Updated Dietary Guidelines for Americans 2010

What is the Dietary Guidelines for Americans (DGA)?

It is an evidence-based federal recommendation on nutrition that is intended for people over the age of 2. It promotes health and aims to reduce the risk of developing chronic disease through proper diet and physical activity.

Contains key recommendations in the following areas

- Balancing calories to manage weight:
  - Base your calorie intake on your activity level
  - Consume healthy portions
  - Increase your physical activity

- Increase consumption of:
  - Various proteins such as lean meat, poultry, soy products, and seafood
  - Fruits and vegetables
  - Whole grains such as whole wheat, brown rice, bulgur, quinoa
  - Foods rich in potassium, dietary fiber, calcium, and vitamin D

- Reduce consumption of:
  - Foods high in sodium, added sugar, cholesterol, and saturated and trans fats
  - Refined grains such as white bread, white rice, cookies, pastries

- Eating patterns:
  - Choose nutritious snacks
  - Remember to include all beverages and snacks when considering your daily calorie intake

Key recommendations for adults 50 years old and older

- Increase consumption of Vitamin B-12, i.e., fortified cereals and dietary supplements

There are general recommendations and may not be appropriate for everyone. Please consult with your healthcare provider regarding your individual needs.
- Have no more than 1500mg of sodium a day – many packaged foods are high in sodium – read nutrition labels on the food you purchase