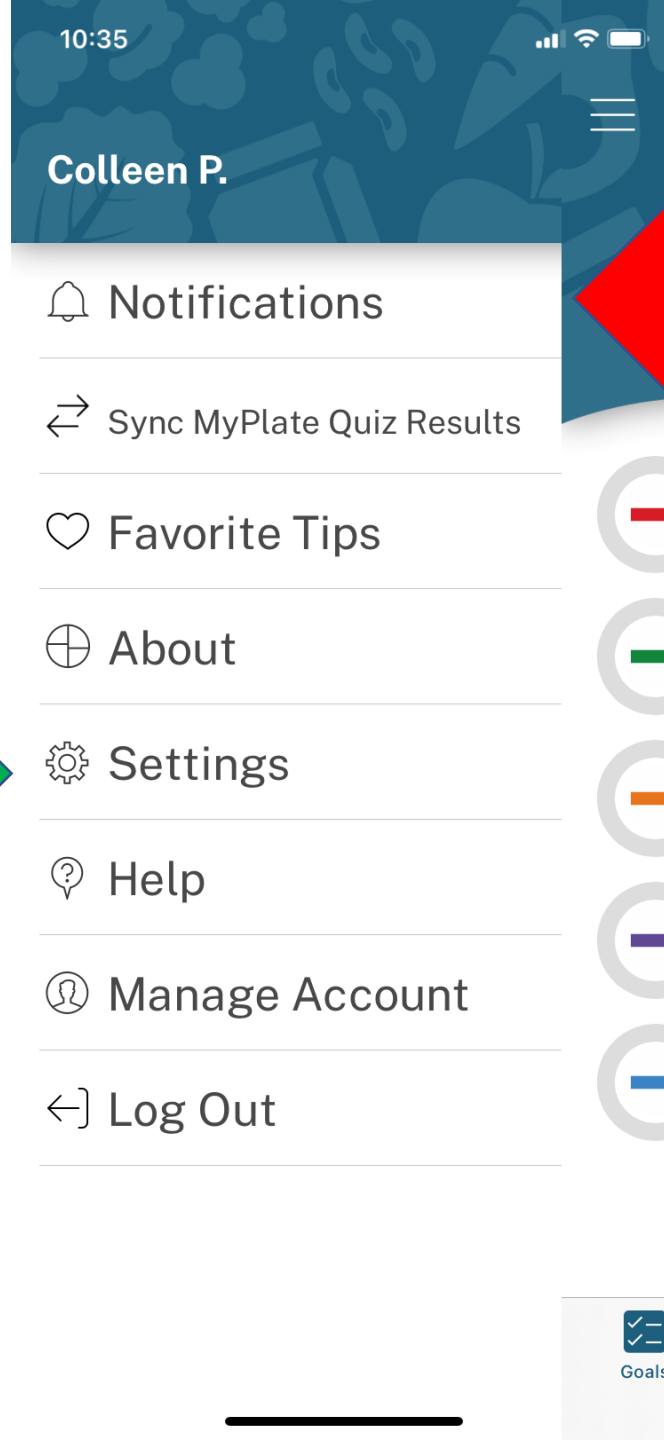
Aug 9

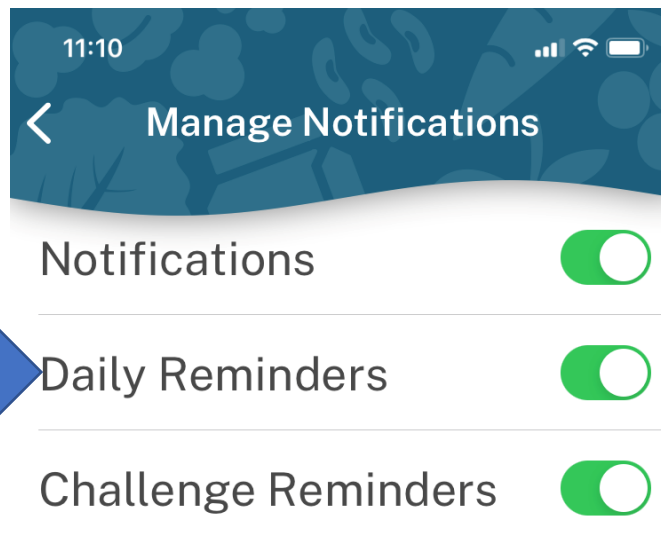
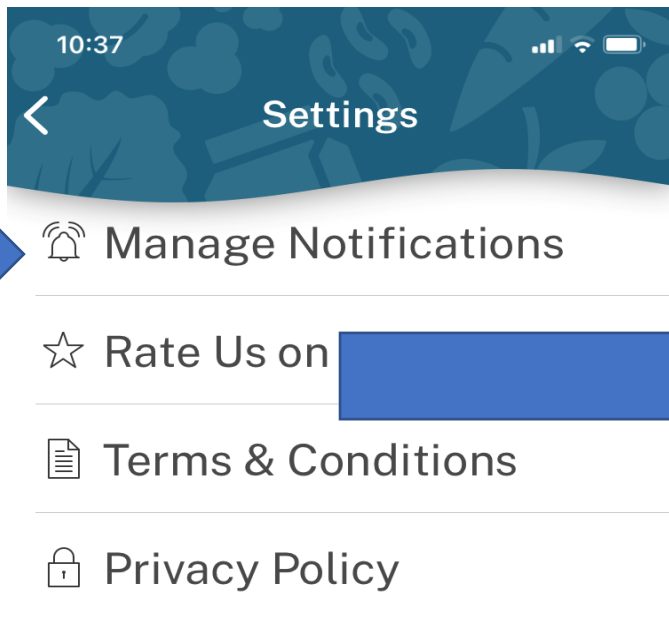
# Navigation



Get  
Daily  
Notifications







**Daily  
Reminders:**  
Text  
message  
every  
morning at  
9 am.

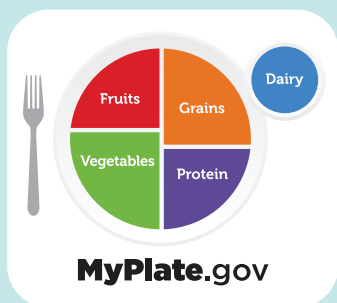
Version 1.18 (89)  
Last synced 3/15/21, 10:37 AM  
[Sync now](#)



# Improvements

- 1. Early riser goal setting**
- 2. Optional goal setting time**
- 3. Multiple goal setting times**
- 4. Late day reminder to check boxes**

# QUESTIONS



Small Changes Matter.

# Start Simple With MyPlate Today.

Healthy eating is important at every stage of life.

Make half your plate fruits & vegetables.

Focus on whole fruits.

Vary your veggies.



Make half your grains whole grains.

Vary your protein routine.

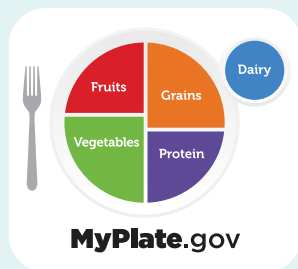
Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).



Choose foods and beverages with less added sugars, saturated fat, and sodium.

The benefits add up over time, bite by bite.

# Make every bite count



Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.



## Choose from these simple tips to help you...

### Fruits



#### Focus on whole fruits

- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.



### Vegetables



#### Vary your veggies

- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.



### Grains



#### Make half your grains whole grains

- For breakfast, enjoy a whole-grain-based **hot or cold cereal**. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a **whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a **healthy whole-grain snack**.





## Protein



### Vary your protein routine

- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.



## Dairy



### Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life.** Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.



### Choose foods and beverages with less added sugars, saturated fat, and sodium

#### Limit



#### Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

#### Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

#### Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.







## The Dietary Guidelines for Americans

Developed jointly by the U.S Department of Agriculture and U.S. Department of Health and Human Services, the *Dietary Guidelines for Americans* are the Nation's science-based guidance on how to eat for good health. The Guidelines encourage all Americans to start and maintain a healthy eating routine. Along with physical activity, improving what you eat can help you reduce your risk of chronic diseases, such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the *Dietary Guidelines*.

For more information:

[MyPlate.gov](https://www.myplate.gov)

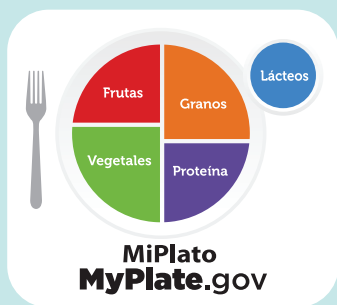
[DietaryGuidelines.gov](https://www.DietaryGuidelines.gov)



Food and Nutrition Service  
USDA Publication number:  
USDA-FNS-2020-2025-DGA-CP  
December 2020

The U.S. Department of Agriculture is an equal opportunity provider, employer, and lender.





## Los pequeños cambios valen mucho. **Comience hoy de una forma sencilla** con MiPlato.

**La alimentación saludable es muy importante en todas las etapas de la vida.**

Llene la mitad de su plato con frutas y vegetales.

Enfóquese  
en las frutas  
enteras.

Varíe sus  
vegetales.



Haga que la mitad  
de sus granos  
sean integrales.

Consuma una  
variedad de  
proteínas.

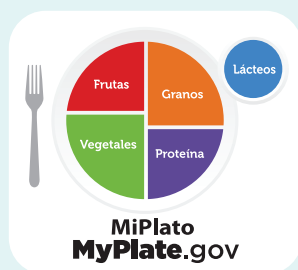
Cambie a leche, yogur o  
productos lácteos, bajos  
en grasa o sin grasa  
(o versiones sin lactosa  
o de soya fortificada).



Escoja alimentos y bebidas que sean  
bajos en azúcares añadidos, grasa  
saturada y sodio.

**Los beneficios se acumulan con el tiempo, bocado a bocado.**

# Haga que cada bocado cuente



Evalúe sus hábitos alimentarios actuales. Elija una o dos formas en las que hoy pueda cambiar a opciones que sean ricas en nutrientes.

Una rutina de alimentación saludable puede ayudarle a mejorar su salud ahora y en los años venideros. Piense en cómo sus elecciones de alimentos se combinan a lo largo de su día o semana para ayudarle a crear una rutina de alimentación saludable.

Es importante comer una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y lácteos o alternativas de soya fortificada. Elija opciones para comidas, bebidas y meriendas (refrigerios) que tengan menos azúcares añadidos, menos grasa saturada y menos sodio.



## Elija algunos de estos consejos sencillos para ayudarle a...



### Enfocarse en las frutas enteras

- Empiece el día con **frutas en el desayuno**. Cubra el cereal con su fruta de temporada favorita, agregue bananas o manzanas picadas a los panqueques, o mezcle una cucharada o dos de pasas en su avena caliente.
- Mantenga las **frutas listas para comer** en el refrigerador para una merienda (refrigerio) rápida.
- Para la cena, corte una combinación de frutas de temporada, congeladas o enlatadas, para hacer una **salsa rápida de frutas** para cubrir el pescado o el pollo. Agregue frutas como rodajas de naranja, rodajas de manzana o uvas a una **ensalada** mixta.



### Variar sus vegetales

- Agregue zanahoria rallada a la lechuga y tomate **en su sándwich**, haga **sopa** con los vegetales que tiene en su refrigerador y coma meriendas (refrigerios) con **vegetales crudos**.
- Intente preparar un **salteado** con vegetales frescos o congelados para una comida rápida o un acompañamiento fácil.
- Elija un vegetal que la familia no haya probado y **obtenga una receta nueva** en un libro de cocina, un sitio web, un supermercado o de un amigo.



### Hacer que la mitad de sus granos sean integrales

- Para el desayuno, disfrute de un **cereal frío o caliente** a base de granos integrales. Considere probar hojaldres o copos de granos integrales que sean nuevos para usted; ¡podría descubrir uno que le guste!
- En lugar de pan de sándwich, pruebe el **pan de pita, tortillas, naan u otro pan integral sin levadura, pan en rodajas o panecillos integrales**.
- Cree su propia mezcla de frutos secos con cereales integrales o disfrute de galletas integrales con pavo, hummus o aguacate para una merienda (refrigerio) saludable de grano integral.





## Proteína



### Consumir una variedad de proteínas

- **Ase a la brasa los cortes de carne magra** como el solomillo, bistec de centro o el filete de flanco. **Rostice carnes magras de lomo de cerdo o chuletas de lomo** y córtelos en tiras para la cena, ensaladas y sándwiches.
- **Coma pescado o marisco dos veces por semana.** Prepare un sándwich o una ensalada a la hora del almuerzo con atún enlatado, cocine a la parrilla tilapia o salmón fresco o congelado para la cena, o disfrute de tacos de pescado.
- **Las comidas sin carne** son sabrosas y económicas. Pruebe la sopa de lentejas o chile vegetariano a base de frijoles, tofu a la parrilla o estofado con vegetales, o agregue frutos secos (nueces) a las ensaladas.



## Lácteos



### Cambiar a leche, yogur o lácteos bajos en grasa o sin grasa (o versiones sin lactosa o de soya fortificada)

- **Agregue productos lácteos, bajos en grasa o sin grasa** a la avena o a las sopas de puré de vegetales en lugar de agua, y a los batidos o los huevos revueltos.
- Los nutrientes de los lácteos son **importantes en todas las etapas de la vida.** Incluya alimentos como el yogur o la leche de vaca baja en grasa o sin grasa. ¿Necesita una alternativa? Pruebe la leche de vaca sin lactosa o el yogur con bajo contenido de grasa o sin grasa o la leche de soya fortificada.
- ¿Busca una bebida? Tome un vaso de **leche baja en grasa o sin grasa o leche de soya fortificada** (bebida de soya). Elija la opción sin azúcar.



### Elegir alimentos y bebidas con menos azúcares añadidos, menos grasa saturada y menos sodio

## Límite



#### Consejos para reducir los azúcares añadidos

- Elija alimentos **envasados que tengan menos o no tengan azúcares añadidos**, como fruta enlatada, envasada en jugo 100% natural para una merienda (refrigerio) fácil, yogur natural (puede agregar su propia fruta) y puré de manzana sin azúcar.
- Pruebe agua fría o agua con gas con un chorrito del jugo de una fruta para darle un toque de sabor. Limite las bebidas azucaradas como las gaseosas, la limonada, las bebidas deportivas o bebidas de frutas.

#### Consejos para reducir el consumo de la grasa saturada

- En lugar de alimentos con alto contenido de grasa saturada, **busque alimentos como frutos secos (nueces), semillas y pescados grasos** como el atún, el salmón, la trucha y la caballa, que tienen un alto contenido de grasa insaturada y son más saludables.
- Elija **métodos de cocción sanos** como asar a la parrilla, hornear, asar, hervir, saldar, en vez de freír en abundante grasa. Elija aceite de canola, aceite de oliva u otros aceites vegetales para cocinar con menos grasa saturada.

#### Consejos para reducir la sal y el sodio

- Comience de manera sencilla eligiendo alimentos con menos sodio. **Consulte la etiqueta de información nutricional y elija alimentos con un porcentaje (%) de valor diario (DV) más bajo de sodio** en la etiqueta, especialmente si un miembro de la familia tiene presión arterial alta, diabetes o una enfermedad renal.
- **¡Cocine en casa!** La preparación de su propia comida le permite controlar la cantidad de sodio que tiene sus comidas. Agregue sabor a los alimentos con hierbas, especias, limón, lima y vinagre en lugar de sal o condimentos con alto contenido de sodio.





## Las Guías alimentarias para estadounidenses

Las *Guías alimentarias para estadounidenses* son la base científica de la nación sobre cómo comer para tener una buena salud y fueron desarrolladas conjuntamente por el Departamento de Agricultura de EE. UU. y el Departamento de Salud y Servicios Humanos de EE. UU. Las Guías motivan a todos los estadounidenses a comenzar y mantener una rutina de alimentación saludable. Junto con la actividad física, el mejorar lo que come puede ayudarle a reducir el riesgo de enfermedades crónicas, como la diabetes, las enfermedades cardíacas, algunos cánceres y la obesidad. El seguir los pasos de este folleto le ayudará a seguir estas *guías alimentarias*.

Para obtener más información visite:

[MyPlate.gov](https://www.MyPlate.gov)

[DietaryGuidelines.gov](https://www.DietaryGuidelines.gov)



Departamento de Agricultura de EE. UU.

USDA-FNS-2020-2025-DGA-CP-S

Diciembre de 2020

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