

THE DIETARY GUIDELINES FOR AMERICANS 2005

On January 12, 2005, Health and Human Services Secretary, Tommy G. Thompson and Agriculture Secretary, Ann M. Veneman, announced the release of the Dietary Guidelines for Americans 2005. Based on scientific information and authoritative advice, the dietary guidelines seek to promote health and reduce the risk for major chronic diseases in people two years old and above. Since nearly two-thirds of the American population is overweight or obese, the Dietary Guidelines place an emphasis on nutrition and physical activity.

There are 41 key recommendations, which can be grouped into five general categories:

1) Adequate Nutrients Within Calories Need and Weight Management

2) Physical Activity

3) Forage the Food Groups

The specific recommendations featured in “Forage the Food Groups” are:

- A. Consume a variety of **fruits** and **vegetables**. Two cups of fruit and 2 ½ cups of vegetables are recommended for a reference 2000-calorie intake.
- B. Consume 3 or more ounce-equivalents of **whole-grain products** per day.
- C. Consume 3 cups per day of fat-free or **low-fat milk** or equivalent milk products.

4) Choose within the Food Groups with Enthusiasm/Caution

The specific recommendations made in “Choose within the Food Groups with Enthusiasm/Caution” are:

- A. Choose **PUFA** and **MUFA** by selecting foods such as fish, nuts and vegetable oils.
- B. Choose **fiber** rich fruits, vegetables and whole grains.
- C. Choose **cautiously** food high in **saturated fat** and **trans fats** such as animal fats, baked goods with “hydrogenated oils”.
- D. Choose **cautiously** food high in **sugar** and **sweeteners**.
- E. Consume **less** than 2,300 mg of **sodium** per day (the equivalent of 1 teaspoon salt).
- F. **Limit alcohol** intake to one drink/day for women or two drinks per day for men.

5) Food Safety

For further information on the Dietary Guidelines, go to the website:

www.healthierus.gov/dietaryguidelines