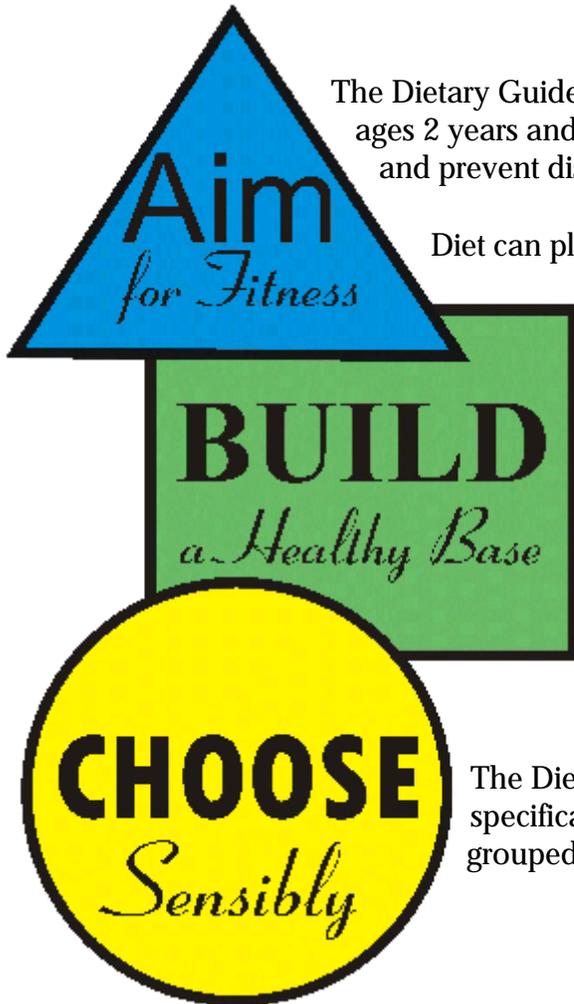


## The Dietary Guidelines for Americans . . . for good health



The Dietary Guidelines for Americans provide advice for healthy Americans ages 2 years and over about food choices and lifestyles that promote health and prevent disease.

Diet can play an important factor in the development of **chronic diseases** such as heart disease, certain types of cancer, diabetes, stroke, and osteoporosis. These chronic diseases are the leading causes of death and disability in the United States. Healthy diets can help reduce **major risk factors** such as obesity, high blood pressure, and high blood cholesterol.

Factors that influence your well-being:

- your food choices
- your lifestyle
- your environment
- your family history

The Dietary Guidelines address food choices and lifestyles, specifically physical activity. Following are the ten guidelines, grouped according to their message.

- **Aim for fitness . . .**
  - Aim for a healthy weight.
  - Be physically active each day.

As part of your routine activities:

- Walk up the stairs instead of taking an elevator.
- Mow the lawn with a push mower.
- Garden.
- Play actively with your children.

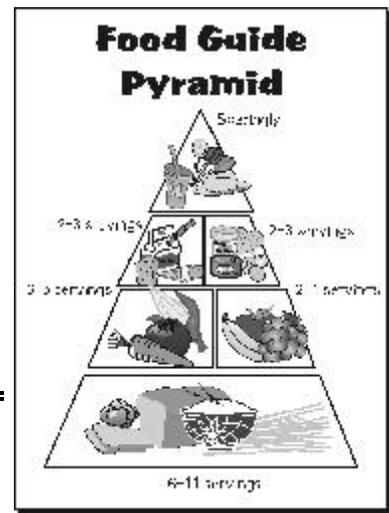
Health benefits of regular physical activity:

- Increases physical fitness.
- Helps build and maintain healthy bones, muscles, and joints.
- Builds endurance and muscular strength.
- Helps manage weight.
- Lowers risk factors for cardiovascular disease, colon cancer, and type 2 diabetes.
- Helps control blood pressure.
- Reduces feelings of depression and anxiety.



- **Build a healthy base . . .**
  - Let the Pyramid guide your food choices.
  - Choose a variety of grains daily, especially whole grains.
  - Choose a variety of fruits and vegetables daily.
  - Keep food safe to eat.

To make sure you get all the nutrients and other substances you need for health, build a healthy base by using the Food Guide Pyramid. Choose the recommended number of daily servings from each of the five major food groups.




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Follow the four recommendations to Fight BAC! and keep your food safe from bacteria:

1. **Clean:** wash hands and surfaces often.
  2. **Separate:** don't cross contaminate.
  3. **Chill:** refrigerate promptly.
  4. **Cook:** cook to proper temperatures.
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## Ž Choose sensibly . . .

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

Get most of your calories from plant foods (grains, fruits, vegetables). If you eat foods high in saturated fat for a special occasion, return to foods that are low in saturated fat the next day.

### Fats and Oils

- Choose vegetable oils rather than solid fats (meat and dairy fats, shortening).
- Decrease the amount of fat you use in cooking and at the table.

meats. Use egg yolks and whole eggs in moderation. Use egg whites and egg substitutes freely when cooking since they contain no cholesterol and little or no fat.

### Meat, Poultry, Fish, Shellfish, Eggs, Beans, and Nuts

- Choose 2 to 3 servings of fish, shellfish, lean meats, beans, or nuts daily. Trim fat from meat and take skin off poultry. Choose dry beans, peas, or lentils often.
- Limit your intake of high-fat processed meats such as bacon, sausages, salami, bologna, and other cold cuts. Try the lower fat varieties (check the Nutrition Facts Label).
- Limit your intake of liver and other organ

### Dairy Products

- Choose fat-free or low-fat milk, fat-free or low-fat yogurt, and low-fat cheese most often. Try switching from whole to fat-free or low-fat milk. This decreases the saturated fat and calories but keeps all other nutrients the same.

### Prepared Foods

- Check the Nutrition Facts Label to see how much saturated fat and cholesterol are in a serving of prepared food. Choose foods lower in saturated fat and cholesterol.

Prepared by: Isabel Valentin-Oquendo, MS, RD, LD/N. Assistant In Family Nutrition Program, 9/2000. This publication is based on the Dietary Guidelines for Americans, 2000, Fifth edition, Home and Garden Bulletin No. 232.

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